

SURVIVOR OUTREACH SERVICES

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Greetings, I cannot believe another year is upon us. I hope everyone had a safe and wonderful Holiday season. As we focus on this New Year, it proves to be a busy one with events, work, school, taking care of family and friends, so don't forget to take care of yourselves. Take time to do what you enjoy, let yourself find ways to vent and partake in activities you enjoy to include having a cup of coffee with your Survivor Outreach Services Coordinator. 😊

I hope the sunshine, this winter-spring season, will encourage everyone to get out and take advantage of activities that are going on around the state for Families of our Fallen. If you are having an event and would like to share that with other Families, contact me and I can add those events to our newsletter, post it to facebook and help get the word out through our many sources available.

I want to take this opportunity to let you know that Ms Mary O'Mara has decided to retire on February 15th. Mary was very instrumental in establishing the Survivor Outreach Services Program here in Maine, continuing to prove to you, the Army's commitment that we are here for you and that your loved ones will never be forgotten. She has been a great inspiration to me and I wish Mary the best and hope she enjoys all her new endeavors. We'll ALL miss you!!!!

With that said, I also want to thank each and every one of you for allowing me into your lives, sharing in your grief, and letting me help you in any way I can. I look forward to meeting families that I have not yet met, continue to work with those that I have met and to let you know I will do my best always to be here for you.

I wish you a Happy Valentine's Day, and a very warm Easter and look forward to seeing as many of you at future events.

Survivor Outreach Service Coordinator
Rachel Bosse

UPCOMING EVENTS for 2012

January 28th- 2nd Annual House in the Woods Fishing Derby and Raffle - Great Pond in Aurora;

February 18th - formal ball and auction fundraiser - House in the Woods at the Elks Club in Waterville;

April 14th the SSGT Michael Severance Dance, Knights of Columbus Hall, in Lincoln - donations can be made to Lee Academy in honor of Michael Severance Scholarship;

June 23rd- 8th Annual Captain Christopher Scott Cash Memorial 5K in Old Orchard Beach

August 19th, Run for the Fallen in Portland

September 30th, Maine Marathon and Tribute March in Portland

As we continue to grow, SOS would like to hear from our Families. SOS is constantly looking for positive Survivor feedback on how to develop the SOS program. Please share your ideas, concerns and questions so that we can address the needs of Maine Survivors. We look forward to hearing from you! Email us, facebook us, or just send us a letter and let us know what you think.

Has your telephone number, mailing address or email address changed? Let us know so we can keep your information current!!!

Did you know that we have facebook! Join our page at
Maine Survivor Outreach

Remember "Never Forgotten... Never Alone"

WHAT'S BEEN HAPPENING

Pictures from the 4th Survivor Outreach Family Luncheon, 6 November 2011, at the American Legion in Augusta



Heather and Allyssa



Paul and Deanna House receiving award presented by Mr. Peter Ogden, Director of Maine Veteran Services on behalf of Governor Paul LePage



Meghan, Michele, Anne and Christine



Gold Star Mothers, Bethel Shields, Peggy Dostie and Nancy Lee Kelley displaying the quilts made and donated to the Huot House in Saco for homeless veterans.

BENEFITS INFORMATION

New telephone number for ID Cards at Camp Keyes, Augusta (207-430-5914)



The **TRICARE Young Adult (TYA) Prime** option became available for purchase on Dec. 1, 2011, with coverage beginning Jan. 1, 2012. TYA Prime offers young adult beneficiaries TRICARE Prime coverage for monthly premiums of \$201. To purchase TYA Prime, dependents must be under age 26, unmarried and not eligible for their own employer-sponsored health care coverage.

See www.tricare.mil/tya or call 1-877-874-2273

TRICARE Prime Enrollment Fees Increased October 1, 2011

The modest fee increase applies only to **new** TRICARE Prime enrollees.
\$260/year for individuals
\$520/year for families
Annual fees for beneficiaries enrolled in TRICARE Prime before October 1st 2011 will remain at the current rates of \$230 and \$460 until October 1, 2012

Scholarships you may be eligible for

Free Online Tutoring and Homework Help. The Tutor.com program gives eligible military families access to free online tutoring and free homework help from live, professional tutors in more than 16 subjects including algebra, chemistry, calculus, and physics. Tutors help [K-12 students](#), [college students](#), through a career transition. Adult learners can get back-to-school and career help, including GED prep and resume writing. See <http://www.tutor.com/military>

Scholarships for Military Children

Applications for the 2012 Scholarships for Military Children will be available beginning Dec. 1 at commissaries worldwide as well as online at www.militaryscholar.org. High school or college students who have questions about the program may contact Scholarship Managers at 856-616-931 or militaryscholar@scholarshipmanagers.com.

