



SURVIVORS OF SUICIDE

King/ Pierce/ Thurston County Support Groups

JULY/AUGUST, 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! You may not get mentioned by name – but please know that you are appreciated!



How does AmazonSmile work?

When first visiting AmazonSmile, customers are prompted to select a charitable organization from almost one million eligible organizations. For eligible purchases at AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price to the customer's selected charitable organization. All of that adds up!

Please select Auburn Survivors of Suicide as your charity! Thank you!

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:

July	2	Angel Shell-Klein	Lost her sister Jamey
July	5	Teresa Tradewell	Lost her son Brandon Green
July	5	Michelle Corder	Lost her mother Mary
July	6	Bonnie Benson	Lost her partner Chris
July	6	Fred / Sue Miller	Lost their son Terry
July	7	Michelle Gietka	Lost her brother Garrett
July	7	Curtis Costner	Lost his girlfriend Arwen
July	8	Andee Church	Lost her brother Abel Church
July	10	Danielle Munich	Lost her mom Dixie Puckett
July	10	Jessica Giles	Lost her mother Debbie Reames
July	10	Liz St. Louis	Lost her husband Tom
July	11	Jeanette Mack	Lost her daughter Angela
July	11	Jonathan & Leigh Manheim	Lost their son Garth
July	12	Katie Wilkinson	Lost her best friend Raul Villanueva
July	13	Patsy Genoway	Lost her son Carl Edward Thompson II
July	17	Roy / Karen Petschauer	Lost their son Roice
July	18	Holly Hobbs	Lost her daughter Stacy Hobbs
July	18	Jason Calland	Lost her sister Stacy Hobbs
July	18	James Lyles	Lost his girlfriend Stacy
July	18	Karen Shane	Lost her son Robby
July	19	Cheryl Shane	Lost her step-son Robby
July	19	Gabe Behm	Lost his wife Elena
July	20	Cherie Katana	Lost her son Samuel
July	20	Janet Paulson	Lost her step-son Nate
July	20	Julie Wunderlich	Lost her sister Jennifer Dill Reinhard
July	20	Patti Mossberger	Lost her son Mark Daniel
July	20	Rose Morrison	Lost her brother Rod Morrison
July	23	Jessica Giles	Lost her sister Angie Reames
July	24	Jessie Stark	Lost her mom Carol Stark
July	25	Troy Williams	Lost his wife MaryJo
July	26	Tom & Julie Amos	Lost their son/stepson Cameron
July	26	Gretchen Playle	Lost her son Cameron
July	27	Jenifer Petersen	Lost her husband Jon
July	27	Arlie Petersen	Lost her son Jon
July	27	Rosie Breen	Lost her son Sonny Petra
July	27	Susan Zweigler	Lost her brother Randy
July	28	Connie & Beau McTighe	Lost their son Alan McTighe
July	28	Bob Sheaffer	Lost his friend Alan McTighe
July	30	David and Colleen Rocca	Lost their son Nick
July	30	Barb Clough	Lost her son Jonathan
July	31	Chris / Gary Davis	Lost their son Jeff Robertson
July	31	Karsten Wise	Lost his father Kevin
July	31	Sandra Wise	Lost her son's father Kevin
August	1	Samantha Miller	Lost her mother Tammy
August	1	Debra Schreck	Lost her brother Richard
August	1	Bradley Thompson	Lost his partner Dean
August	4	David Gerry	Lost his brother James
August	6	Karen Gardner	Lost her son Shawn
August	6	Pam Williams	Lost her son Josh
August	7	Denise Simpson	Lost her son Phillip
August	9	Karalee Rae	Lost her son Jerry
August	9	Maxine Johnston	Lost her son-in-law Dmitri
August	10	Ben and Diana Roller	Lost their daughter Jessica
August	10	Danielle Roller	Lost her sister Jessica
August	14	Greg Wallace	Lost his mother and father, John and Sandy
August	14	Jim Scott	Lost his brother Bob
August	14	Patricia VanDragt	Lost her son Jonathan
August	17	Debbie West	Lost her son Christopher
August	17	Rhonda Lundquist	Lost her son Jon
August	19	Roberta Thiesen	Lost her granddaughter Tiana



August 20	Troy Louvrak	Lost his son Joshua
August 23	Suzanne Lane	Lost her brother Steve
August 24	Shannon Blake	Lost her father Gary
August 26	Beth Rivera	Lost her son Tyler
August 26	Linda Jacobson	Lost her husband Randy
August 26	Robert and Judy Knoyle	Lost their daughter Robin
August 28	Heidi Smith	Lost her son Tristan
August 29	Kimberly & Kenn Rivers	Lost her twin brother Chris
August 29	Benita Gjurasic	Lost her brother Jeffrey Dale Bergman

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

July birthdays: Garrett, Christopher, Kevin, Sandy, Stacy, Michael, Joshua, Molly, John, Jackson, Antonio, Joe, Bob, Larry, Bryan, David, Vinnie, Don, Nate, Angie, Jeffrey, Louie, Larry, Walker, Jim, Wesley, Brenda, Palmer, Carly, Alexandria, Betty, Roy, Kellen and Kaylan.

