



# SURVIVORS OF SUICIDE

## King/ Pierce/ Thurston County Support Groups

### JULY/AUGUST, 2020

### NEWSLETTER



Website: [www.auburnsos.com](http://www.auburnsos.com)

e-mail: [support@auburnsos.com](mailto: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 21<sup>st</sup> 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 Cliff Whipple for a donation in memory of his son Lance and his friend Jim Bell.

This month we received a donation from the Charities Aid Foundation of America.

*Hugs to all of our fellow survivors out there during this challenging time. Take care of yourselves and those close to you – and be safe!*

#### 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



## American Foundation for Suicide Prevention

Stay tuned for information about the AFSP Community Walks!

There will be walks in Aberdeen, Bremerton, Everett, Olympia, Puyallup and Seattle. We plan to have a presence at all of these events (if possible!).

Also check out the AFSP website for updates.



The following walks are scheduled:

**Sept 19, Bremerton, Venue to be decided**

**Sept 27, Tacoma, UW Tacoma Campus**

**Oct 3, Bellingham, Bellingham High School**

**Oct 4, Aberdeen, Riverfront Park**

**Oct 10, Everett, Boxcar Park**

**Oct 11, Olympia, Heritage Park**

**Oct 18, Seattle, Seattle Center**

**As this newsletter goes to print we have no information about walks being rescheduled due to covid-19. Check with the AFSP website for updates – [www.afsp.org](http://www.afsp.org)**

## NAMIWalks Your Way



NAMIWalks is going to be a little different this year, it's not being cancelled – NAMI wouldn't think of it when our collective mental health needs are at their greatest. NAMI's programs and advocacy are needed more than ever, and with your help, we are pleased to present a walk for our times,

**NAMIWalks Your Way Washington: A Virtual Event on September 12.**

### What is NAMIWalks Your Way?

**On September 12**, NAMIWalks will be a virtual experience and joined by NAMIWalks across the country. NAMIWalks Your Way means what it sounds like: participants get to make NAMIWalks their own. You can walk a 5K—through your neighborhood, around your backyard, on your treadmill. Or you can do something else meaningful and fun to celebrate our virtual walk day.

### What participants are doing on event day:

- Walking 3,500 steps for a 5K *their way*
- Planning a craft day with their kids
- Holding a virtual bake-off with their team
- Practicing self-care with a favorite hobby: yoga, gardening, knitting
- Doing a 5K on the treadmill or stationary bike
- Hosting a virtual paint and sip party

Take photos and videos and share your activity on a favorite social media with the link to your walk fundraising page and the hashtag **#NotAlone** and **#MentalHealthForAll**. Together we can make a difference for people affected by mental illness - *Mental Health for All*

The only limit of NAMIWalks Your Way is the reach of your imagination and the breadth of your compassion. Share your ideas with us!

*Thinking of You Especially:*

July	2	Angel Shell-Klein	Lost her sister Jamey
July	2	Beth Atchison	Lost he daughter Cherise Lynn
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	Joann Beuel	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	17	Roy / Karen Petschauer	Lost their son Roice
July	18	Holly Hobbs	Lost her daughter 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
July	20	Patti Mossberger	Lost her son Mark Daniel
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 / 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	4	David Gerry	Lost his brother James
August	6	Cristal Villarreal	Lost her former boyfriend Devyn
August	6	Karen Gardner	Lost her son Shawn
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	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	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, Christopher, Kevin, Sandy, Stacy, Joshua, John, Jackson, Antonio, Devyn, Joe, Bob, Bryan, David, Don, Nate, Angie, Jeffrey, Louie, 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, Benjamin, Jennifer, Mark, Lana, Steve, Jerry, Derek, Justin, Gregory, Michael, James, Jimmy, Randy, James, David, 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](mailto:newsletter@auburnsos.com)

**MEETINGS FOR JULY AND AUGUST - please note the changes!**

***Zoom Meetings! –***

Until the pandemic and the lockdowns are over we all need to stay safe! Since we cannot meet in person we will be hosting Zoom meetings at the regular meetings times:

2<sup>nd</sup> Wednesday at 6 pm

3<sup>rd</sup> Tuesday at 7 pm and

4<sup>th</sup> Tuesday at 7 pm

Go to our Facebook page to find the meeting, the **password is ‘Auburn’**.

Don't have Zoom? Download it for free at Zoom.com. If you are not familiar with Zoom, it is a way to meet with many people on the computer (or phone). The link to the meeting is on our Facebook page – or ask and we can email it to you if you aren't on Facebook.

Please join us!

**When things are back to ‘normal’ – this is when and where we meet:**

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-10, located at 333 Kaiser Road in Olympia from 7:30 to 9:00 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 TACID Building, Room 2, the address is 6315 S. 19<sup>th</sup>, Tacoma 98466, from 6:00 to 8:00 p.m.

For more information or directions please call Colette at 360-490-3454 or [coletteaugust@gmail.com](mailto:coletteaugust@gmail.com).

