



SURVIVORS OF SUICIDE
King/ Pierce/ Thurston County Support Groups
JULY/AUGUST, 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!

This last month we were grateful to receive donations from the following:

Many thanks to Zenko Zulu for a donation in memory of her husband Kwame.

Many thanks also to Cherie Nordgren for a donation in memory of her husband Dan.

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	9	Zenko Zulu	Lost her husband Kwame
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	Cristal Villarereal	Lost her former boyfriend Devyn
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 20	Troy Louvrak	Lost his son Joshua
August 23	Suzanne Lane	Lost her brother Steve
August 24	Laurie Sypole	Lost her son Garrett
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

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

July birthdays: Garrett, JoAnn, Christopher, Kevin, Sandy, Stacy, Michael, Joshua, Molly, John, Jackson, Antonio, Devyn, Joe, Bob, Larry, Bryan, David, Vinnie, Don, Nate, Angie, Jeffrey, Louie, Larry, Walker, Jim, Wesley, Brenda, Palmer, Carly, Alexandra, 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, Gregory, Michael, Mike, Jimmy, Randy, James, David, Jon, Lance, 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

New Group!-

New Suicide Survivor's Support Group in Lewis County!

Life Center 201 N. Rock St., Centralia
 Enter on the side entrance
 2nd Tuesday of the month, 7 pm
 Contact: Kristi Biggers, 360-703-7500.

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 that on to others!

Thank you!



Grief is the price we pay for love.”
 -Queen Elizabeth II



Join Us Today

Join a quarter of a million people from hundreds of cities across all 50 states to raise awareness and funds that will save lives and bring hope to those affected by suicide.

About AFSP

We are the leader in the fight against suicide. We fund research, advocate, create educational programs, and support survivors of suicide loss.

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.

Why We Walk

Every year suicide claims more lives than war, murder, and natural disasters combined. It's up to us to put a stop to this tragic loss of life.

09/15/2018	<u>Olympia Walk, Heritage Park - Olympia, WA</u>
09/16/2018	<u>Kitsap Peninsula Walk, Evergreen Rotary Park - Bremerton, WA</u>
09/22/2018	<u>Spokane Walk, Riverfront Park, Forestry Shelter - Spokane, WA</u>
09/29/2018	<u>Everett WA Walk, Port of Everett Boxcar Park - Everett, WA</u>
10/06/2018	<u>Tacoma Walk, Bradley Lake Park - Puyallup, WA</u>
10/07/2018	<u>Aberdeen WA Walk, Morrison Riverfront Park - Aberdeen, WA</u>
10/14/2018	<u>Seattle Walk, Fisher Pavilion - Seattle Center - Seattle, WA</u>

Both the Auburn and Olympia Groups will be in attendance at several of these walks – look for us – or volunteer to help! Go to www.afsp.org for more information about these walks. Not here in Washington? Community Walks are everywhere!



“Grief is like the ocean; it comes on waves ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim.”

–Vicki Harrison



THAT FIRST SUMMER VACATION

Posted on June 5th, 2017

Summer time is here and with it you may be planning a vacation. If you have recently suffered the death of your child, that first vacation can be very difficult. I would like to share with you our experience the first time we took a vacation after our son, Paul, died. I have included some suggestions to help you through your first vacation and to help

you plan around your grief.

If any of you are planning a vacation, here are some suggestions that may help.

- Be gentle with yourself. Don't expect too much on your first vacation. Remember as bereaved parents, the first time we do anything without our kids is tough whether it be going to the movies, shopping or on a vacation.
- Plan to do some grief work because you will, planned or not. Give yourself time enough on the trip if you have a bad day so that you can just do what you feel like doing.
- Know that your child will be on your mind day and night just as he or she is at home. Our grief goes with us.
- Plan to do something your child would have loved to do, but did not get a chance to. Plan this in his or her memory.
- If you plan to visit relatives for the first time since your child's death, remember they mean well even if they seem insensitive with their remarks. They have not lost a child and can't see through your eyes.
- If you have other children, remember them. They are also having a hard time coping on this vacation. Plan some activities that will be especially for them.
- Be especially careful to communicate with your spouse. Plan a vacation that is suitable for both of your needs. Remember you are both grieving for the same child, but we all grieve differently and in our own way.
- If you have been maintaining your child's grave site and feel guilty about leaving it unattended, let a family member or friend see to it while you are away. You need not feel guilty and it could fill a need for one of your family.

— *Dianna Hammock, Central Coast, CA*



“Where you used to be, there is a hole in the world, which I find myself constantly walking around in the daytime, and falling in at night. I miss you like hell.”

— *Edna St. Vincent Millay*

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

This man's words are on point. (this article was shared at a recent Auburn Meeting)

“Alright, here goes. I'm old. What that means is that I've survived (so far) and a lot of people I've known and loved did not. I've lost friends, best friends, acquaintances, co-workers, grandparents, mom, relatives, teachers, mentors, students, neighbors, and a host of other folks. I have no children, and I can't imagine the pain it must be to lose a child. But here's my two cents.

I wish I could say you get used to people dying. I never did. I don't want to. It tears a hole through me whenever somebody I love dies, no matter the circumstances. But I don't want it to "not matter". I don't want it to be something that just passes. My scars are a testament to the love and the relationship that I had for and with that person. And if the scar is deep, so was the love. So be it. Scars are a testament to life. Scars are a testament that I can love deeply and live deeply and be cut, or even gouged, and that I can heal and continue to live and continue to love. And the scar tissue is stronger than the original flesh ever was. Scars are a testament to life. Scars are only ugly to people who can't see.

As for grief, you'll find it comes in waves. When the ship is first wrecked, you're drowning, with wreckage all around you. Everything floating around you reminds you of the beauty and the magnificence of the ship that was, and is no more. And all you can do is float. You find some piece of the wreckage and you hang on for a while. Maybe it's some physical thing. Maybe it's a happy memory or a photograph. Maybe it's a person who is also floating. For a while, all you can do is float. Stay alive.

In the beginning, the waves are 100 feet tall and crash over you without mercy. They come 10 seconds apart and don't even give you time to catch your breath. All you can do is hang on and float. After a while, maybe weeks, maybe months, you'll find the waves are still 100 feet tall, but they come further apart. When they come, they still crash all over you and wipe you out. But in between, you can breathe, you can function. You never know what's going to trigger the grief. It might be a song, a picture, a street intersection, the smell of a cup of coffee. It can be just about anything...and the wave comes crashing. But in between waves, there is life.

Somewhere down the line, and it's different for everybody, you find that the waves are only 80 feet tall. Or 50 feet tall. And while they still come, they come further apart. You can see them coming. An anniversary, a birthday, or Christmas, or landing at O'Hare. You can see it coming, for the most part, and prepare yourself. And when it washes over you, you know that somehow you will, again, come out the other side. Soaking wet, sputtering, still hanging on to some tiny piece of the wreckage, but you'll come out.

Take it from an old guy. The waves never stop coming, and somehow you don't really want them to. But you learn that you'll survive them. And other waves will come. And you'll survive them too. If you're lucky, you'll have lots of scars from lots of loves. And lots of shipwrecks.”

- Author unknown

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

Return Service Requested



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.

*Non profit Org
US Postage Paid
Federal Way, WA
Permit #58*

“You will lose someone you can’t live without, and your heart will be badly broken, and the bad news is that you never completely get over the loss of your beloved. But this is also the good news. They live forever in your broken heart that doesn’t seal back up. And you come through. It’s like having a broken leg that never heals perfectly – that still hurts when the weather gets cold, but you learn to dance with the limp.”

–Anne Lamott