

SURVIVORS OF SUICIDE

King/ Pierce/ Thurston County Support Groups JANUARY/FEBRUARY, 2017 NEWSLETTER



Website: www.auburnsos.com

e-mail: support@auburnsos.com

WHAT IS S.O.S.?

S.O.S. stands for Survivors of Suicide. S.O.S. groups provide support for anyone who has lost a loved one to suicide. Based on guidelines established by the American Association of Suicidology, the groups are self-help and peer-led. The goal is to help deal with the loss and trauma and grief associated with that loss. Auburn S.O.S. is a 501(c)3 non-profit organization as defined by the IRS.

LOVE GIFTS:

If you would like to remember your Loved One who has completed suicide in the form of a Love Gift it will be mentioned in the newsletter if we have your permission. There are no dues or fees at S.O.S. Donations are always welcome to help defray such costs as printing, postage, and the purchase of books and other material for our lending libraries and other costs associated with the community awareness programs we are involved in.

Donations may be mailed to the address below or made at any meeting. Please make your checks payable to Auburn or Olympia SOS.

Auburn Survivors of Suicide
28824 21st Ave. S.
Federal Way, WA 98003

Contact information for each group and its facilitator is on page three.

To all of you who left something in the donation boxes, thank you!

Many thanks to Julie and Angie Hatfield for a love gift in memory of Danny.

Many thanks also to an anonymous donor for a love gift in memory of a dear friend.

IF YOU NEED TO TALK TO SOMEONE:

Please do not hesitate to pick up your phone and call another survivor from a S.O.S. group if you are having a hard time. We've all been there!

Felipa Galaviz	253-376-3198	Lost grandson	Kathy Melsness	253-446-6500	Lost daughter
Andee Nydegger	253-820-1911	Lost brother	Pam Driggers	253-921-7829	Lost husband
Janis Fesenmaier	360-866-2509	Lost brother	Kathy Sterling	206-244-8729	Lost grandson
José Martin	206-228-7413	Lost son	Kathy Crowley	253-471-9412	Lost son

Call José if you would like to speak to another survivor in Spanish.
Me gustaria ayudar a la gente que necesite hablar espanol

Thinking of You Especially:

