



**SURVIVORS OF SUICIDE**  
**King/ Pierce/ Thurston County Support Groups**  
**MARCH/APRIL, 2021**  
**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!

*A belated thank you to Dan Nordgren for a donation in memory of his wife Cherie Nordgren*

*Many thanks to Ed and Maxine Johnston for a donation in memory of their beloved son-in-law, Dmitri Sullivan*

*Many thanks to Susan Johnson for a donation in memory of her daughter Ashley.*

*Many thanks to Jane Hower for a donation in memory of her son Wesley Whitbeck*

**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:

March	1	Kacie Gustafson	<i>Lost her brother Craig Davidson</i>
March	6	Roberta and Paul Shelton	<i>Lost their son Paul IV</i>
March	6	Lorey Tucker, Natasha Curenton	<i>Lost their son and brother Holly Wayne</i>
March	7	Dan Bosch, Norma Bosch	<i>Lost their son Brian</i>
March	8	Kate Yocum	<i>Lost friend Kory</i>
March	9	Ray Tellier	<i>Lost his father Chris</i>
March	9	Bethany Ferguson	<i>Lost her brother Peter</i>
March	9	Geno Hoff	<i>Lost his brother Perry</i>
March	11	Renaë Bolland	<i>Lost her son Brenden</i>
March	11	Jonnie Parker, Audrey Hornbuckle	<i>Lost daughter Brenda, lost her sister Brenda</i>
March	11	Lyn Radford	<i>Lost her son Joe</i>
March	12	Jackie Bryant	<i>Lost her daughter Marisa</i>
March	12	Andrew, Nicole, Donavan Driggers	<i>Lost their father 'Chuck'</i>
March	12	Pam Driggers	<i>Lost her husband 'Chuck'</i>
March	12	Cindy Cables	<i>Lost her husband John</i>
March	12	Kim Holmes	<i>Lost her son Wesley Martin</i>
March	15	Becky Crook	<i>Lost her son Tom</i>
March	16	Lori Halstead	<i>Lost her son Brandon</i>
March	16	Mark Johnson	<i>Lost his father Werner</i>
March	16	Ted & Peggy Warren	<i>Lost their son David</i>
March	18	Bruce Parker	<i>Lost his wife Lisa</i>
March	18	Annette Bryan & Nancy Haack	<i>Lost their son Erick Benjamin Bryan</i>
March	18	Diane Barmore	<i>Lost best friend Lisa</i>
March	19	Christy Jarbu-Record	<i>Lost her husband Paul</i>
March	19	Patty Jarbo	<i>Lost her son-in-law Paul</i>
March	19	David and Paul Prestin	<i>Lost their mother Chris</i>
March	19	Marilou VanDeRiet	<i>Lost her husband Rick</i>
March	19	Catherine North, Julie Phillips	<i>Lost their brother John</i>
March	21	Des McGahern	<i>Lost his brother Noel</i>
March	22	Tonya Neuhausen	<i>Lost her daughter Jennifer Nichole</i>
March	22	Jamie Sabin	<i>Lost her niece Jennifer</i>
March	22	Bob & Sherri Ralston	<i>Lost their son Brien Michael Warren</i>
March	23	Ken Allen	<i>Lost his wife Beth</i>
March	23	Jim & Nancy Lawrence	<i>Lost their son Travis</i>
March	24	Steve, Marcia, Brett Larsen	<i>Lost son and brother Eric</i>
March	26	Andrea Hentschell, Ellen Hentschell	<i>Lost her husband Marcus, lost her son Marcus</i>
March	26	Brad Hentschell	<i>Lost his brother Marcus</i>
March	29	Irene Comacho	<i>Lost her boyfriend Mike</i>
March	29	Melinda LaCour	<i>Lost her son Robert</i>
March	29	Kaela Moontree	<i>Lost her twin brother Soren</i>
April	2	Crystal Pinero	<i>Lost her son Mark 'Antonio'</i>
April	3	Julie Hatfield, Angie Hatfield	<i>Lost her son, her brother Danny</i>
April	3	James Ridenour	<i>Lost friend David</i>
April	4	Jeff Archer	<i>Lost his son Akira</i>
April	4	Tammy Bahr	<i>Lost her son Trevor</i>
April	5	Fern Cone	<i>Lost her son Liberty</i>
April	7	Marilee and Lyle Heiss	<i>Lost their son Jason</i>
April	8	Yvette Dean	<i>Lost her dad Rick</i>
April	8	Janet Laird	<i>Lost nephew Jeremy</i>
April	10	Sarah Grods	<i>Lost her son Caleb</i>
April	11	Vanessa Hipp, Sophia Hipp	<i>Lost their niece Alexandria</i>
April	11	Latrice James	<i>Lost her friend Alexandria</i>
April	12	Cheryl and Kelly Gustine	<i>Lost her husband, father Timm</i>
April	12	Julie Backman	<i>Lost her husband Paul</i>
April	13	Pat Farkas	<i>Lost brother Don</i>
April	15	Debbie Burk	<i>Lost her father Ed</i>
April	15	Jessica Perry	<i>Lost her brother Berry</i>

