



SURVIVORS OF SUICIDE
King/ Pierce/ Thurston County Support Groups
JANUARY/FEBRUARY, 2018
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! You may not get mentioned by name – but please know that you are appreciated!

Thank you to Ed and Maxine Johnston for a love gift in memory of their son-in-law Dmitri.

Thank you also to Jane Hower for a love gift in memory of her son Wesley.

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	Cara Moser	<i>Lost her Uncle Sean</i>
Jan	11	Kris Freeman	<i>Lost her brother Kenneth</i>
Jan	11	Hope Haynie	<i>Lost her friend Jason</i>
Jan	11	Kelsi Opland	<i>Lost her fiancé Jason</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	Doug Whitcomb	<i>Lost his son Scott</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	Brahim Djouider	<i>Lost his daughter Hanaa</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>



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

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

February birthdays: Lisa, Mary, Dmitri, Willie, Travis, Michael, Carol, Hanaa, 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.

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

Welcome to those of you who have joined us in this last year. We understand we are a very difficult group to attend, we'd like to suggest you try us at least three times before deciding if it is for you. Healing from a suicide loss is challenging at best, be gentle with yourselves and try to take care of yourselves and each other during this process.

New Year By Clara Hinton

A new year holds personal meaning for everyone. Usually, a lot of time is taken for some inner reflection. As the old year ends and a new year begins, most people set new goals with lots of enthusiasm and a true spirit of wanting to do better. There is an honest attempt to forget past failures and focus on the future with feelings of bright hope.

When grief has been part of your daily life, it is a real challenge to be hopeful for a brighter new year. How do you heal broken relationships? How do you make a more secure financial future when beginning the new year without a job? How do you set lofty goals when you are sinking in a sea of depression? How do you begin to fill the hole in your heart that has been left when your child died?

A new year does not end all past pain.
A new year does not make every wrong thing right.
A new year will not restore broken dreams.

But a new year is just that: new. It is the making of an opportunity to begin again. It takes great courage to look for a miracle when your dreams have been shattered. Every person alive has a seed of hope planted within the heart that is ready to come alive if given a chance. Look at the new year, taking it one day at a time. With the breaking of each new dawn claim one new promise of hope. When you do, your miracle will begin to happen!

Every new day has the potential to give you a miracle!
Reprinted from Comforting Friends, Vol. XVIII, Issue 1

Grief in the New Year, Hope to Heal

“The weird, weird thing about devastating loss is that life actually goes on. When you’re faced with a tragedy, a loss so huge that you have no idea how you can live through it, somehow, the world keeps turning, the seconds keep ticking.” *James Patterson*

Time waits for no one. When your loved one died, life as you knew it stopped, but the world around you, and the clock, continued ticking, moving forward without your loved one and sometimes it seemed to move on without you as well, leaving you feeling suspended in a type of time warp, unsure of how to escape it to move forward into some sort of a life without your loved one.

As 2018 approaches, we reluctantly add one more year to the list of years spent without our loved one. Whether you lost your loved one in 2017, or many years ago, it is important to remember that where there was great love, there will also be deep grief and no matter how long it has been since the death of your loved one that grief will continue to surface when you least expect it.

For every special moment you shared with your loved one, there will be just as many moments of emptiness and longing for them. Nostalgia is a part of grief that is a double-edged sword...remembering the love and happiness you shared ultimately brings the sharp pain of the void that is left in your life, and in your heart, without them. But no matter how painful it is remembering what you have lost, it is this love you shared that will eventually help you heal enough to find the life that is out there waiting for you to live. This may not be the life you had planned, but there is still some happiness that can be found.

There is hope to HEAL your broken heart enough to find some joy again.

H – Honor your pain and your loss

Give yourself permission to grieve regardless of how long it’s been since your loved one died. By honoring your loss, the unsettled emotions that are involved in your grief will become more manageable. Allow yourself to feel your loss and the emotions it brings. Remember the love you shared, and know that it is always with you. This love will always belong to you. This love can never be lost.

E - Engage actively in the process of healing

This process looks different for each of us. Start engaging in healing by becoming aware of any patterns of grieving that may keep you stuck in the pain. If you have inadvertently isolated yourself do your best to attempt to get back out among friends and family. They won’t necessarily understand what you’re going through, but they can still provide some companionship.

Try a support group, or possibly seeing a grief therapist. Sometimes just being able to talk about what you are feeling and going through can bring some relief and enable you to make small steps forward.

Journal your thoughts and feelings. For me, allowing my feelings to flow from me and through the pen out onto paper, provided a sense of comfort for me. My thoughts and feelings were no longer locked up inside me with no place to go.