Jan	1	Pamela Erhardt	<i>Lost her husband Craig</i>
Jan	1	Judy Robinson	<i>Lost her boyfriend Philip</i>
Jan	2	Laura Cordle	<i>Lost her father Anthony</i>
Jan	2	Jackie Tortorete	<i>Lost her husband Michael</i>
Jan	2	Oneal Nichols	<i>Lost his son Jack</i>
Jan	3	Jane Hower	<i>Lost her son Wesley</i>
Jan	3	Kelly King-Hance	<i>Lost her son Stephen</i>
Jan	4	Jim & Joann O'Neill	<i>Lost their son Jim</i>
Jan	10	Karen Schneider and William Stratton	<i>Lost their son Benjamin</i>
Jan	10	Timothy Fisher	<i>Lost his brother-in-law Sean</i>
Jan	11	Kris Freeman	<i>Lost her brother Kenneth</i>
Jan	10	Cara Moser	<i>Lost her Uncle Sean</i>
Jan	12	David Fulford	<i>Lost his wife Cornina</i>
Jan	12	Ken and Lisa Corkum	<i>Lost their son Chris</i>
Jan	13	John Rottle	<i>Lost his wife Cindy</i>
Jan	13	Karen Day	<i>Lost her husband Gregory</i>
Jan	14	Audrey Brockhaus	<i>Lost her best friend Alex</i>
Jan	14	Marie Payne	<i>Lost her brother John</i>
Jan	15	Felipa Galaviz	<i>Lost her grandson Austin</i>
Jan	15	David and Kelli Flores	<i>Lost their son Austin</i>
Jan	16	Laurie Carter	<i>Lost her father Jack</i>
Jan	16	Bryan Wilson	<i>Lost his girlfriend Kaylan Rose</i>
Jan	16	Glynn & Denny Waller	<i>Lost their son Nick</i>
Jan	17	Lois Kulijis	<i>Lost her son Joe</i>
Jan	19	Season Martin	<i>Lost her dad William H. Martin</i>
Jan	20	John Stumpf, Jessica & Laura Stumpf	<i>Lost his daughter Keely, lost their sister Keely</i>
Jan	21	Wendy Henricks	<i>Lost her husband Jerry</i>
Jan	22	Kevin Wildes	<i>Lost his spouse Deborah</i>
Jan	23	Joshua Simon	<i>Lost his father Phil Simon</i>
Jan	26	Shelby Hogarty	<i>Lost her brother Aaron</i>
Jan	28	Sona Etter	<i>Lost her husband John</i>
Jan	28	Kim Bruce, Kellam Holdener	<i>Lost their mother Debbie Holdener</i>
Feb	1	Christine Treece	<i>Lost her daughter Taylor</i>
Feb	1	Dave & Cheryl Howse	<i>Lost their son Christopher</i>
Feb	2	Taren and Gabe Davis, Rokstad	<i>Lost their mom Carrie</i>
Feb	2	Erwin Rokstad	<i>Lost his close friend/ex-wife Carrie</i>
Feb	10	Donn and Debra Irwin	<i>Lost their son Andrew</i>
Feb	12	Rich DeGarmo	<i>Lost his wife Sandi</i>
Feb	13	Ron Callahan	<i>Lost his son Mike</i>
Feb	17	Crystal Retchless	<i>Lost her twin brother Travis</i>
Feb	17	Alisa German	<i>Lost her husband Rick</i>
Feb	18	Dave and Dorothy Pauli	<i>Lost their son Tyler</i>
Feb	19	Shane Cozwith	<i>Lost partner Brad Dale</i>
Feb	19	Kathy Melsness	<i>Lost her daughter Marlene</i>
Feb	20	Ann Mulvey	<i>Lost her husband Jim</i>
Feb	21	David Harris	<i>Lost his brother Noel</i>
Feb	22	Valaree Britton	<i>Lost her father Jimmy</i>
Feb	22	Eugene and Mellissa Burgy	<i>Lost brother Paul</i>
Feb	24	Pat Boggs, Shannon Collazo	<i>Lost her husband Harry, lost dad Harry</i>
Feb	26	Ann Clark	<i>Lost her husband Bruce</i>
Feb	26	Sally Sangder	<i>Lost her son Matthew</i>
Feb	28	Carrie & Bertrand Moultrie	<i>Lost sister, sister-in-law Joleen</i>
Feb	29	Sherree Gause	<i>Lost her best friend Jamie</i>
Feb	?	Joy Kinzer	<i>Lost her former father-in-law Tommy</i>
Feb	?	Angeline Parker	<i>Lost her client Ron</i>

We also remember our loved ones whose birthdays are in the following months:

January birthdays: Jonathan, Brandon, Mandy, Tyler, Carleen, Jake, Justin, Trevor, Chris, Paul, Deborah, Jamie, Marleen, Brian, Marisa, Les, Anil, Neal, Carl, Jack, George, Stephanie, Steve, Greg, Jeff, and Joleen.

February birthdays: Lisa, Mary, Dmitri, Willie, Travis, Michael, Carol, Shawn, Matthew, Don, Werner, Sean, Jeff, Bradley, Ed, Chuck, Louis, Phil, Shon, Benjamin, Trad and Sally.

We strive for accuracy. If we are missing the name of your loved one or if the information is incorrect please let us know so we can correct it! Send an e-mail to newsletter@auburnsos.com

MEETINGS FOR JANUARY AND FEBRUARY:

The Auburn Group meets on the fourth Tuesday of every month. Meetings are held at the Auburn Fire Station located at 1101 D Street in Auburn from 7:00 p.m. to 9:00 p.m. If you have any questions or need directions please call Pam at 253-921-7829 or Catherine at 253-941-0826.

The Olympia Group meets on the third Tuesday of every month. Meetings are held at the Westwood Baptist Church in room E-10, located at 333 Kaiser Road in Olympia from 7:30 p.m. to 9:00 p.m. For more information or directions please call Janis at 360-866-2509.

There is no fee to attend either of these groups. For more information send an e-mail to support@auburnsos.com



Our Auburn facilitator, Pam was in the hospital with a serious, unexpected illness. She is out of the hospital now and appreciates your thoughts and prayers while she recovers. Andee and Catherine will cover the Auburn meeting until she returns. Pam, we wish you a speedy recovery!