August birthdays: Stephen, Marie, Greg, MaryJo, John, Nita, Allison, Wesley, David, Debbie, John, Paul, Richard, Jon, Jennifer, Mark, Lana, Jerry, Derek, Justin, Alexander, Gregory, Michael, Mike, Jimmy, Randy, James, Tina, James, David, Jon, Gary, Abel, Jonathan, James and Randee.

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 JULY AND AUGUST:

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

A lending library is available to survivors. Information pertaining to suicide and grief may be checked out for a period of 30 days.

Please return any books or publications you have checked out so that others may use them.

Is there a book that you have found particularly helpful? Let us know and we will pass others!



Thank you!

Where there is pain,

Let there be softening.

Where there is bitterness,

Let there be acceptance.

Where there is silence,

Let there be communication.

Where there is loneliness,

Let there be friendships.

Where there is despair,

Let there be hope.

*Reprinted from MAYDAY,
Survivors of Suicide Newsletter,
Aurora, IL Vol. 13 No. 1 January 1995*

Here in Western Washington we start thinking about summer long before we see the first sun breaks of spring.

As the days become longer and the sun breaks extend into actual full days without rain we feel an increasing excitement and hope for the long, warm days ahead. This is a short and beautiful season that we fill with as much fun and activity as we can such as gardening, picking berries, camping, and reuniting with family and friends.

For people who are grieving, however, this season is often bittersweet and full of reminders that warm weather activities were once enjoyed with a loved one who is now gone. At these times, the sun can seem too bright and colors painfully vibrant. The cold and dampness may feel like a better match for the internal moods of grief.

Recently, a woman described to me her first spring without her husband: initially she had felt hopeful as she began thinking of how she would fill container gardens for her deck.

She then suddenly found herself dissolved in tears as she remembered that this was something she had always done with her husband. This was followed by her becoming upset with herself for being sad as she told herself that she should be feeling happier. Many people experience this turmoil, sometimes fleetingly, sometimes for longer periods, even years after a loss. We often compound our feelings of grief and sadness with thoughts that there is something wrong with us and that we should be feeling better or making more progress. We become very harsh with ourselves at a time when we need to be the most tolerant. Over the years, many people have commented to me that “it is easy to take care of yourself when you’re feeling good.” During times of emotional turmoil and distress however, taking care of oneself seems remote and often impossible. Yet it is during these times that self-care is most important.

Here are some suggestions of simple ways to help you cope and care for yourself:

Become aware of what you are experiencing

The emotions of grief are often overwhelming and can trigger a spiral of more intense thoughts and feelings. Becoming aware of feelings before they intensify is a critical first step in learning to cope with them. When you begin to feel overwhelmed, take a moment to notice different aspects of yourself: Take a deep, slow breath and notice what you are thinking and feeling. Notice the state of your muscles. Are they tense? Is your breathing shallow? What kind of thoughts are you having? What are you feeling? Take a few slow deep breaths and consciously relax the tension in your muscles.

Try not to judge yourself

The unpredictable trajectory of grief leaves many people feeling frustrated and impatient with themselves for not making more “progress.” There is also a very frequent tendency to look back on events with a self-critical eye, to imagine that outcomes would have been different “if only” certain things had happened or not happened. While these reviews are a natural part of processing experiences and emotions, harsh self-judgments can lead to feelings of anxiety, guilt, anger, and depression. If you find yourself in this situation, it may help to write down what you are thinking and feeling.

This may help you to gain clarity and to identify themes needing further attention. It can also be very helpful to talk with a counselor or trusted friend or family member. Remind yourself that you are experiencing a normal part of the grief process and that you are doing the best you can. Like the tides, strong emotions and thoughts will ebb and flow, peak and subside. Each time you experience them you will gain more understanding and ability to cope.

