



# SURVIVOR OUTREACH SERVICES

Your SOS Program Manager

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US Army Garrison-Miami  
Monday - Friday (7am - 3pm)

In this newsletter  
you can expect:

Upcoming Events

How to obtain your  
Survivor Access Card

Tragedy Assistance Program  
For Survivors (TAPS)

SOS:

Who do we serve?  
What do we do?

Helpful Resources



## Gold Star and Surviving Family Memorial

Tynisa S. Eleby, Survivor Outreach Services (SOS) Program Manager at U.S. Army Garrison-Miami, had the honor to attend the Rededication of the Global War on Terrorism Memorial Ceremony and unveiling of the Gold Star And Surviving Family Memorial at Fort Moore, Georgia. She had the pleasure of meeting and fellowshipping with Survivors not only from her area of responsibility, but around the nation.



## Summer Blowout

U.S. Army Garrison-Miami hosted a fun and informative event for Service members, Dependents, Survivors, and Retirees. Survivors were able to obtain their Survivor Access Card along with a wealth of resources from the command and local agencies. We would like to thank all of our Survivors for attending and making the event successful. Pictured: Survivors, the Reece brothers, with Mrs. Eleby

## Turkey Giveaway

U.S. Garrison-Miami Survivor Outreach Services (SOS) program manager coordinated with local community partners and military units to provide free turkeys and food boxes for Survivors and Service Members. A special thanks to the Service Members who volunteered with the event.



# UPCOMING EVENTS

## Jolly Jamboree

**(FREE Fun Family-Friendly Event)**

07 December 3pm-6pm

US Garrison-Miami Doral, FL

Santa, Activities, Music, More!

## Vision Board Workshop

22 January 1000-1200

US Garrison-Miami Doral, FL

Join us as we build our vision for 2025  
and connect with new friends!

## Breathe Again

**(Art of Breathing Techniques)**

19 March 1000-1200

US Garrison-Miami Doral, FL

Join us to learn effective breathing  
techniques to reduce stress and pain.

## Gold Star Spouse Event

4 April (Tentative Date)

Location/Time: TBA

## Triple P Parenting Program (Hybrid)

April (Sign up and dates forthcoming)

Learn new parenting skills on behavior  
modification, communication,  
and nutrition.

## Remembrance Luncheon

16 May (Tentative Date)

Location/Time: TBA

**For more information on upcoming  
events and services,**

**contact Mrs. Eleby via email at  
[tynisa.s.eleby.civ@mail.mil](mailto:tynisa.s.eleby.civ@mail.mil)**

## Long Term Survivor Assistance Contact Information For Other Service Branches

The SOS program is a long term survivor assistance program for the Army Survivors. However, we receive inquiries about long-term care for services related to the US Marine Corps, US Navy, US Air Force, and US Coast Guard. In the past, we have provided some services to Survivors from other branches. Below, we have included the contact information for the long-term care programs and encourage you to reach out to start receiving your long term service, if eligible.

### U.S. Marine Corps Long Term Assistance Program Office

Email [LTAP@usmc.mil](mailto:LTAP@usmc.mil) or call 703-784-9580

### U.S. Navy Long Term Assistance Program Office

Email [MILL\\_LTAP@navy.mil](mailto:MILL_LTAP@navy.mil) or call 901-874-0083

### U.S. Air Force USAF/A1SAA, Airman and Family Care Division

Email [AFPC.DPFFF.AFFF@us.af.mil](mailto:AFPC.DPFFF.AFFF@us.af.mil) or call 703-693-0683

### U.S. Coast Guard Casualty Matters Office

Call 202-795-6637

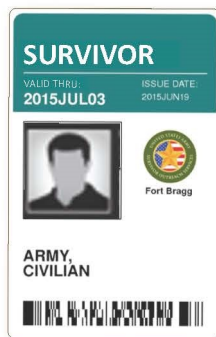




# SURVIVOR ACCESS CARD



**The Survivor Access Card's purpose is to provide easier access to Army Installations. It does not give you access to the commissary, post exchange, billeting, camping, movie theaters, or any other MWR programs or services. It does not give you access to the military installations of other branches.**



To obtain a Survivor Access Card (NO APPOINTMENT NEEDED):

1. Contact Mrs. Eleby and she will provide you with the application (IMCOM Form 44)
2. Return the completed form to Mrs. Eleby and she will verify your application.
3. Come to the Visitor Control Center (VCC) with your verified application. **(No APPT Needed)**
4. Bring 2 original forms of identity. A background check will be completed.
5. When issued, you must travel to the issuing installation. The card is good for 3 years.

To renew an existing Survivor Access Card:

1. The card must be renewed through an Army Installation.
2. You will turn in your expired card.
3. Vetting procedures will be carried out and a new 3 year card issued.
4. Again, proper ID must be provided.

Survivor Outreach Services is brought to you by the Army's Active, National Guard, and Reserve Components

## Tips for Grievers During the Holidays

A typically joyous time of year may include added stress and complicated emotions for the bereaved. We've compiled a few reminders to carry with you throughout the season.