April	16	Mark Gorline	<i>Lost his son Christopher</i>
April	16	Annie Gorline	<i>Lost her nephew Christopher</i>
April	15	David Garza	<i>Lost his nephew Anthony</i>
April	17	Leslie Aronson	<i>Lost her son Forrest</i>
April	17	Julia Okitsu	<i>Lost her husband Forrest</i>
April	18	Beverly Berentson	<i>Lost her son David</i>
April	18	Joan Helbacka	<i>Lost brother Don</i>
April	19	Bill and Carolyn Fisher	<i>Lost son Joshua</i>
April	19	Kathy Jacobus	<i>Lost son Chaz</i>
April	21	Wayne and Sue Knapp	<i>Lost their son Todd</i>
April	22	Pauline Steputis	<i>Lost her husband James</i>
April	22	Cassie Robert	<i>Lost sister Mandy</i>
April	25	Kathy, Kelly Crowley	<i>Lost son Michael</i>
April	25	Frank Holdener, Susan Odom	<i>Lost grandson Michael, lost her nephew Michael</i>

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

**March birthdays:** Clifford, Anthony, Danny, Timothy, Peter, Shawn, Jadon, Todd, Clyde, John, James, David, Jeremiah, Tristen, Chaz, Nick, Michael, Shane, Harry, Arwen, Jonathan, Jenifer, Robbie, Ira, Andy, Scott, Kristin, Holly, Ryan, Tom, Kelli and Linda.

**April birthdays:** Asa, Cesar, Shawn, Anthony, Erros, Keely, Dixie, Cindy, Toni, Carrie, Jerry, Greg, Rich, Sean, Jessica, Don, Candice, Chris, John, James, Susan, Sonny, Soren, Mike, Jim, Upin, Beth and Bruce.

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 MARCH AND APRIL - 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 for the Tacoma Group

3<sup>rd</sup> Tuesday at 7 pm for the Olympia Group and

4<sup>th</sup> Tuesday at 7 pm for the Auburn Group

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

Don’t have Zoom? Download it for free at [Zoom.com](https://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)

## [COVID-19 and your mental health](#), By Mayo Clinic Staff

**Worries and anxiety about COVID-19 and its impact can be overwhelming. Social distancing makes it even more challenging. Learn ways to cope during this pandemic.**

The COVID-19 pandemic has likely brought many changes to how you live your life, and with it uncertainty, altered daily routines, financial pressures and social isolation. You may worry about getting sick, how long the pandemic will last, whether you'll lose your job, and what the future will bring. Information overload, rumors and misinformation can make your life feel out of control and make it unclear what to do.

During the pandemic, you may experience stress, anxiety, fear, sadness and loneliness. And mental health disorders, including anxiety and depression, can worsen.

Surveys show a major increase in the number of U.S. adults who report symptoms of stress, anxiety and depression during the pandemic, compared with surveys before the pandemic. Some people have increased their use of alcohol or drugs, thinking that can help them cope with their fears about the pandemic. In reality, using these substances can worsen anxiety and depression.

### **Self-care strategies**

Self-care strategies are good for your mental and physical health and can help you take charge of your life. Take care of your body and your mind and connect with others to benefit your mental health.