NASA space camp scholarship offered to children of military.

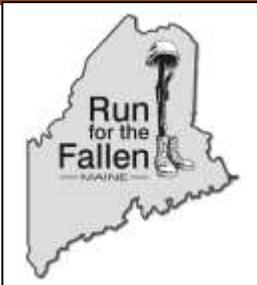
In memory of Bernard Curtis Brown II. He was 11 years-old, son of Chief Petty Officer and Mrs. Bernard Curtis Brown, who died tragically Sept. 11, 2001, when the hijacked airliner on which he was a passenger crashed into the Pentagon in Washington, D.C. He was on his way to California to represent his school at a National Geographic event. Applications are available online at www.militarychild.org/child-student/space-camp-scholarship/. For more information about Space Camp, go to www.spacecamp.com.

The **MG James Ursano Scholarship** Program assists children in obtaining a 4-year undergraduate degree. Those eligible: Children of Soldiers on active duty, children of retired Soldiers, or children of Soldiers who died while on active duty or in a retired status. Applications for academic year 2012-2013 are now being accepted. Deadline is April 2, 2012. If you have questions, contact Mrs. Tammy LaCroix at 1-866-878-6378 or ursano@aerhq.org. See link below for more info <http://www.aerhq.org/dnn563/Portals/0/LinkedDocs/Education/2012-2013%20MG%20James%20Ursano%20Scholarship%20Program%20Instructions.pdf>

The Children of Fallen Heroes Program was initiated in April of 2005. The program awards laptop computers to the children and spouses of military personnel who gave their lives in the ongoing conflicts in Iraq or Afghanistan. Eligibility: spouse or child of an active-duty member of the US Armed Forces who died in Iraq or Afghanistan since September 11, 2001. Children must be 18 or younger and must reside in the next of kin's household. For more info contact Pat Griffith at 866-564-2667 or see [Http://www.bmffoundation.com/bfa/program-areas/cofh.htm](http://www.bmffoundation.com/bfa/program-areas/cofh.htm).

BENEFITS INFORMATION CONTINUED

*FREE Tax Consultation/E-Filing - Military One Source – see www.MilitaryOneSources.com or call 1-800-342-9647. Maximize your refund, use your tax refund wisely-save and pay off debt! Simple, easy process.(Must be eligible under the military one source program) Eligibility to use services:
Survivors who are ID Card holders*



Run for the Fallen, through fund raising, has instituted a fund to assist Families of our Fallen Heroes, those who died on active duty, to receive financial assistance without a lot of red tape based on a “needs” versus “wants” basis. The Board of Directors feel that any family that has sacrificed a child, husband, or loved one should never go without the essentials of life. As with any committee, the board of directors are the approval or disapproval of your requests, based on needs and funding available. Survivor Outreach can provide you with the process and contact information should you need these services through the winter months. Please contact this office at 207-430-5959 or email me at rachel.bosse@us.army.mil. Survivor Outreach Services is not part of any decision making process to determine your eligibility.

Many wonderful organizations are available to provide support and material gifts to Families of the Fallen – see below

Freedom Quilts: www.freedomquilts.net – provides a quilt to honor the memory of a loved one

Home of the Brave Quilts: <http://www.homeofthebravequilts.com/>
If you would like to request a quilt, call 384-0272 or email valerie.a.ohare.civ@mail.mil

Fallen Patriot Fund: www.fallenpatriotfund.org – established to provide financial assistance to families that have lost a loved one during Operation Iraqi Freedom

Soldiers Angels: www.soldierangels.org – provides support and resources to wounded Soldiers and Families as well as those Families of the Fallen.

EMAIL Addresses Wanted!

Many times we may have events occurring with short suspense's. By providing your email address I can quickly update you on events, changes in benefits and other issues affecting Survivors. Your email address is safe with me. Email me at rachel.bosse@us.army.mil or call 430-5959.



18th Annual TAPS National Military Survivor Seminar and Good Grief Camp for Young Survivors Memorial Day Weekend | May 25th - 28th, 2012
Crystal Gateway Marriott Jefferson Davis Highway | Arlington Virginia To register <http://www.taps.org/national.aspx?id=6343>

Electricity Maine is a Maine owned and operated electricity supplier. You now have the power to choose who supplies your electricity. Check out the website for more details or call 1-866-573-2674 for more information.

