



SURVIVORS OF SUICIDE

King/ Pierce/ Thurston County Support Groups



JULY/AUGUST 2024 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!

We appreciate the ongoing support from attendees at the Olympia meeting – thank you!

We also received a donation from the Combined Fund Campaign.

Whether you donate by cash at a meeting or by sending in a check – it all goes to spread the word about suicide prevention and to care for suicide survivors.

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

Thinking of You Especially:

July	2	Angel Shell-Klein	Lost her sister Jamey
July	2	Beth Atchison	Lost he daughter Cherise Lynn
July	5	Michelle Corder	Lost her mother Mary
July	6	Bonnie Benson	Lost her partner Chris
July	6	Joann Deuel	Lost her son Steve
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	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	15	Jennifer and Travis Johnson	Lost their son Zachery
July	15	Kimberly Krebs	Lost her nephew Zachery
July	15	Kari Silbaugh	Lost her grandson Zack
July	17	Roy and Karen Petschauer	Lost their son Roice
July	18	Holly Hobbs	Lost her daughter Stacy Hobbs
July	18	Jason Calland	Lost his sister Stacy
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	20	Tina Ward	Lost her sister-in-law Dolly
July	20	Eddie White	Lost his wife Dolly
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
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	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 and Gary Davis	Lost their son Jeff Robertson
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	2	Jenny Pino	Lost her son Stephen
August	4	David Gerry	Lost his brother James
August	6	Donna Candiliere and Joy	Lost their son Devyn
August	6	Karen Gardner	Lost her son Shawn Christopher
August	6	Cristal Villarereal	Lost her former boyfriend Devyn
August	6	Pam Williams	Lost her son Josh
August	7	Amy	Lost her brother Scott
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	24	Laurie Sypole	Lost her son Garrett
August	25	Rashanna Smith	Lost her daughter April
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	27	Danielle Goodwin	Lost her daughter Cassandra
August	28	Heidi Smith	Lost her son Tristan
August	29	Benita Gjurasic	Lost her brother Jeffrey
August	29	Kimberly and Kenn Rivers	Lost their twin brother Chris
August	31	Becky Connors	Lost her daughter Brigitte

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

July birthdays: Garrett, JoAnn, Mark, Kevin, Sandy, Stacy, Joshua, Luke, John, Rick, Jackson, Rod, Antonio, Devyn, Joe, Bob, Bryan, David, Don, Nate, Angie, Antonio, Jeffrey, Louie, Issac, Larry, Walker, Jim, Wesley, Palmer, Carly, Alexandria, Roy, Kellen, and Kaylan.

August birthdays: Marie, Greg, MaryJo, John, Nita, Allison, Wesley, David, Debbie, John, Paul, Richard, Jon, King, Benjamin, Jennifer, Lana, Steve, Derek, Justin, Gregory, Michael, Jimmy, Randy, James, David, Lance, Gary, Abel, Jonathan, and James.

We strive for accuracy. If we are missing the name of your loved one or if the information is incorrect or missing 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 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-14, located at 333 Kaiser Road in Olympia from 6:30 to 8:15 p.m..

For more information or directions please call Janis at 360-866-2509.

The **Tacoma** Group meets on the second Wednesday of every month. Meetings are held at the Tahoma Indian Center, 1809 E. 31st Street in Tacoma at 7:00 p.m.

For more information or directions please call Colette at 360-490-3454 or coletteaugust@gmail.com.

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

As your newsletter editor of over 20 years I would like to encourage all of you to contribute to this newsletter being a success. It is here to support you in your recovery and we like nothing better than to share your stories, whether about the loved one you lost or how you have healed and continue to heal.

In order for SOS to continue to be a success we need your help and your involvement. Please consider helping out in some way; whether it be assisting the group facilitator or contributing to this newsletter or making a donation – there are many ways to help!

Janis, the Olympia Group facilitator was in a car accident and the July meeting is iffy – unless of course, one of the members is able to step in! We wish Janis all the best as she recovers.

How to Take a Vacation While Grieving

Travel has always been an amazing way for you to escape the everyday – you don't need to worry about meetings, bills, or personal drama when you're out in the world, exploring a new place. That's one of the main reasons people so look forward to their carefully-planned vacations! Unfortunately, however, sometimes life has a plan of its own, and something in your personal life can go very wrong before you set out on your next adventure. Rarely do people plan vacations around major losses – part of what makes a loss so difficult is the inability to know when, exactly, they'll occur. If the worst does happen before you set off, however, there are a few ways to make sure you still get something special out of your next vacation – you may not have the same experience you were expecting, but this is how to take a vacation while grieving.

Take it slow

Before you set off, carefully consider whether you still want to go on this trip. If you can, sleep on it for a night or two – your initial reaction may be *absolutely not*, but think about what you'll be doing if you don't embark on this vacation. Will you be occupying your time, or sitting at home? If you purchased travel insurance, you may be able to be refunded some or all of your travel costs if you decide not to go on the trip. If you *do* decide you want to go, don't put too much pressure on your vacation to make you feel 100% better. The purpose of travel is always to learn something new about yourself and the world, and that purpose is still very much available to you when you're grieving!