- 1. Acknowledge the Change** – Your holidays are different now. It's OK to feel a range of emotions.
- 2. Make Plans** – Knowing ahead of time how you will spend your day can help relieve anxiety.
- 3. Choose Your Company Wisely** – Seek out the most nurturing people in your life. It's OK to keep gatherings small.
- 4. See Spiritual Comfort** – Your faith community may provide special comfort this time of year.
- 5. Seek Support** – Turn to those in your life who understand and respect your need to grieve. TAPS is available 24/7 at 800-959-TAPS (8277) if you need to talk.
- 6. Evaluate Traditions** – Consider carrying on a tradition that was important to your loved one or starting a new one to honor your loss.
- 7. Honor Your Loved One** – Find a meaningful way to honor your loved one – from lighting a candle to donating to a nonprofit in their honor.
- 8. Focus on Your Health** – Get plenty of rest, nutritious foods, and water.
- 9. Ask for Help** – For tasks large and small, remember that asking for help is a sign of strength.
- 10. Engage in Acts of Service** – Finding a way to support someone in need can be a gift to both of you.
- 11. Embrace the Moments of Joy** – Remember, it's OK to embrace happiness during the holidays.

Find more TAPS support to help you cope with the holidays.

## Connect with TAPS

Tragedy Assistance Program for Survivors

Join your TAPS Family for a healing experience at an upcoming in-person or online event.

Check [taps.org/events](https://taps.org/events) regularly to see all the unique experiences as they become available.

For support and community close to home, explore the TAPS Care Groups and TAPS Togethers happening near you and the TAPS Institute for Hope and Healing webinars available each month.

### Find a TAPS Togethers Event Near You

TAPS Togethers are one-day social events for survivors, led by TAPS staff or other survivors, aimed at expanding their peer support community through meaningful conversations and shared experiences that foster hope and healing. Contact our TAPS Togethers Team at

[tapstogethers@taps.org](mailto:tapstogethers@taps.org).

### TAPS 24/7 Survivor Helpline

is always available with loving support and resources at 202-588.TAPS (8277) 1.800.959.8277 (TAPS)



Dinner at the Zoo

### Ingredients

- 20 large marshmallows
- 2 tablespoons butter
- Green food coloring
- 3 cups cornflakes
- Red M&M's minis (about 2 tablespoons)

### Directions

1— Place marshmallows and butter in a microwave-safe bowl; microwave, uncovered, on high until butter is melted and marshmallows are puffed, about 45 seconds. Tint with green food coloring. Stir in cornflakes.

2— On a waxed paper-lined baking sheet, divide mixture into 8 portions. With buttered hands, working quickly, shape each portion into a 3-in. wreath. Decorate immediately with M&M's, pressing to adhere. Let stand until set.

## EASY WREATH COOKIES



# SURVIVOR OUTREACH SERVICES

## Who do we serve and what do we do?

Survivor Outreach Services (SOS) is the official **Army** program designed to provide long-term support to surviving Families of Soldiers who die in an active duty status, and the Families of Reserve Component Soldiers who die in a non-active duty status.

Family includes spouses (even if they remarry), children, step-children, parents, step-parents, siblings, half siblings, and step-siblings. Services are provided throughout adulthood for children.

Army National Guard, US Army Reserve and active component Families are served by SOS staff located across the country. Regardless of the Survivor's loved one's Army component, duty status, location or manner of death, SOS staff provide outreach and support.

Services are portable and, where available, may be provided at an Army location (including joint installations, National Guard installations or State headquarters and Army Reserve centers) closest to the survivor's current residence.

The goal is to educate you on available resources, assist you with concerns with military benefits and help you maintain a connection to the Army. The services offered are based on the individual survivor's needs and eligibility.

The SOS program may provide the following services to eligible survivors which include but are not limited to:

- Milestone management: We track and notify you of changes in benefits and entitlements.
- Agency Issues: We assist you with issues with government agencies such as the VA, DFAS and many others.
- Referrals: We refer you to professionals for financial and grief counseling.
- Survivor Events: We work to provide events for you to meet other Military Survivors.
- Annual Outreach: We will contact you at least once a year (or more) to ask if you have any issues.