**Take care of your body**, Be mindful about your physical health:

- **Get enough sleep.** Go to bed and get up at the same times each day. Stick close to your typical schedule, even if you're staying at home.
- **Participate in regular physical activity.** Regular physical activity and exercise can help reduce anxiety and improve mood. Find an activity that includes movement, such as dance or exercise apps. Get outside in an area that makes it easy to maintain distance from people, such as a nature trail or your own backyard.
- **Eat healthy.** Choose a well-balanced diet. Avoid loading up on junk food and refined sugar. Limit caffeine as it can aggravate stress and anxiety.
- **Avoid tobacco, alcohol and drugs.** If you smoke tobacco or if you vape, you're already at higher risk of lung disease. Because COVID affects the lungs, your risk increases even more. Using alcohol to try to cope can make matters worse and reduce your coping skills.
- **Limit screen time.** Turn off electronic devices for some time each day, including 30 minutes before bedtime. Make a conscious effort to spend less time in front of a screen — television, tablet, computer and phone.
- **Relax and recharge.** Set aside time for yourself. Even a few minutes of quiet time can be refreshing and help to quiet your mind and reduce anxiety. Many people benefit from practices such as deep breathing, tai chi, yoga or meditation. Soak in a bubble bath, listen to music, or read or listen to a book — whatever helps you relax. Select a technique that works for you and practice it regularly.

**Take care of your mind**, Reduce stress triggers:

- **Keep your regular routine.** Maintaining a regular schedule is important to your mental health. In addition to sticking to a regular bedtime routine, keep consistent times for meals, bathing and getting dressed, work or study schedules, and exercise. Also set aside time for activities you enjoy. This predictability can make you feel more in control.
- **Limit exposure to news media.** Constant news about COVID from all types of media can heighten fears about the disease. Limit social media that may expose you to rumors and false information. Also limit reading, hearing or watching other news, but keep up to date on national and local recommendations. Look for reliable sources, such as the U.S. Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).
- **Stay busy.** A distraction can get you away from the cycle of negative thoughts that feed anxiety and depression. Enjoy hobbies that you can do at home, identify a new project or clean out that closet you promised you'd get to. Doing something positive to manage anxiety is a healthy coping strategy.
- **Focus on positive thoughts.** Choose to focus on the positive things in your life, instead of dwelling on how bad you feel. Consider starting each day by listing things you are thankful for. Maintain a sense of hope, work to accept changes as they occur and try to keep problems in perspective.
- **Use your moral compass or spiritual life for support.** If you draw strength from a belief system, it can bring you comfort during difficult times.
- **Set priorities.** Don't become overwhelmed by creating a life-changing list of things to achieve while you're home. Set reasonable goals each day and outline steps you can take to reach those goals. Give yourself credit for every step in the right direction, no matter how small. And recognize that some days will be better than others.

**Connect with others**, Build support and strengthen relationships:

- **Make connections.** If you need to stay at home and distance yourself from others, avoid social isolation. Find time each day to make virtual connections by email, texts, phone, or FaceTime or similar apps. If you're working remotely from home, ask your co-workers how they're doing and share coping tips. Enjoy virtual socializing and talking to those in your home.
- **Do something for others.** Find purpose in helping the people around you. For example, email, text or call to check on your friends, family members and neighbors — especially those who are elderly. If you know someone who can't get out, ask if there's something needed, such as groceries or a prescription picked up, for instance. But be sure to follow CDC, WHO and your government recommendations on social distancing and group meetings.
- **Support a family member or friend.** If a family member or friend needs to be isolated for safety reasons or gets sick and needs to be quarantined at home or in the hospital, come up with ways to stay in contact. This could be through electronic devices or the telephone or by sending a note to brighten the day, for example.

### **Recognizing what's typical and what's not**

Stress is a normal psychological and physical reaction to the demands of life. Everyone reacts differently to difficult situations, and it's normal to feel stress and worry during a crisis. But multiple challenges daily, such as the effects of the COVID-19 pandemic, can push you beyond your ability to cope.

Despite your best efforts, you may find yourself feeling helpless, sad, angry, irritable, hopeless, anxious or afraid. You may have trouble concentrating on typical tasks, changes in appetite, body aches and pains, or difficulty sleeping or you may struggle to face routine chores.

When these signs and symptoms last for several days in a row, make you miserable and cause problems in your daily life so that you find it hard to carry out normal responsibilities, it's time to ask for help.