<http://www.electricityme.com/faq/default.aspx>

ElectricityMAINE
The power to SAVE

SAFETY AND HEALTH

Energy Saving Bulbs have been in existence for a long time now. As the name indicates, these bulbs are more effective as compared to an ordinary bulb in terms of power consumption. Most of us are currently using these bulbs in order to save on electricity consumption and ultimately the electricity bill! These bulbs come in different shapes and sizes in the market with different ratings in terms of watts. We have listed a few.



Warning: Mercury is dangerous, more poisonous than lead or Arsenic!!

What to do if a Low-energy bulb breaks:

- Evacuate the room, taking care not to step on the shards of glass littering the floor it contains mercury (poisonous) which causes migraine, disorientation, imbalances and different other health problems when inhaled and causes many people with allergies, severe skin conditions and other diseases just by touching this substance or inhaling it.
- Don't use a vacuum cleaner to clear up the mess as the machines sucking action could spread toxic mercury droplets around the house.
- Put on Rubber gloves and sweep the debris onto the dustpan.
- Place the remains in a plastic bag and seal it
- Do not put the plastic in a normal household bin
- Instead, place it in a municipal recycling bin for batteries which also contain mercury
- Try not to inhale dust from the broken bulb

Keep the germs away and your colds under control using these good handwashing practices

Handwashing - Good!

- Use an alcohol-based hand cleaner and rub over hands until dry
- OR
- Wash with soap and warm water and lather over all parts of hands and fingers for 15 seconds

Rinse well with water

Dry hands well with paper towel and shut off water with paper towel

- Prevent illnesses and infections
- Save lives
- Save money

Germs - Bad!

The infographic features a thumbs-up hand on the left and a thumbs-down hand on the right. The thumbs-down hand is surrounded by colorful cartoon germs. The background is light blue with a bubble pattern.

E-mail scam targets USAA insurance - Most reputable companies now simply ask you to log in, as you normally do, and don't have you click on a link in an email. If you get an email or pop-up message that asks for personal or financial information, do not reply and don't click on the link in the message. Legitimate companies don't ask for this information via email. If you are concerned about your account, contact the organization mentioned in the email using a telephone number you know to be genuine, or open a new Internet browser session and type in the company's correct Web address yourself. In any case, don't cut and paste the link from the message into your Internet browser - phishers can make links look like they go to one place, but you actually end up at a legitimate-looking spoof site.

GENERAL INFORMATION

Are you interested in having an **Eagle Head wooden cane** carved with your loved ones information, i.e., saying, dates or medals received.

Kathleen Webster works with Maine's Wood Carvers of America and hand carves these wonderful eagle head canes.

At our Family Luncheon she graciously offered to make canes for you with your loved ones information on it. Her contact information is:

Kathleen Webster
Email: kathy
Webster@myfairpoint.net
Telephone Number: 207-375-8653

Maine Red Claws News



Red Claws is extending a discount offer exclusively for military employees and military families that hold ID Cards. Use the link and code below, or call 207-210-6655 to receive the group discounted price on the best Claws seats - center court or baseline. This offer is good for any Red Claws game during the 2011-12 season and for any number of tickets –enjoy the best basketball in Maine!

<https://www.ticketreturn.com/prod2/team.asp?sponsorid=3546>

Promo Code: MILITARY

ATTENTION: Are you aware that All cell phone numbers are being released to telemarketing companies..... and YOU WILL BE CHARGED FOR THESE CALLS.

To prevent this, call the following **National DO NOT CALL List** number from your cell phone: 888-382-1222 or go to <https://www.donotcall.gov>

IT only takes a minute

Avoid Identity Theft - Be careful what you post on social media; (2) beware of dumpster diving thieves who search your trash for personal info; (3)skimming which involves credit or debit card info using a device when the card is processed during what appears to be a normal transaction; (4) beware of phishing attempts where the thief pretends to be a financial institution; (5) a change of address scam reroutes bills to another location to collect personal information. Check out the Federal Trade Commission's identity theft website at <http://www.ftc.gov/bcp/menus/consumer/data/idt.shtm>

Arlington Cemetery – 2012 ARE YOU INTERESTED IN PARTICIPATING ON A COMMITTEE

I was approached by a Surviving Spouse who is interested in attending the Wreaths Across America ceremonies at Arlington Cemetery in 2012. Her idea is to see if there is enough interest with all of you to set up a committee to fundraise, research and organize a trip to follow the convoy from Maine to Virginia. If you are interested give me a call at 207-430-5959. This is only for information at this point and nothing is cast in stone.