## How Long Are You Eligible?

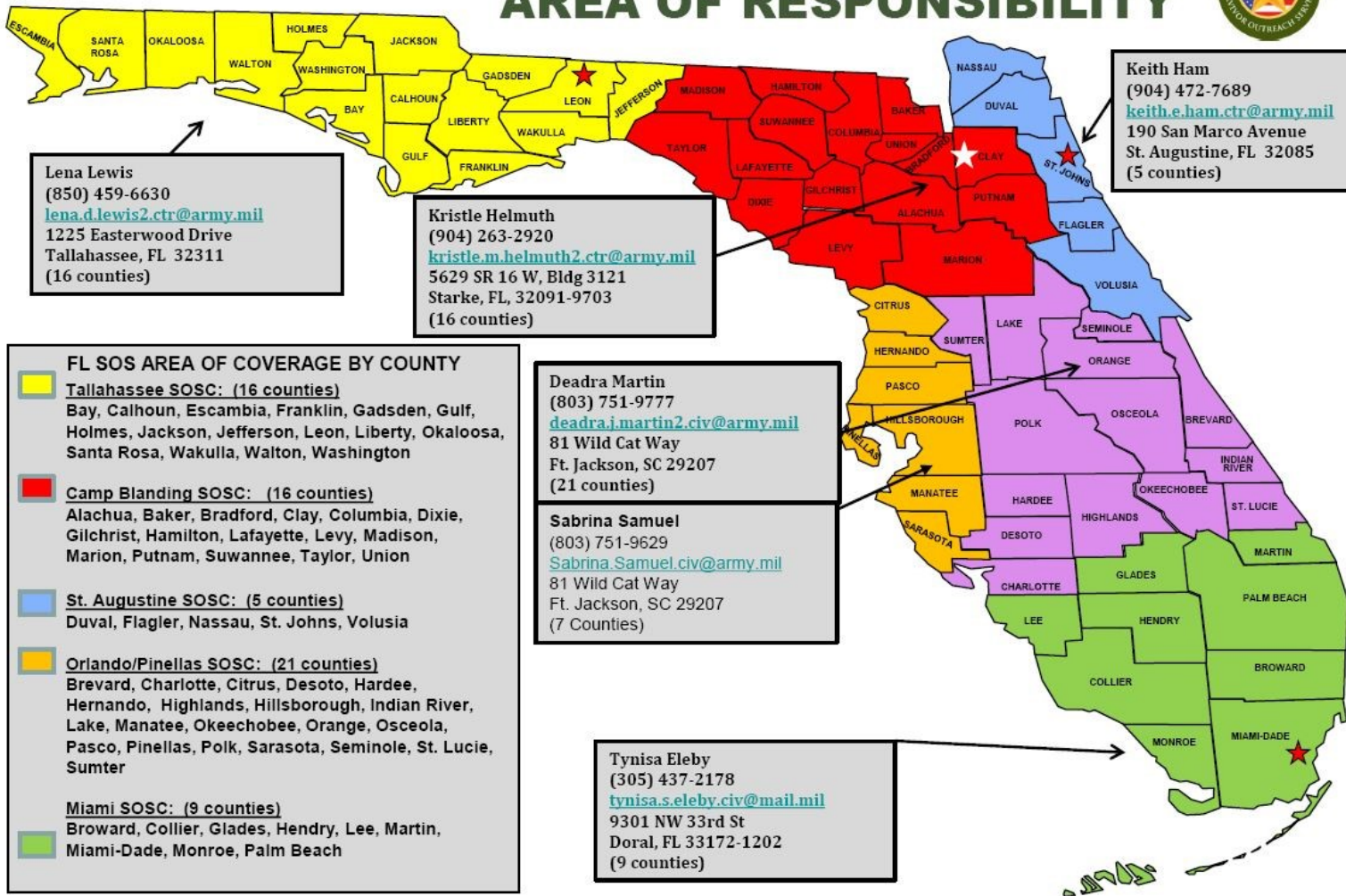
You are eligible for Survivor Outreach Services for as long as you desire. You could receive services for the rest of your life, or you could ask not to be contacted now. That decision is up to you.

**IMPORTANT:** To remain eligible for SOS Services, you do not need to do anything, other than to let us know if your phone number, email or mailing address changes so that we can contact you if necessary. If you have a change, please notify your Coordinator as soon as possible.

If you have moved out of your Coordinator's assigned area of responsibility, it's important that you let us know so that we can assign you a Coordinator near you that is familiar with the resources available to you in that area.

If you wish not to be contacted any longer, simply let your Coordinator know and we will honor your wishes.

# FLORIDA SURVIVOR OUTREACH SERVICES AREA OF RESPONSIBILITY



## Helpful Websites:

### RAPIDS ID Card Office Online Site for ID Card Appointments

ID Card Office

Website: <https://idco.dmdc.osd.mil/idco>

### U.S. Department of Veterans Affairs

#### Office for Survivor Assistance

Email: [officeofsurvivors@va.gov](mailto:officeofsurvivors@va.gov)

Website: <https://www.va.gov/survivors/>

### Defense Finance and Accounting Service (DFAS) – for SBP Annuitants

Phone: 1-800-321-1080

Website: <https://www.dfas.mil/retiredmilitary/survivors/manage/>

**myPay:** <https://mypay.dfas.mil/>

### Social Security Administration

Phone: 1-800-772-1213

Website: <https://www.ssa.gov>

### TRICARE

Website: <https://www.tricare.mil/>

East Region: 1-800-444-5445 (Humana)

Website: <https://www.humanamilitary.com>

West Region: 1-844-866-WEST (9378) (Health Net)

Website: [www.Tricare-west.com](http://www.Tricare-west.com)

### Military OneSource

Phone: 1-800-342-9647

Website: <https://www.militaryonesource.mil/role/survivor>

### Tragedy Assistance Program for Survivors (TAPS)

**Phone:** 800-959-TAPS (8277)

Website: <https://www.taps.org/>

### American Gold Star Wives

Website: <https://www.goldstarwives.org/>

### American Gold Star Mothers

Website: <https://www.goldstarmoms.com/>