



US Army Installation Management
Command

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Happy New Year!

May

your 2016 be prosperous, en-
couraging, peaceful, and met
with new adventures.



FORT HOOD SURVIVOR OUTREACH SERVICES (SOS)

FORT HOOD TAX CENTER

Building 13 Corner of 52nd and Tank Destroyer

Ph: 254-288-7995

The Fort Hood Tax Center is here to assist with your tax needs; saving you the time of preparing your own taxes and the cost of hiring commercial tax preparers. The Fort Hood Tax Center offers **FREE** tax preparation for Military ID card holders. They will prepare your state and federal tax returns, to include electronic filing of federal returns and direct deposit of your refund.

1. The following information and instructions are provided to ensure that your visit with your tax preparer is efficient and may be completed in one appointment, bring the following:

- All W-2's
- Any 1099 form stating interest, dividends, capital gains, distributions from pensions & IRA's
- Unemployment compensation, other income information, and any credits or deductions you wish to claim
- Social Security cards/numbers for you and all dependents you will claim; Social Security Numbers (SSNs) and names must match Social Security cards exactly or processing of your return and any refund will be delayed
- A copy of last year's return (if itemizing). If claiming the child/dependent care deduction, you must have proof of payment and the caregiver's SSN or EIN. To claim adjustments, credits, or itemized deductions, have receipts and total amounts

2. Amended returns cannot be filed electronically.

3. Ensure that all parties sign and date the return. Keep a copy of your tax return in accordance to tax guidance.

4. To check on your refund call the IRS at 1-800-829-1040 or

www.irs.gov.

Source of Information: Fort Hood Tax Center

On Tuesday, January 26, 2016, from 6:00-7:00 pm, at the ACS SOS Center, we will host a workshop to share specific information about tax filing, refunds and any other information you may need. Ms. LeeAnna George, who is a subject matter expert, will be facilitating.

BEAT POST HOLIDAY BLUES

Bronwyn McNulty

Holidays - especially those at Christmas and New Year - often involve a lot of partying and socializing, which inevitably means eating and drinking more than normal - usually more than is healthy. A psychology lecturer from Southern Cross University, Dr. James Donnelly, says getting back into a healthier routine will help to alleviate feelings of sadness. "We sit around and eat and drink a lot during the holidays and physically become out of whack," he says. "So one of the key issues for maintaining mood is to get out and do something physical."

Planning time for exercise is vital, even if it's something as simple and easy to do as going for a walk, Donnelly says. "Exercise actually induces changes in the brain that produce opiate-like endorphins, so when you exercise vigorously, even just for 15-20 minutes, three times a week, it bumps up your endorphins and gives you that sedated feeling of calm. "And if you feel like you don't have the time, consider that there's good evidence to suggest those people who exercise have fewer days off work and are more productive."

- **Look after yourself:** Get enough sleep, eat well and drink in moderation. And exercise: "Even a short walk around the block can change our mood when we feel stuck or a bit post-holiday blue," life coach Shannah Kennedy says.
- **Avoid the rut:** Take charge of your life to avoid falling back into the workaday rut, Kennedy says. "Get out of the passenger seat and into the driver's seat."
- **Book another holiday:** "Even thinking about and planning things can give as much pleasure as doing them," beyond blue adviser Michael Baigent says.
- **Have things to look forward to:** Planning and scheduling your weeks and months means you can incorporate activities you look forward to, Kennedy says. "Make your week or month inspiring. You put all that effort into dreaming about your holiday, put some effort into dreaming about your reality."
- **Make a tribute to your holiday:** Whether it's a photo book or photo board, playlist or travel diary, creating a visual or written tribute to your holiday will not only enable you to relive it but provide you with a concrete reminder of the wonderful time you had. The *Lonely Planet Australia* author Rose Mulready suggests subjecting friends and family to a good old-fashioned slide show.
- **Get outside:** You've probably been getting lots of fresh air if you've just been on holidays, so make sure you continue that by nipping out of the office at lunchtime.
- **IS IT DEPRESSION?:** The post-holiday blues are usually transient, beyond blue adviser Michael Baigent says. "Post-holiday blues won't affect your functioning - you will still be sleeping, eating and concentrating," he says.
- **You will still see a future for yourself:** If you have negative views about the future, or suicidal thoughts, and they go on for a long period of time, you need to see your GP."
- **DON'T FORGET FIDO AND PUSS:** Humans are not alone in suffering from post-holiday depression. Cats and dogs struggle to adjust when family members return to work and school, animal expert Maeve Moorcroft told London's *Daily Mirror*. "Pets are very sociable," she says. "When children return to school, pets may feel restless and anxious.' To minimize their distress, Moorcroft advises leaving the radio on when animals are home alone and giving them a piece of clothing with their favorite human's scent on it.