**YOU NEVER KNOW HOW
STRONG YOU ARE...
UNTIL BEING STRONG
IS THE ONLY CHOICE YOU
HAVE~**

I WILL

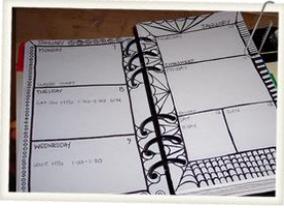
As long as I can I will look at this world for the both of us.
As long as I can I will sing with the birds,
I will laugh with the flowers,
I will pray to the stars for both of us.

~ Author Unknown

We have recently updated our database.

We send this newsletter to almost 600 survivors, families, clergy and health care professionals. Please let us know if you will be moving or if you change your email address. If your newsletter comes back undeliverable, we take your name off the 'Thinking of You' list. *Please*, help us to stay current!

Grief is like a ball of string, you start at one end and wind. Then the ball slips through your fingers and rolls across the floor. Some of your work is undone but not all. You pick it up and start over again, but you never have to begin again at the end of the string. The ball never completely unwinds. You've made some progress. *-Author Unknown*



A New Year and the Challenge of Grief

By Hello Grief

Originally published in January 2012.

Here we are at the end of the first month of a new year. Usually most folks look forward to the new year since it can represent a new beginning and/or a chance to “do better” than in the previous twelve months. New Year’s Eve parties are planned and large community gatherings are organized. The agenda is to celebrate with friends, food, libations, confetti, noise-makers and resolutions. You, as a griever, have successfully made it through January. Good for you!

However, you may have had a much different take on *New Year’s*. It could have been hard to conjure up energy and joy about the approaching year. It was probably hurtful at times when the media and others encouraged you to have a *HAPPY* New Year. Your questions could have been (and may still be); what do I have to be happy about, how can I possibly look forward to a new year without the physical presence of my loved one, or what makes anyone think I have the extra energy to resolve to stop a bad habit or initiate a new more positive behavior?

Considering the emotional ups and downs that are a natural part of the grief process, you may have had a few experiences of happiness in January. Perhaps you had a moment when you looked forward to feeling better in the new year. Maybe you saw and felt another person’s joy about their possibilities in the new year and truly felt glad for them.

It could be, as this first month of the new year ends, you have chosen not to recognize the significance or possibilities for YOU in a “new year”. Even if you haven’t consciously decided to avoid the concept of a new year I invite you to stay with me here for what comes next.

Your loved one has died, your heart feels broken, your grief process is overwhelming, you struggle daily with the draining emotion of sadness, and you don’t necessarily feel hopeful about your future. However, you are alive and you do have a future. Do you believe your future life can be better than you have ever imagined? I believe it can.

The passage of time will always bring about a new year. As a griever you do face a new year without your loved one *but* you can approach it positively by taking gifts from your loved one with you. Your loved one taught you many things, gave you treasured items, instilled within you important morals and ethics, genetically provided you with physical attributes, opened your mind to new and broad ideas and etc.

Make a list of the gifts your loved one has left with you. I suggest you write this list by hand and not use a computer. It is impossible to have anything “wrong” on your list. Your gifts may include things like: 1. beautiful red curling hair, 2. the ability to speak fluent Spanish, 3. the attitude of always seeing the glass half-full, 4. the opportunity to attend college, 5. bright blue eyes, 6. the habit of exercising, 7. the special

recipes created, 8. the stamp collection that is so unique and beautiful, 9. the idea of practicing random acts of kindness and 10. etc.

You are singularly unique and your list of gifts will be unique as well. Your relationship with your loved one was important and they have influenced you physically, emotionally, spiritually and mentally. These are their permanent gifts for you.

After you have made your list of these loving gifts I invite you to get creative. Match each gift with something you can look at and experience. This "something" will become the symbol for the gift. For instance, if your gift is red curling hair you might cut off a small curl or get a piece of red ribbon that matches the red of your hair or get a pretty red bead or button from a craft shop. For the glass half-full — pick out an elegant glass. Use a thank-you card to represent the opportunity you have to attend college/trade school.

You could get a different bead or individual small candle for each gift. Engage the healing power of your creative self now. It is so important to your healing. However you match your gift with its symbol need only have meaning for you. Your choices don't have to be logical or understood by anyone else. The length of time you take to accomplish all of this will be perfect timing.

Once you have your list and have matched the gifts with their symbols place them on a dresser, table or window sill. Have them in a place you pass by frequently. As you pass by the symbols you have chosen, pause for a moment and recognize their value. Express gratitude for the gifts left for you, know your loved one will live on as you embrace and personalize your gifts and take them with you into the new year. This should help you feel stronger as you face your new year while grieving.

