



SURVIVORS OF SUICIDE
King/ Pierce/ Thurston County Support Groups
MARCH/APRIL, 2020
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!

Many thanks to Linda and Phillip Carter for a donation in memory of her nephew.

Many thanks for a love gift from Cherie Nordgren in memory of her husband Dan.

Many thanks also for a donation from Roy and Karen Petschauer in memory of their son Roice.

Thanks also for a donation from Juliann Beales in memory of her brother Jim Bell and Cliff Whipple’s son, Lance.

Many thanks to Ed and Maxine Johnston for a donation in memory of their son-in-law Dmitri.

We also received a donation from TisBest Philanthropy.

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	<i>Lost his son Brian</i>
March	7	Norma Bosch	<i>Lost her 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	<i>Lost daughter Brenda</i>
March	11	Audrey Hornbuckle	<i>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	<i>Lost her 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	<i>Lost her husband Marcus</i>
March	26	Brad Hentschell	<i>Lost his brother Marcus</i>
March	26	Ellen Hentschell	<i>Lost her son 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 Gorsline	<i>Lost his son Christopher</i>
April	16	Annie Gorsline	<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	<i>Lost grandson Michael</i>
April	25	Susan Odom	<i>Lost 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

MEETINGS FOR MARCH AND APRIL:

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. 19th, 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.

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

“Perhaps they are not stars, but rather openings in heaven where the love of our lost ones pours through and shines down upon us to let us know they are happy.” ★



Spring Suicide: An (Un)Likely Combination?

By Steven Schlozman, Contributor and Gene Beresin, Executive Director

So, we all know that suicide attempts, suicidal thinking and even the tragedy of dying by suicide increase around the winter holidays.

I mean, that's, like, a given. It's all over the press, it's all over our popular culture. It is, in fact, THE driving force behind the weighty despair in both *A Christmas Carol* and *It's a Wonderful Life*.

Except that it's not true.

People attempt suicide and die more often by suicide far more often in the springtime. That's been known for more than 50 years.

"April is the cruelest month," Mr. Eliot tells us in [*The Waste Land*](#). His depiction of the rebirth of spring as a desolate emotional landscape is more accurate than many of us may realize. Still, just ask anyone who works in mental health. Ask anyone who works in an emergency room. Ask anyone who suffers from a psychiatric syndrome. Things tend to emotionally quiet down in December, and instead get really, really tough just as the tulips start blooming.

Obviously we're going to worry about suicide any time of the year; if someone says he or she feels that life isn't worth living, we're not going to ignore this sentiment just because it's expressed during the winter months. But, just as we worry more about asthma during seasons when pollen increases, it behooves us to be more vigilant for suicidal thinking and behavior as the season changes from cold to warm. In fact, this appears to be especially the case in areas where the seasons are more pronounced. Something about all that change seems to cause as much trouble as it does delight.

What's going on?

Experts aren't entirely sure. There are, however, some pretty compelling theories. One of the most commonly cited is the increase in manic behavior in the springtime. This notion suggests that the mood activation triggered by warmer weather brings about the development of more self-destructive behavior. Certainly there is evidence that bipolar disorder worsens this time of year. Still, there are some other less commonly considered but potentially even more compelling theories to explain these unexpected phenomena.

It's All About Connection

If you live in a place with a harsh winter, think about how you feel on those dark, cold days. Do you want to exercise? Do you want to go out to dinner with friends? *Do you want to be with anyone?* Some of you do. But it turns out that for many people, both with and without psychiatric syndromes, winter promotes a kind of emotional hibernation. We wall ourselves in, we binge-watch Netflix, we rush from the car to the office to our houses. We sleep more. We just don't interact as much with others when the days are cold and bleak.

The pressure of social interaction increases dramatically as the weather warms. In studies of developed nations, this effect seems even more pronounced in agricultural areas. From a social perspective, this makes sense. During the winter, there are no crops to plant, no plants to harvest. But, enter spring, and it's time to go into town, buy your supplies and eventually take what you grow or raise to market. All of this forces a level of social engagement that can, for many, be a source of significant stress.

Indeed, suicidal behavior in the spring and summer might stem directly from the potential increased social interactions offer for more potent disappointment. Suicidal thinking emerges, therefore, from the pain of social disconnection precisely when those connections are increasingly

possible. In fact, an interesting control study in Austria showed that inmates in the Austrian penal system had no discernible increase in suicidal behavior from season to season. If we decide to buy into the social theory of springtime suicidal increase, then this makes sense. Regardless of the weather, inmates have their social interactions tightly monitored and largely decoupled from the seasons.

But, are these social theories the only explanations?

Think about that wonderful time when the leaves on the once naked branches become nascent and downy. Breathe in deeply the dust storm of fluorescent yellow pollen as it floats like an alien swarm off of increasingly fertile pine trees.