There is no fee to attend any of these groups. For more information send an e-mail to [support@auburnsos.com](mailto:support@auburnsos.com)

**Contact Us:** NAMI Washington, [lhunter@namiwa.org](mailto:lhunter@namiwa.org), 206-971-1596

## **Beyond Surviving: Suggestions for Survivors**

Iris M. Bolton

1. Know you can survive. You may not think so, but you can.
2. Struggle with "why" it happened until you no longer need to know "why" or until you are satisfied with partial answers.
3. Know you may feel overwhelmed by the intensity of your feelings but all your feelings are normal.
4. Anger, guilt, confusion, forgetfulness are common responses. You are not crazy, you are in mourning.
5. Be aware you may feel appropriate anger at the person, at the world, at God, at yourself. It's okay to express it.
6. You may feel guilty for what you think you did or did not do. Guilt can turn into regret, through forgiveness.
7. Having suicidal thoughts is common. It does not mean that you will act on those thoughts.
8. Remember to take one moment or one day at a time.
9. Find a good listener with whom to share. Call someone if you need to talk.
10. Don't be afraid to cry. Tears are healing.
11. Give yourself time to heal.
12. Remember, the choice was not yours. No one is the sole influence in another's life.
13. Expect setbacks. If emotions return like a tidal wave, you may only be experiencing a remnant of grief, an unfinished piece.
14. Try to put off major decisions.
15. Give yourself permission to get professional help.
16. Be aware of the pain of your family and friends.
17. Be patient with yourself and others who may not understand.
18. Set your own limits and learn to say no.
19. Steer clear of people who want to tell you what or how to feel.
20. Know that there are support groups that can be helpful, such as Compassionate Friends or Survivors of Suicide groups. If not, ask a professional to start one.
21. Call on your personal faith to help you through.
22. It is common to experience physical reactions to your grief, e.g., headaches, loss of appetite, inability to sleep.
23. The willingness to laugh with others and at yourself is healing.
24. Wear out your questions, anger, guilt, or other feelings until you can let them go. Letting go doesn't mean forgetting.
25. Know that you will never be the same again, but you can survive and even go beyond just surviving.

## Melancholy, the emptiness that incapacitates us through grief

Melancholy, a sculpture created by Albert Gyorgy, portrays the void that grief leaves us with. The sculpture depicts a figure made of copper sitting on a bench slumped over, with a giant hole in the center of it. This hole represents the massive void that we all feel when we lose someone dear to us, and many people have expressed their appreciation for this sculpture for it portraying the exact emotions they feel, but perhaps haven't been able to quite put into words.

Albert Gyorgy felt intense sadness and isolation with the loss of his wife and went on to create this beautiful piece of artwork as a way to cope.



ANXIETY AND DEPRESSION  
ASSOCIATION OF AMERICA

Managing  
COVID-19 Anxiety

**Updated: June 25, 2020**

ADAA understands that for many in the public community the current coronavirus outbreak is triggering increased anxiety - especially with such heightened media attention.

In response, we have created a resource page - updated daily - to provide helpful tips and strategies from our ADAA mental health professionals - as well as personal stories of triumph - to help you or a loved one struggling with anxiety around the coronavirus or with general health anxiety concerns.

<https://adaa.org/finding-help/coronavirus-anxiety-helpful-resources>

You can shed tears because they are gone, or you can smile because they lived. You can close your eyes and pray they will come back, or you can open your eyes and see all that they left for you. Your heart can be empty because you can't see them, or you can be full of the love you shared. You can turn your back on tomorrow and live yesterday, or you can be happy for tomorrow because of yesterday. You can remember only that they are gone, or you can cherish their memory and let it live on. You can cry and close your mind and feel empty, or you can do what they would want. Smile, open your hear, love... and go on.

Elizabeth Ammons



## The Aftermath

When someone dies by suicide  
We want to run, we want to hide  
We have the hows, but not the whys  
Then find the truth among the lies

We find they lived a double life  
They hid their pain and inner strife  
They're now at peace, but we find none  
Our lives unravel, come undone

So much pain and so much grief  
No answer can bring us relief  
We only want another chance  
To try to change their circumstance

The change we seek is not to be  
We are imprisoned, they are free  
We'll always long for one more day  
To beg our loved ones please to stay

~kp

## Be Kind to Your Mind

### Tips to cope with stress during COVID-19

**PAUSE.** Breathe. Notice how you feel

**TAKE BREAKS** from COVID-19 content

**MAKE TIME** to sleep and exercise

**REACH OUT** and stay connected

**SEEK HELP** if overwhelmed or unsafe



*Donations are always appreciated and are tax deductible*



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

Please mail your donations to:

28824 21<sup>st</sup> Ave. S., Federal Way, WA. 98003

In memory of: \_\_\_\_\_

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

City, State, Zip

Auburn SOS  
28824 21<sup>st</sup> Ave. S.  
Federal Way, WA 98003

Return Service Requested



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*“When we lose someone  
We love, we must learn  
Not to live without them,  
But to live with the love  
They left behind”*

*~ unknown*