CHAPLAINS CORNER

The Painful Path to Usefulness!

A new page is about to turn on my life. As of February 29, 2012, I will be retiring from the National Guard after 22 years of service. I have no regrets about my life in the National Guard. Some of the toughest challenges of my life have come from my duties here. Ultimately, I think those tough duties have equipped me for the next phase of my life. And that's what I'd like to write about briefly in my final words to you before my retirement.

My toughest of times, as many of you are well aware, have been those experiences of sharing the news of your loved one's passing. It was not fun. It hurt to the core of my being. I felt horrible that it had to be done. But I am convinced that I am a stronger and better individual for having provided that service in a time of need in your life. I have long believed that with every passing day, we all are better equipped to serve others than we were the day before. I believe this because the scriptures tell me that "He who began a good work in you will continue to do so until the day of Jesus Christ," that is, until the day I meet HIM or HE returns.

I would never have chosen the training that led me to your door, nor would I have chosen the training I received as I knocked on your door and entered your home. But as I look back over my life, I am so glad that God used those experiences to make me the person I am today. My lessons are rooted deep in my soul, my heart, and my emotions. And I have a resulting ability to relate to hurting people as no one can without being where these challenges have brought me. I also realize that you folks have gotten the same training I have, though from a far more serious perspective: that of a grieving parent, spouse, sibling, or other family member.

What I have learned in conjunction with my training is that I can only go so far in my ability to understand, care and relate to those who have experienced the kind of loss you all share. In reality, I just cannot comprehend what you have been through. But you are a brotherhood and sisterhood of people who do! And this is my final point I want to emphasize: You are the very best ones to help those who are new to your fraternity. You have never been as equipped to help and serve hurting spouses and parents as you are today! Your training was way tougher than mine, but the result is that you are a uniquely gifted group of people able to do what no one outside your fraternity can do: truly understand the loss of a loved one and relate to those who hurt so deeply.

And so, I ask you to remain active in and committed to the Survivor Outreach Services program. As time passes, it isn't so much about what you get from it, but what you give to it and others. And that is the bottom line about life: it's what you do to serve others with your special gifts that really matters. May you use your recovery skills and compassion to lift up the fallen and mentor for them the road to survival. God knows it is not easy and He needs special people to help, people trained in the crucible of life.

As for me, I am taking my skills and gifts to a new arena: grandparenting. My wife and I are planning to cycle pairs of grandkids (we have 12!) through our home for a few weeks at a time and mentor the values we hold dear about God, people, and life. We have never been so equipped for this! Serving others with our gifts adds meaning to life. God bless you as you serve!

Chaplain Val Vigue



"Embracing and reassuring Survivors they are continually linked to the Army Family through a unified support program that enables them to remain an important part of the Army for as long as they desire."

SURVIVOR OUTREACH SERVICES
MAINE NATIONAL GUARD
BLDG #7
CAMP KEYES
AUGUSTA, ME 04333-0033

Maine National Guard
194 Winthrop St,
Bldg #7, Camp Keyes
Augusta, ME
04333-0033
Survivor Outreach
(207) 430-5959

Do you know someone that would benefit from receiving our newsletters or could use our assistance? Let us know who they are so we can assist them.

Phone Numbers

DFAS 1-800-321-1080
Tri-Care Support Specialist 207-430-5928
ID Cards, Cp Keyes, Augusta 207-430-5914
Martins Point Spec 1-800-431-0777 x4458
VA Togus 1-800-827-1000
MilOneSource-1-800-342-9647

www.dfas.mil

www.taps.org

www.va.gov

www.tricare.osd.mil

www.martinspoint.org

www.militaryonesource.com

<http://www.militaryfamily.org>

Gold Star Mothers
President, Maine Chapter
Bethel Shields 207-782-7451
blomsk@roadrunner.com
or
www.goldstarmoms.com

Gold Star Wives
Contact
Sandra Taylor at 207-284-8147 or
email drummin@maine.rr.com
<http://www.goldstarwives.org/>

Gold Star Dads
Contact 951-833-2935 or via email at
freedom@goldstardads.org.
<http://www.goldstardads.org/members/community/register.html>