I wish you a new year filled with as many happy times as possible.

PS – You know, of course, that for a griever a "new year" can begin at many places in the calendar — your loved ones birthday or day of death, your birthday or the beginning of summer and etc. At anytime you feel hopeless or especially sad missing your loved one, remember their gifts and then the good parts of your loved one will live on within you and give you peace.

Tricia Sample is a masters prepared artist and registered art therapist who worked in hospice for over 12 years. Her hospice patients, families, and coworkers were the inspiration for her Loving Farewells grief support programs.

When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight.

Kahlil Gibran

Other Resources

The Healing Center
6409-1/2 Roosevelt Way NE, Seattle
Meeting Time(s), Please contact us for meeting times.
Contact: Mattie Bess, Program Coordinator
206-523-1206
info@healingcenterseattle.org

For all school-aged children who have experienced the death of a parent by suicide. This group meets once a month for two hours. A separate parent group is offered concurrently.

Thurston County Grief Support Group

When: 1st and 3rd Mondays of each month (excluding holidays), 10-11:30 a.m.

Where: Lacey Presbyterian Church, 3045 Carpenter Road SE, Olympia

Phone: (360) 493-4667 or (877) 620-3286 (Providence SoundHomeCare & Hospice)

The Compassionate Friends Loss of Child Support Group

When: First Monday of every month, 7-8:30 p.m.

Where: Providence St. Peter Hospital (Executive Meeting Room), 413 Lily Road NE, Olympia

Phone: (360) 402-6711 (Providence SoundHomeCare & Hospice)

What: **BRIDGES: A Center for Grieving Children** is a family-based support program where families with children ages 4-18 who have experienced the death of a parent or a sibling come together to heal. We offer support groups just for children as well as groups for adults.

When: 1st and 3rd Mondays of every month 6:00-8:30 p.m.

Where: Mary Bridge Children's Health Center, 311 South L St, Tacoma, WA 98403

Who: Surviving families of suicide who have children between the ages of 4-18

Contact: Darren Wenz (Darren.wenz@multicare.org) or
Lisa Duke (lisa.duke@multicare.org) 253.403.1966

Grief Support Group

This 8 Week curriculum based Grief Group is intended to be a place of education, processing, and support for those adjusting to the death of a loved one. Topics discussed include: what the grief journey might look like, Rituals and Memorials, how to process your grief, self care during this tender time, and many other topics. If you are interested please call MultiCare Bereavement.

Support at 253-301-6400 to register (required). There is limited space in each group.

Sep 12- Oct 31 Mon, 2-4 pm. Free

Remembering

Go ahead and mention my loved one,
The one that died, you know.
Don't worry about hurting me further.
The depth of my pain doesn't show.
Don't worry about making me cry I'm already crying inside.
Help me to heal by releasing The tears that I try to hide.
I'm hurt when you just keep silent,
Pretending they didn't exist,
I'd rather you mention my loved one
Knowing that they have been missed.
You asked me how I was doing I say "pretty good" or "fine"
But healing is something ongoing I feel it will take a lifetime.

Elizabeth Den~



CHANGE OF ADDRESS

You didn't die,
you just changed shape

became invisible
to the naked eye

became this grief,
it's sharpness

more real
than your presence was

before you were separate to me
entire to yourself

now you are
a part of me

you are inside my self

I call you
by your new name

'Grief...Grief! '

although I still call you
'Love.'

~Dónall Dempsey



YOUR DONATIONS ARE ALWAYS NEEDED, APPRECIATED AND ARE TAX-DEDUCTIBLE.

Please mail your donations to:

28824 21st Ave. S., Federal Way, WA. 98003

In memory of: _____

Name

Address

City, State, Zip

Auburn SOS
28824 21st Ave. S.
Federal Way, WA 98003

Return Service Requested

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You can find Auburn SOS on Facebook. Go to Facebook and type 'Auburn SOS' in the search box or go to our website and follow the link on the first page.

Happy New Year!

New Year's Wishes ~

To the newly bereaved: We wish you patience – patience with yourselves in the painful weeks, months, even years ahead.

To those of you who are exhausted from grieving: We wish you the strength to face just one more hour, just one more day.