

TAPS

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS

FAMILY NEWSLETTER

July 2023



A message from Bonnie Carroll for your Independence Day

File Your PACT Act Claim by August 9 to be Eligible for Retroactive Benefits

While there is no deadline to apply for PACT Act benefits, you could receive backdated benefits if you file your claim by August 9. TAPS is available 24/7 to help you navigate the filing process. **Call our Helpline at 202-588-TAPS (8277) for assistance, and visit va.gov to apply.**

Apply for PACT Act Benefits

GROW



Notice, Hold, Shift

Emily Muñoz & Erin Jacobson

We often think of the last months of the year when we think about “the holidays,” but the patriotic summer holidays can also awaken or intensify grief-connected emotions after the loss of someone who served in the military. If you find yourself experiencing strong or unfamiliar emotions this Independence Day or on any day significant to you and the person you lost, remember: notice, hold, shift.

NOTICE: Name the feeling. Be honest with yourself.

HOLD: Know how to hold your emotion. Experience it. Be where you are.

SHIFT: Know how to change your emotion. Activities and entertainment can interrupt your feelings.

Wait, and when you are ready, **reset.**

Remember that TAPS is here to face grief with you on holidays and every day. Visit taps.org or call our 24/7 Helpline at 202-588-TAPS (8277) any time for comfort and support.

To access this and other TAPS webinars, visit the **TAPS Institute for Hope and Healing®**.

HEAL



Godwinks: A Chance Meeting

We call them "Godwinks" here at TAPS. They are the little signs of hope, the connections made with other survivors that are too significant to be a coincidence, and the unexplainable reassurance that our loved ones, though gone, are still with us. These Godwinks seem to happen when we need them most. In this first blog in a forthcoming series, Surviving Mom, Sandy, shares her Godwink story from the 29th Annual National Military Survivor Seminar and how the iconic TAPS Wall of Heroes that appears at every National Seminar to honor the lives and service of our loved ones connected two stories of loss and healing.

[Read the Godwinks Blog](#)

If you have a Godwink story, we would love to hear it. Email editor@taps.org for the chance to be a part of this growing blog series.

REFLECT



TAPS College Experience

In preparation for the next chapter, TAPS rising sophomores, juniors, and seniors attended the annual four-day TAPS College Experience with their parents or guardians. Staff members answered the questions of both guardians and students and helped take the unknown out of such an exciting phase of life. Attendees were hosted at TAPS Headquarters in Arlington, Virginia; they embarked on campus tours; and they gained confidence and skills to prepare them for the bright futures ahead of them. Visit our website to access all the resources **TAPS Education Support Services** can provide.



Massachusetts Men's Retreat

TAPS Men connected in Great Barrington, Massachusetts last month to honor their heroes and grow alongside peers while hiking, fly fishing, journaling, and participating in special daily activities. If you want to get involved with the **Men's Program**, browse the **program page** or email **adultprograms@taps.org**.



Blue Ridge Women's Empowerment Retreat

Women's Empowerment headed to Boone, North Carolina last month for an immersion into on mindfulness, gratitude, reflection, and goal setting. Women's Empowerment events happen year-round online and in person. Visit **Women's Empowerment** to find events.



Young Adults Mountain Experience

TAPS Young Adults took part in a unique trip to Dollywood's DreamMore Resort in June. Attendees bonded with peers, participated in grief programming, and took part in outdoor adventures. For more Young Adults events that partner adventure with confidence-building and self-discovery, visit **TAPS Young Adults**.

PLAN



15th Annual National Military Suicide Survivor Seminar and Good Grief Camp

October 6-8, Boston, Massachusetts
Suicide Loss Survivors of All Ages

[Register](#)

Northwest Regional Survivor Seminar & Good Grief Camp
July 7-9, Spokane, Washington

Northeast Regional Survivor Seminar & Good Grief Camp
August 25-27, Buffalo, New York

Southern Regional Survivor Seminar & Good Grief Camp
September 15-17, San Antonio, Texas

Western Regional Survivor Seminar & Good Grief Camp
October 27-29, Long Beach, California

[View Seminars](#)



Online Groups

By Relationship, Peer Group, &
Type of Loss

[Find a Group](#)



Community Events

TAPS Together, Care Groups, & Events
Happening Nationwide, Year-Round

[Find an Event](#)



Team TAPS Events

Honoring Loved Ones at Events
Nationwide

[Join the Team](#)



Retreats

Healing Getaways Happening Around
the Country

[Find a Retreat](#)



Young Adults Events

In-Person & Online Events
Survivors 18 to 30

[Find an Event](#)



Youth Programs

In-Person & Online Events
School-Aged Survivors and Parents

[Browse Events](#)

LEARN



TAPS on the Hill: Love Lives On Act of 2023

TAPS is proud to be a voice for military and veteran survivors on Capitol Hill.

TAPS' own Ashlynn Haycock-Lohmann explains how our Government & Legislative Affairs team has been supporting the Love Lives On Act of 2023 and where the bill stands today.

[**Learn About the Bill**](#)

HONOR



Giving Back, Paying Forward

TAPS' comfort, resources, and support to all those grieving the death of a military or veteran loved one are only possible thanks to generous donations that fund our programs. If TAPS has touched your life, we would be honored to have your support. Here are just a few ways you can support TAPS and the survivors who will follow the path of grief you walk.

1. Employer Programs
2. Estate Planning
3. Fundraising

Send questions and ideas to development@taps.org.
Thank you for your support.

Compassionate TAPS support is available 24/7 via our National Military Survivor Helpline: **800-959-TAPS** (8277).



Donate