Just look around if you live someplace where spring looks quite a bit different from winter. There are flowers and inhalers alike, blooming with equal exuberance. Spring is a time of rebirth and itchy eyes. In other words, it is a time of increased physiological inflammation. According to the Asthma and Allergy Foundation of America, about 40 million Americans suffer indoor-outdoor allergies. That means that about 40 million Americans experience the wheezing, hives and runny noses that come with changes which occur between being in and outdoors—and these changes are most pronounced in spring. Most importantly, these allergic symptoms are potent markers of inflammation, the body's immunological response to irritants.

There have long been associations between mood disorders and inflammation. Injecting animals with inflammatory agents causes those animals to care less for themselves. Treating patients with medications that deliberately increase inflammation (interferon for Hepatitis C, for example) is associated with a very high risk of depression and suicidal thinking. It makes sense, therefore, that another prevailing theory around the suicidal risks of warmer weather involves the increased rate of inflammatory responses that the season's allergens inflict.

There's good research to back up these claims as well. One study showed that the suicide rate significantly increased when the pollen count increased. Other studies have shown that depression, anxiety and sleep disturbances are higher in families who suffer runny noses that are brought about by allergies.

Finally, there are studies suggesting that poorer air quality, an environmental effect of warmer weather, increases the likelihood of depression and suicidal behavior. Again, the thinking here is that the increased particles in the air trigger inflammatory responses that provoke worsening mood. I'm not trying to disparage spring. Goodness knows that winters are tough. But, we also want to accomplish two things with this article.:

We'd love for the myth of winter being the worse season for suicidal behavior to be challenged. It just isn't, and really never has been according to research. The Annenberg Foundation made an impassioned plea in 2010 that as a society we move away from this misguided notion. At the same time, I'd like to remind everyone that spring brings with it its own psychiatric risks, and that to the extent that we can, we ought to be more vigilant for suicidal behavior during the warmer months.

Most importantly, and perhaps THE take-home message of this post? No matter what the season, be wary of issues pertaining to suicide. Self-harm is a significant public health threat throughout the year. If you're worried, ask the person you're worried about. You won't regret it, and you might just save a life.

Colette August started finding healing support in the previous Tacoma Survivors of Suicide group in 2010. Colette's mother, Lana Buffington died by suicide in 1997 when she was 13 years old. She's wanted to start a group to continue the important work since the group in Tacoma stopped meeting. She attended the American Foundation for Suicide Prevention (AFSP) facilitator training in 2018. There was a strong emphasis on having a co-facilitator at the training. She tried to find one but when she couldn't and with the support of Auburn SOS she took the jump to start one on her own. Her first group was held 2/12/20; it was successful with 7 survivors in attendance. Colette has 8 years experience as a co-facilitator for Bridges Center for Grieving Children, she currently co-facilitates a teen group.



Colette is 36 years old, has 5 sons, currently works at the Tahoma Indian Center. Colette has a passion for photography, likes walks, hiking, roller skating, enjoys traveling and adventure.

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"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



When: Saturday, June 6, 2020

Location: Marina Park, Kirkland

Contact: Lauren Hunter, lhunter@namiwa.org, 206-971-1596

Join us for this easy 5k walk. Check in is 8:00 am., walk starts at 9:00 am

In 2020, we are celebrating 18 years of NAMIWalks, the nation's largest mental health awareness and fundraising event. We invite you to join us., NAMIWalks is a fun, family-friendly event and there is no cost to register.

When you participate in NAMIWalks, you will be joining NAMI's movement to raise awareness of mental illness and raise funds for our mission to help individuals and families right here in our region.

Register today and join us as we improve lives and our communities one step at a time.

As we have every year – Auburn SOS will have a table at the walk, stop by and say hello!

She Let Go



She let go of the committee of indecision within her. She let go of all the 'right' reasons. Wholly and completely, without hesitation or worry, she just let go.

She didn't ask anyone for advice. She didn't read a book on how to let go. She didn't search the scriptures. She just let go.

She let go of all of the memories that held her back. She let go of all of the anxiety that kept her from moving forward. She let go of the planning and all of the calculations about how to do it just right.

She didn't promise to let go. She didn't journal about it. She didn't write the projected date in her day-timer. She made no public announcement and put no ad in the paper. She didn't check the weather report or read her daily horoscope. She just let go.

She didn't analyze whether she should let go. She didn't call her friends to discuss the matter. She didn't do a five-step Spiritual Mind Treatment. She didn't call the prayer line. She didn't utter one word. She just let go.

No one was around when it happened. There was no applause or congratulations. No one thanked her or praised her. No one noticed a thing. Like a leaf falling from a tree, she just let go.

There was no effort. There was no struggle. It wasn't good and it wasn't bad. It was what it was, and it is just that.

In the space of letting go, she let it all be. A small smile came over her face. A light breeze blew through her. And the sun and the moon shone forevermore.

By: Rev Safire Rose

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
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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