Instead of packing your days full of sightseeing, think about the heart of your trip – are you in this new place to try new foods? Do you want to see a famous painting or landmark? Or do you just want to immerse yourself in this new culture? Whatever the reason for your trip, think about every activity you take part in and decide if it serves that purpose. It's just as valid to spend a day being sad in a park or hotel room as it is to climb the Eiffel Tower!

Focus on you

Whether you're travelling solo, with a group of friends, or on a group tour, make sure everyone travelling with you understands what you're going through. You don't need to tell them every little detail of the situation if it's too hard, but everyone should be aware that you may need a day or two to adjust, or that you may not be thrilled with every new sight. Grief has a way of making the world go gray around the edges, and it doesn't usually care what beautiful sights it's shading over. It's okay if you don't feel as thrilled and excited as you usually do when you're travelling – think about those things you've always dreamed of seeing or doing, and seek them out. If your travel companions don't want to participate, that's okay too: sometimes, taking a walk by yourself to experience something important to you can be incredibly healing.

Find moments of peace

No matter how hard you try and how good your intentions, travel is sometimes hectic and out of our control, which can be especially difficult to deal with when you already feel a little out of control and lost. If you start to feel overwhelmed, give yourself a chance to breathe and remember why you're travelling – would the person you're missing want you to spend your

time in an exciting new place being sad? You'd be surprised at how much a little walk, a fresh snack, and some water can do for your mood – it sounds ridiculous when you're faced with such massive emotions, but stopping to take a breath and appreciate the incredible sights around you can help a lot.

Don't avoid your feelings

It can sometimes seem easier to push aside the things you're feeling in favour of diving headfirst into your travels. While that may help at first, you may find that later on those feelings return in a big, bad way. To avoid bursting into tears as you're boarding a plane or riding on public transit (been there), give yourself permission to feel your feelings. No matter what the person you're missing was to you, their loss will more than likely affect your life in some way – that's a big deal, and it deserves recognition. If you need to cancel plans for a night out to hang back at the hotel, that's fine! Avoiding the temptation to pretend nothing is wrong is difficult, but possible; and you'll thank yourself for it later.

The first step is accepting that your trip is going to be different than what you expected – when you look back on it, you'll remember all the happy times you had, but you'll also remember that you were grieving. That's okay! It can be hard to accept that this trip you were looking forward to and carefully planning may not turn out the way you anticipated, but really, what trip goes exactly to plan? If the sight of a painting the person you're missing would love makes you a little misty-eyed (also been there), consider it a nice moment, allow yourself to miss them, and move on.

Stay in the moment

This is universal travel advice: staying in the moment and appreciating what's in front of you will always make your trip more memorable and enjoyable! It takes on a new layer, however, when you're taking a vacation while grieving. One way to make sure you enjoy your vacation is to do your best to stay in the moment and avoid letting your mind wander to sadder goings-on back home. Committing to enjoying this vacation doesn't mean you aren't grieving; it just means you're giving yourself the breathing room you deserve. Try to reconnect with your senses: try and name one thing you can see, hear, smell, touch, and taste from where you are, and don't move until you've thought a little bit about each of them.

Travelling while grieving the loss of someone important to you is never the way people anticipate travelling, but enjoying a vacation may not be as far off as you think it is. While the sense of loss will be present, and you'll certainly have sad moments, it's important to remember that grief looks different to everyone, and, for some people, taking a vacation while grieving is the best thing they could do. Travelling while grieving may just be the perfect reminder that, even when it feels impossible, you can find moments of beauty in any situation.

Maggie Soares

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

Jack Kornfield



Kathy Melsness, Char Ashcraft, Cathy Johnson and Ron Callahan joined together to staff our table at the 2nd Annual Senior Health and Resource Fair at the Performing Arts and Event Center in Federal Way. These four are all old timers, having been involved over 20 years! We'd love to have some newer folks join us!

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

My brother died from depression. He also frequently exercised, had supportive friends and family, was successful in school and work. He had goals that he was constantly reaching – he still completed suicide. People who are depressed are not weak-minded – they are sick.

Maddie Rawrk



i saw
someone
today who
mentioned
you in our
conversation.

...
i never
wanted that
moment to
end.

knowing others
remember you always
makes my heart smile.

*People rush to get rid of grief
because they see it as hanging on to
loss. But grief is really hanging on to
love – which is why you always feel it.*

Riri

I Was Angry When You Died.

I shouted at death like death could hear me.
"This isn't Fair'. And I asked a thousand WHYS.
All my questions, doubts, and fears were
answered with silence. Between the anger,
there was heartbreak and disbelief when I
heard you passed away. This can't be real.
This can't be my reality. This can't be yours.
But this nightmare of grief was reality.
And the reality is I lost someone I loved.
I'll never know the reasons as to why. Yet.
I don't think there is an explanation that
would make this feel okay. Love has been
filled with grief. What once was. Can no
longer be. And while the anger fades.
The wishing you were here never does.

@glitterandgrief



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

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I don't want to tell you
when they died.
if it wasn't yesterday
will you expect me
to be less broken.
if you know it's been

a month. year. decade.
if it was a lifetime ago.
will you expect my grief
to be a whisper
and no longer
a scream.

Sara rian