

TAPS®

Tragedy Assistance Program for Survivors
FAMILY NEWSLETTER



November - a time of nature's vibrant colors, a chill in the air, turning back the clocks, and Thanksgiving.

In reflecting on this incredible year, I am thankful for all of you. Thankful we have been able to continue to connect and gather, despite the pandemic. Thankful for the love, warmth and support we have given to each other.

There are opportunities remaining in this year for you to find the encouragement, comfort, and care you need. I am honored to share them with you in this newsletter and some exciting programming for the coming year.

For 27 years, TAPS has brought together grieving hearts, offered comfort, and fostered strength. We have stood together and we have grown. We have taken care of each other - just like families do. We are family and I am thankful for you.

Sending love from your TAPS Family,

Bonnie Carroll
TAPS President and Founder



FINDING AND SHARING HOPE

Central Regional Seminar - St. Louis, Missouri

Join us November 13-15, in person or virtually, 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. If you are unable to attend or have concerns with attending in person, you can participate virtually in our live workshops. We look forward to hosting you.



WHAT'S NEW

Alaska Survivor Experience

March 3-7, 2021

The grief journey takes us out of our comfort zone. But when we see that others share this journey; we can find new ways to grow and heal with a little more confidence. Step away from the daily stressors of life and immerse yourself in the TAPS Alaska Survivor Experience. Connect with yourself, your loved one, and others who understand. Explore Alaska, create new bonds, and celebrate your fallen hero. You will learn to focus on yourself and be in the moment.



SHARING OUR STORIES

From Attitude to Gratitude

As nature reveals the vibrant colors of fall and a chill comes to the air, we enter the time of year filled with pumpkin spice and Thanksgiving. Gratitude and being thankful may not always come easy to a grieving heart, yet, there are blessings present that remind us of our gratitude for the people and places that have been a part of our grief journey. Survivor Betsy Beard looks back on her progression and when she first experienced a sense of gratitude after the death of her son. And she reminds us that a listening ear is always close with your TAPS Family.



RESOURCES

Creating New Holiday Traditions

Accessing a spirit of holiday cheer in the midst of grief can be challenging and many may feel compelled to skip the holidays altogether. Especially this year, when so many gatherings and travel may be limited, cultivating holiday traditions that honor your grief and promote connection with others can be very healing. Join the TAPS Institute to discuss creative ways to engage in the holidays in ways that meet you where you are in your grief journey. Webinar is free and will be held November 19 from 12:00 PM - 1:00 PM Eastern.



ADVOCACY

Surviving Families Benefit Expansion Act

Congresswoman Jahana Hayes (D-CT) introduced the Surviving Families Benefit Expansion Act on October 8, 2020. The bipartisan bill enables eligible surviving spouses to retain Dependency and Indemnity Compensation (DIC) upon remarriage at 55, instead of 57. It also eases the 10-year rule to 5 years for DIC eligibility for severely disabled veterans. The Senate companion bill (S.4594) was introduced on September 16 by Senator Jon Tester (D-MT). TAPS is proud to support both the House and Senate legislation and we look forward to its passage!

Put Me in Coach

TAPS Young Adult Coaching Series

The Young Adult Program is offering a coaching series that will introduce skills, resources, and one-on-one instruction within a 10-week series of curriculum. Each week will build confidence and self-awareness while creating a foundation for a healthy, centered life. Young adults will be guided in lessons for Personal Development, Career Guidance, Financial Stability, Communications, and Service to Others. Registration for this virtual event opened November 1.

[Register for Put Me in Coach Today!](#)

Honor your Hero - Support TAPS!

For 27 years, TAPS has been the home for all those grieving the death of a military loved one. During the pandemic, TAPS has continued to offer support to military families and loved ones. There is something you can do, at no cost, to help us continue offering care. Are you on Facebook? We'd love for you to honor your hero on their birthday, anniversary, or other special day and support TAPS programming through a Facebook Fundraiser. Help us continue our mission and care for survivors now and those that come to us in the future.

[Host a Facebook Fundraiser!](#)



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

Follow us on social!