A – Acknowledge the emotions that demand to be felt

The reality is that grief will drag you through a huge range of emotions, ranging from guilt to fear to despair to anger. The scope of possible emotions is almost endless. Each one of us will experience different emotions as we grieve, at different intensities and lengths. You should be aware that the emotional ups and downs that you are experiencing are normal. Healing your grief is a process. Don't feel guilty that you are experiencing all of these emotions. These emotions are what you must experience to eventually heal your broken heart.

If you need to cry, cry. Your body is telling you that it needs the release that only tears can bring. If you need to scream, scream. If you keep the screams inside, they will eat at you, undermining your ability to mend your broken heart, and the repression of these emotions may eventually make you physically ill.

Let your emotions do what they are meant to do...Heal.

L – Look for small things that can bring some joy back into your life

When I was lost in my grief, I discovered small things that brought me happiness:

- Spending time with the young children in my family made me smile. Their innocent joy in life was infectious and I found happiness sharing time with them, bringing me hope that I could feel joy again.

-I intentionally sought out the few friends who could make me forget about my pain for a moment and laugh. I did my best to limit the amount of time spent around those people who brought me negative energy.

These are just a few of the ways that I eventually created a path that would lead me to a place where I was able to live with my losses and start to experience some joy again. Find what brings you some joy.

After millions of steps on my grief journey, I finally realize that every step I take is a step closer to being with my loved ones again. But, I also realize that it is my choice whether these steps are taken with sorrow, or whether I attempt to find some joy in the remainder of my journey. Finding joy in life again doesn't mean you will ever forget your loved one. It does mean that you honor the place they had in your life and the love you shared...allowing love and loss to walk side by side into 2018. **Pain and loss will change you, but they don't have to define you.**

Rhonda O'Neill, Contributor

Mother, Grief Survivor, Pediatric RN, and Author of the book, *The Other Side of Complicated Grief*

If your compassion does not include yourself, it is incomplete.

[Jack Kornfield](#)

Other Resources

SoundCareKids Grief Support Group

These groups give children 4-18 years of age and their parents an opportunity to develop new friendships with others who are also grieving the death of a loved one; share feelings, hopes and fears in creative, experiential ways and learn coping skills for adjusting to difficult changes.

Thursdays, 6:15 – 7:45 pm in West Olympia
Call 360-493-5928, pre-registration required

The Compassionate Friends

What: 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)

Thurston County Adult Grief Support Groups and Classes

What: 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)

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: Christ Church, 310 North K St, Tacoma, WA 98403

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

Contact: Darren (Darren.wenz@multicare.org) or Michelle (michelle.schuyleman@multicare.org) at 253.272.8266

The Compassionate Friends

What: Loss of Child Support Group

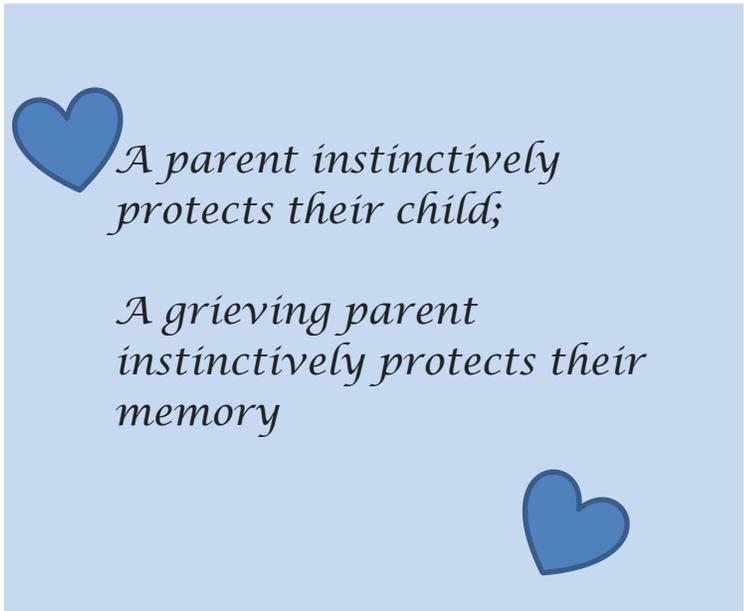
When: 2nd Wednesday of every month, 6:30-8:30 p.m.

Where: St. Francis Hospital, 34515 9th Ave. S, Federal Way

Phone: 206-241-1139, Email: tcfmarge@aol.com

Time alone has dulled the sting of your absence,
but that three syllable word still makes me cringe.
Although you visit my dreams,
looking for answers only leads
to more questions.
And sometimes I know
I'm better off
not knowing.

Courtney Deel, a member of the Auburn Groups says,
"I use poetry as my outlet for expression."
She lost her significant other, John, to suicide.



*A parent instinctively
protects their child;*

*A grieving parent
instinctively protects their
memory*

Weather Alert! 



If the weather is inclement (as in 'snow'!) we will follow the guidelines of the local school district as to whether or not to cancel our meeting.



Donations are always appreciated and are tax deductible



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

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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.