### **Get help when you need it**

Hoping mental health problems such as anxiety or depression will go away on their own can lead to worsening symptoms. If you have concerns or if you experience worsening of mental health symptoms, ask for help when you need it, and be upfront about how you're doing. To get help you may want to:

- Call or use social media to contact a close friend or loved one — even though it may be hard to talk about your feelings.
- Contact your employee assistance program, if your employer has one, and get counseling or ask for a referral to a mental health professional.
- Call your primary care provider or mental health professional to ask about appointment options to talk about your anxiety or depression and get advice and guidance. Some may provide the option of phone, video or online appointments.
- Contact organizations such as the National Alliance on Mental Illness (NAMI) or the Substance Abuse and Mental Health Services Administration (SAMHSA) for help and guidance.

If you're feeling suicidal or thinking of hurting yourself, seek help. Contact your primary care provider or a mental health professional. Or call a suicide hotline. In the U.S., call the National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) or use its webchat at [suicidepreventionlifeline.org/chat](https://suicidepreventionlifeline.org/chat).

### **Continue your self-care strategies**

You can expect your current strong feelings to fade when the pandemic is over, but stress won't disappear from your life when the health crisis of COVID-19 ends. Continue these self-care practices to take care of your mental health and increase your ability to cope with life's ongoing challenges.

People with substance use disorders, notably those addicted to tobacco or opioids, are likely to have worse outcomes if they get COVID. That's because these addictions can harm lung function and weaken the immune system, causing chronic conditions such as heart disease and lung disease, which increase the risk of serious complications from COVID.

For all of these reasons, it's important to learn self-care strategies and get the care you need to help you cope.

It is kind of shocking  
when your world  
falls to pieces and  
everything and everyone  
around you carries on with life.  
How can the birds continue to sing?  
How can people carry on loving life?  
It is like you have become frozen  
in time and are now watching  
life like a movie. As the weeks  
and months roll by, life becomes  
more real again, but you will  
never forget that point in time  
where life stood still.

Zoe Clark-Coates



*As far as I can see, grief will never  
truly end. It may become softer over  
time, more gentle, and some days will  
feel sharp.  
But grief will last as long  
as love does – forever.  
It's simply the way the absence of  
your loved one manifests in your heart.*

*A deep longing, accompanied by the  
deepest love.  
Some days, the heavy fog may return, and  
the next day, it may recede, once again.  
It's all an ebb and flow, a constant dance  
of sorrow and joy, pain and sweet love.*

Lexi Behrnt

*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!*

We all miss being able to meet together, the sharing after the meetings ~ the hugs! We will meet together again as soon as it is safe and we are allowed to do so. Until then we will keep on having three zoom meetings every month. We encourage you to try one – you may find you actually like it! Remember, SOS are there for you!

**"My Spirit Lives On"**

See through the window,  
Look at the light,  
Smell the sweet flowers,  
See the sky bright,  
  
Shed not the tears,  
As you feel I have gone,  
Love never leaves,  
And my spirit lives on.

Talk of me often,  
Your words will be heard,  
I'll be by your side,  
As swift as a bird,

Love life and laugh,  
Together we'll be,  
On the right path,  
As our spirits fly free.

Dedicated to Carol Ann Rands (Healer)  
anonymous



**I need to say goodbye although you're with me.  
 I stand beside your grave, yet you are here.  
 I miss you terribly and hope you miss me,  
 But when I turn to you, you're always near.  
 I talk to you as though you lived within me,  
 Not changed but simply moved in from outside.  
 I know each day you must a little leave me,  
 But here, as always, you must be my guide.  
 You were and are and will be, just as ever,  
 In many minds and hearts, not only mine.  
 No physical event can such love sever;  
 Death is a dimension, not a line.  
 And so goodbye does not mean you are gone:  
 So long as I still love you, you live on.**

Nicholas Gordon

CLOSURE

Like time suspended,  
 A wound unended –  
 You and I.

We had no ending,  
 No said good-bye.

For all my life,  
 I'll wonder why.

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 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

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### INTERREGNUM

The span between life and death  
Can be as quick and sudden  
As a puff of wind  
That blows out a candle.  
But the candle does not suffer  
After darkness comes.  
It is the person  
Left in the dark room  
Who gropes and stumbles.

~~ Helen Duke Fike