Consider what your emotions are telling you

Painful emotions are often seen as an enemy to be conquered rather than the internal guides that they often are. One of the most difficult parts of grieving is finding balance between your need to be alone and

to reach out to others. Emotions can assist you in figuring this out. Ask yourself what you need. It might be a good cry, a kind friend, a long walk, or all three. With practice you will learn to trust and pay attention to your inner emotional “radar.”

Be assertive with others

Well-intentioned others may be quick to offer advice or insist that you participate in group activities. If someone says something well-meaning but insensitive such as “he’s in a better place now”, you can gently remind that person that you do not feel that way and communicate how you do feel and how their comment has affected you. Communicating in this honest and neutral manner provides the other with helpful information and reduces feelings of resentment and anger. When you make decisions about participating in activities or social events, make sure it is your decision and that you are not simply agreeing to please another person. This is especially difficult in family gatherings but with practice, the honest expression of our needs becomes easier.

Establish a routine

We humans just function better when we have even a simple routine that involves regular sleep, nutritious food, healthy activity, and social support.

Choose your company wisely

Spending time with someone you are truly comfortable with can make a huge difference. A trusted friend or family member who does not judge you, accepts you as you are, and is willing to just listen, can serve as a healing tonic.

Remember that your heart is big enough for both grief and joy

Often people are shocked the first time they find themselves laughing, smiling, or feeling a moment of joy or happiness. It often feels inappropriate and wrong to feel this lightness. However, these moments, like northwestern sun-breaks, are gifts and serve as reminders of brighter days to come.

Remember that you are not alone

Find out what others have experienced and what to expect. Although everyone grieves in their own unique way, there are many experiences people share. Everyone will go through this at some time in their life. Connecting with others who are experiencing grief can make a big difference and provide hope and new ways to cope. Finally, consider talking with a grief counselor about what you are going through. Many people find it helpful to combine individual counseling with a support group. Both these options are always available to you at no charge through our grief support services program. Remember, it is a sign of health and strength to seek support and clarification during this time. If you have any questions about this article or about what you are going through we can be reached directly at 360-493-4667. May this season bring you hope and the promise of summer in your own hearts.

– Barb Digman, Bereavement Counselor

"I think about how much I miss him, and start to feel sorry for myself.....but then I think about all the people who never got the chance to meet him, and I start to feel sorry for them."



The Overnight

The Overnight is an experience like no other. As you walk over 16 miles through the night, you'll feel safe and cared-for in a community where everyone supports each other. It's a place to laugh, to cry, and to heal - to honor the past and embrace a future that your healing journey will change for

the better. The Auburn Group facilitator, Pam Driggers and her daughter, Nicole, participated in the Overnight walk in San Diego May 20th.

Out of the Darkness Community Walks ~

The core of the Out of the Darkness Walks, the Community Walks created a movement. Held in hundreds of cities across the country, they give people the courage to open up about their own struggle or loss, and the platform to change our culture's approach to mental health.

Sept. 16	Spokane Walk, Riverfront Park, North Bank Shelter
Sept 23	Kitsap Peninsula Walk, Bainbridge High School
Sept 23	Everett Walk, Legion Park - 145 Alverson Blvd - Everett
Sept 30	Olympia Walk, Marathon Park in Olympia
Oct 8	Aberdeen Walk, Morrison Riverfront Park
Oct 14	Tacoma Walk, Wright Park - 501 South I Street
Oct 22	Seattle Walk, Fisher Pavilion - Seattle Center

For more information go to www.afsp.org and click on the links for walks. There you will find more information about each walk individually. In addition, some could use your help! Auburn/Olympia SOS will have an informational table at several of these walks and we welcome your participation either helping at our table and/or walking. The walks are not long, most are 1 – 2 miles. Dogs and kids are welcome!



The 2017 NAMI Walk was Sat. June 3rd. As we have every year, Auburn SOS had a table at the walk passing out information. Check our Facebook page for pictures!

From NAMI:

The 13th annual NAMI Walks Washington was a great success - thank you! More than 1,300 walkers and volunteers have raised almost \$275,000 to date to support the work of NAMI and people affected by mental illness.

We Walk for Mental Health!



Char staffing our table at the NAMI Walk

Other Resources

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)

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)

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

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: 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



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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Permit #58*



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.



*Grief comes in one size,
Extra Large.
If we tuck it away
in the bottom drawer
where it never sees the light of day,
it remains exactly the same.
On the other hand,
if we wear it, feel it,
talk about it, and share it with others,
it is likely that it will become faded, shrunk and worn,
or will simply no longer fit.
When grief has served its purpose,
we are able to recognize the many gifts we have gained.*

-Dianne Arcangel, in
Life After Loss: Conquering Grief and Finding Hope