Read more: <http://www.smh.com.au/travel/traveller-tips/how-to-beat-the-postholiday-blues-20120123-1qd0v.html#ixzz2nxN0lstV>

IF YOU HAVE SUICIDIAL THOUGHTS, PLEASE SEEK IMMEDIATE MEDICAL ASSISTANCE

CALL 911

Budgeting for College **The Scholarship Process**

Source of Information: www.slideshare.net/mfeldyryza/scholarship-process-powerpoint

Scholarship Components: Merit, Financial Need, Miscellaneous Components

Merit: Consists of recent or current grades. Often Unweighted grades are used and in conjunction with the ACT/SAT

Financial Need:

(a) Free Application for Federal Student Aid (FAFSA)
www.fafsa.ed.gov. Financial Aid Offices are required to utilize this government formula for federal and state grant funds and student loans. The FAFSA has a formula which uses income and income taxes, number of people in the household, age of parents and many other concrete measurements.

(b) Individual Scholarship Need Assessment:

Most Scholarship applications will ask for an individual assessment of your budget. This is the place to discuss special issues that need to be explained in greater detail. If there is no place for it on the budget piece, attach a copy of the explanation to the application. IF the application states no attachments are allowed, you may want to devote some time to the situation on the essay, (if the essay allows for it).

Miscellaneous Components:

- Community Service/Volunteer Work: ANYTHING you do for others at an organization such as a school, church, youth organization or non-profit facility; helping a neighbor or relative who is a senior or disabled
- Preferences: ethnic minority, first generation (neither parent has a four year degree), single parent and female are common preferences
- Outside Work: part-time or full-time employment
- Scholarships are broken into three general categories: Scholarships internal to the college or university, Local and Regional Scholarships and National Scholarship

Helpful Websites:

<http://www.consumerfinance.gov/paying-for-college/compare-financial-aid-and-college-cost/>

<http://collegecost.ed.gov/scorecard/index.aspx>

<http://www.consumerfinance.gov/paying-for-college/choose-a-student-loan/#o1>
bigfuture.com – Colleges and financial aid search, and career planning Information.

cototravel.com - Campus tour planning and booking.

youvisit.com – Virtual campus tours and videos

campustours.com – Another very useful virtual campus tour site.

collegeexpress.com – Colleges and scholarship search site.

fafsa.ed.gov – The site for all things related to applying for federal financial aid, including grants and loans.

fastweb.com – A scholarship search site. There are also a number of promos and monetary awards listed on the site. Register to receive daily scholarship listings.

finaid.com – A site for everything related to financial aid.

act.org - An online source of information on the ACT exam. The site also has information regarding studying and all-around college preparedness.

collegeboard.com – The SAT-focused answer to act.org. The site has everything you need to know about the SAT, as well as useful information regarding AP exams, scores, and national academic awards.

toefl.com – Everything you need to know about the TOEFL exam, and applying to study in the US if you're a foreign student.

fairtest.org – A site that questions the usefulness of standardized tests. It has a comprehensive listing of schools that do not require standardized test scores in order to apply.

hillel.org – Everything you need to find a school that fits your academic goals and honors Jewish tradition.

hispanicoutlook.com –Dedicated to information, resources, and discussions about Hispanic culture, students, and higher education.

blackexcel.org –Dedicated to information about African-American colleges, scholarships, and career preparation.

catholicyoungadults.com - A way to search for Catholic colleges and universities.

