

OCTOBER 2020

T★A★P★S[®]
Tragedy Assistance Program for Survivors
FAMILY NEWSLETTER



Love, Hope, Family. Your home for all of these things is TAPS. Each day, we hold each other close, in our hearts and in our thoughts. We haven't been able to give our customary hugs for most of this year, yet we have connected through all that technology offers.

As we move into autumn, we continue to offer ways for you to share your journey with others, gain valuable resources and information, and comfort in knowing you are not alone. Our hearts have especially been with those who have experienced natural disasters in recent months. You will find helpful information within this newsletter. As always, your TAPS Family is here to support you.

Love, Hope, Family. Three simple words that mean so much. We are forever a family, brought together by grief and forever strong through pride, hope, and love.

Sending love from your TAPS family,

Bonnie Carroll

Bonnie Carroll
TAPS President and Founder



FINDING AND SHARING HOPE

National Military Suicide Survivor Seminar

Join us October 16-18 for this important virtual event. With our theme of #ListenLearnLove, you will connect with others who have walked the road you are traveling. Sessions will offer vital information on anxiety, loss and family dynamics, talking to children and more. You will LISTEN to professionals and peers, LEARN from them, and move forward in your journey with understanding and LOVE. The grief that follows suicide loss can be uniquely complicated. You are not alone, and we invite you to join us for a time of hope and healing. [Register today.](#)



WHAT'S NEW

A Breath of Fresh Air

We want to help you reconnect with nature in simple, yet meaningful ways with monthly themes and weekly activities you can do anywhere. Join us as we navigate the wilds of our natural world and the wilds of your grief. You will have access to downloadable content, videos, and articles each week and a family campfire at the end of each month! Find nature where you live, whether it be in your community or your own backyard. Join in our activities and snap a photo to share with us. Let's join together for a [Breath of Fresh Air!](#)



SHARE YOUR STORIES

NFL Salute to Service

As an official Salute to Service partner, TAPS is partnering with NFL teams such as the *Atlanta Falcons*, *Detroit Lions*, *Indianapolis Colts*, *Los Angeles Chargers*, *Los Angeles Rams*, *New England Patriots*, *Philadelphia Eagles*, and the *San Francisco 49ers* during Salute to Service games in November. Please email teams4taps@taps.org for information.

Your team not mentioned above? Please share your stories and special connections to the sport of football and/or an NFL team, with any related photos, via email at teams4taps@taps.org.



RESOURCES

Finding Balance in Grief

Grief often feels like riding a rollercoaster, moving between mourning the loss a loved one and how life was, while learning to and even finding strength in, what it takes to forge a new life without the person's presence. Join Dr. Ken Doka on October 13 for "A Time to Mourn, A Time to Dance: Finding Balance in the Midst of Grief." Offered by the TAPS Institute for Hope and Healing, this free event discusses why the process of oscillating between grieving and moving forward is an important and normal way of coping with the loss of a loved one.

[Register today.](#)



Fry Scholarship Improvement Act

In 2019, both the House and Senate introduced the **Fry Scholarship Improvement Act**. This legislation would expand eligibility to surviving spouses and children of National Guard and Reserve Component who die of a Service Connected Death while not on orders. This bill will mostly encompass those who die by suicide or an illness. This year, the proposal was added to the Veteran Benefit Enhancement and Expansion Act of 2020 (H.R. 7952/S.4511). **TAPS has been a driving force behind this legislation.** [Learn more.](#)

We Are Here for You

Our hearts are with everyone in our TAPS family, and especially to those who have been impacted by recent natural disasters. Whether you just need to talk or need assistance, we are here for you. Our [Casework Team](#) can assist after a disaster by connecting you to vital resources. We have partnerships with government, private, volunteer, and charitable organizations that can help with military benefits and entitlements. We're also able to offer short-term emergency and financial resources thanks to long-standing partners and supporters of our mission. We are here to help during this difficult and trying time for you and your family.

Central Regional Seminar

November 13-15, 2020

Join your TAPS Family for a time of sharing, hope, and healing. Our seminars are designed to meet you where you are and help you gain coping skills that will help you find meaning and purpose as you move forward on your grief journey. We are working to make arrangements for this event with safety in mind and look forward to being together again.

Register for the Seminar Today!

Join the Team TAPS Celebration

For 20 years, Team TAPS has honored our heroes and raised awareness of the TAPS mission. Join us through December 31 as we celebrate this milestone with a virtual movement. You can participate in an organized virtual race, run or walk 20 miles in observance of the 20th anniversary - bike, swim, or dance your own distance. Join in the FUN-raising and make a difference. (There is no fee to register with TAPS).

Learn More about Team TAPS!

Fall Youth Programs

TAPS Youth Programs has established a wide range of ongoing, monthly virtual programming. TAPS youth will have an opportunity to interact and connect with their peers who understand their situation. We also provide helpful resources and support to parents/guardians in order to deepen relationships with their children and teenagers. Learn more about our virtual programs, including military mentor program for kids, and our virtual schedule for the Fall. [Complete your registration](#) now to join us!

DoD Online Survivor Benefits Report

October 6, 2020, Noon - 1PM EDT

The Department of Defense is offering a webinar to discuss the details of the Online Survivor Benefits Report and provide information to surviving family members and service providers on how to access it and use it. The OSBR is interactive and available for survivors of all service members who have died on active duty. You can [register to attend](#) this webinar online. If you cannot access the registration platform, you can email MOSwebinars@militaryonesource.com.



AmazonSmile is a simple way to support TAPS every time you shop, at no cost to you. Visit smile.amazon.com, log in, and select TAPS as your charity of choice. Amazon will give 0.5% of your eligible purchases to TAPS.



TAPS is here for you!

[Get Help with Benefits](#) | [Connect to Peer Support](#)
[Find a Grief Counselor](#) | [Join our Online Community](#)

Support and care are available to you 24/7/365.
Call our Helpline at 202-588-TAPS (8277) and visit us at TAPS.org