Source of Information: <http://www.military.com/benefits/survivor-benefits/survivors-resource-list.html?comp=1199434130123&rank=3>

Marine Gunnery Sergeant John David Fry Scholarship

Did you know about the new eligibility changes for the **Fry Scholarship**? The Fry Scholarship is an education benefit which is an amendment to the Post-9/11 GI Bill (chapter 33). It is now available to the surviving spouses whose service member died in the line of duty after Sept. 10, 2001. Not only are children eligible for the scholarship but you, the spouse, can also take advantage of this wonderful educational benefit as well.

Spouse and Dependents Education Assistance Program

The Dependents' Educational Assistance (DEA) program provides education and training opportunities to eligible dependents of certain veterans. The program offers up to 45 months of education benefits. These benefits may be used for degree and certificate programs, apprenticeship, and on-the-job training. If you are a spouse, you may take a correspondence course. Remedial, deficiency, and refresher courses may be approved under certain circumstances.

Scholarships

Scholarship assistance for dependent survivors of deceased members is provided by many schools, colleges, special scholarship funds, and by state laws. While such assistance is usually provided only for persons needing financial assistance, some aid may be furnished regardless of need. This is particularly true of state benefits. Additional information on this subject may be obtained from **VA or your local state college**

State Benefits

Many **states** provide benefits for survivors of veterans such as educational assistance, land settlement preference, civil service preference, tax and license fee exemptions, loans, relief and rehabilitation, employment assistance and bonuses. State Veterans Commissions usually supervise these programs and may be contacted for additional information.

Scholly

Web: myscholly.com This is a site which is a scholarship-matching platform that turns the long months of searching for free money for college, into minutes.

GOLD STAR WIVES DAY

April 5th was designated “Gold Star Wives Day” to allow America to pay respect to the spouses and Families of Fallen Members of the U.S. armed forces. SOS will continue to recognize the exceptional and strong women you are!

Events

January:

7 & 21, 11:30 am-1:00 pm, Chat and Lunch w/ SOS, SOS Center
26, 5:00-6:00 pm, SOS Council Meeting, SOS Center
26, 6:00-7:00 pm, Income Tax Workshop, SOS Center
29, 5:30-7:00 pm, Fellowship Dinner (Restaurant to be announced)

February:

2, 5:30-6:30 pm, VA Educational Benefits Workshop for Children and Spouses, SOS Center
4 & 18, 11:30 am-1:00 pm, Chat and Lunch w/ SOS, SOS Center
29, 5:30-7:00 pm, Fellowship Dinner (Restaurant to be announced)

March:

3, 17, & 31, 11:30 am-1:00 pm, Chat and Lunch w/ SOS, SOS Center
14, 9:30 am-12:30 pm, Flight Simulation Center, 7050 Murphey Loop, Fort Hood Texas
17, 9:30 am-1:00 pm, Phantom Warrior Lanes, Fort Hood
29, 5:30-7:00 pm, Fellowship Dinner (Restaurant to be announced)

April:

5, 11:00 am-2:00 pm, Gold Star Wives Day, SOS Center
14 & 28, 11:30 am-1:00 pm, Chat and Lunch w/ SOS, SOS Center
29, 5:30-7:00 pm, Fellowship Dinner (Restaurant to be announced)

May:

7, 11:00 am-1:00 pm, Mother’s Day Brunch w/ Daughters, SOS Center
12 & 26, 11:30 am-1:00 pm, Chat and Lunch w/ SOS, SOS Center
31, 5:30-7:00 pm, Fellowship Dinner (Restaurant to be announced)
30, 10:00 am-12:00 pm, Building is open for Memorial Day Observance (Coffee and Tea)

June:

9 and 23, 11:30 am- 1:00 pm, Chat and Lunch w/ SOS, SOS Center
30, 5:30-7:00 pm, Fellowship Dinner (Restaurant to be announced)

HOLIDAY - CLOSURES

JAN 1st - New Year’s Day and
Training Holiday

JAN 18th - Dr. Martin Luther
King Jr. Birthday

FEB 15th - President’s Day