



SURVIVORS OF SUICIDE
King/ Pierce/ Thurston County Support Groups
MARCH/APRIL, 2023
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 Jane Hower for a love gift in memory of her son Wesley.

Many thanks to Roy Petschauer for a love gift in memory of his son Roice.

We also received donations from the Combined Fund Drive, Frontstream and Kroger. Please link your Fred Meyer Rewards card to us!!

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	Rena 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, Donovan 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	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 her 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	<i>Lost her son, her brother Danny</i>
April	3	James Ridenour	<i>Lost his 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	David Garza	<i>Lost his nephew Anthony</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	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	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, Peter, Shawn, Robert, Jadon, Todd, Clyde, John, James, David, Jeremiah, Tristen, Chaz, Nick, Michael, Shane, Harry, Arwen, Jonathan, Jenifer, Ira, Andy, Kyle, Scott, Kristin, Holly, Ryan, Tom, Kelli and Linda.

April birthdays: Asa, Beth, Cesar, Shawn, Anthony, Erros, Keely, Cindy, Toni, Carrie, Jerry, 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 or missing please let us know so we can correct it! Send an e-mail to newsletter@auburnsos.com

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

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 6:30 – 8:15 pm.
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, Address is 6315 S. 19th, Tacoma 98466, from **6:00 to 8:00 p.m., please note the time change for the winter months!**
This group also has a zoom option!
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

Just a reminder –
We welcome your stories, your poems and the pictures of the loved one you lost to suicide. This is your newsletter and we welcome your contributions.
Send contributions to:
support@auburnsos.com

Health and Resource Fair

Thursday, May 11th, 10-2
Federal Way Performing Arts and Events Center
31510 Pete von Reichbauer Way

SOS will have a table there, stop by and say hello!

'Will My Grief Ever End?'

While the answer is both yes and no, there are things you can do to help.

People often ask me, "Will my grief ever end?" The answer is yes, but it will most likely change you forever, and it's going to take time. I know that's the last thing you want to hear, but it's the truth.

Losing someone you care about changes you fundamentally. It changes your outlook on the world, and your thoughts about how it "should" work.

However, if you want to help yourself along that path, here are four little-known facts about grief that my clients tell me they find hugely helpful.

1. When we lose someone we truly love, it shatters the world as we know it and, as much as we don't want to hear it, it takes time to rebuild a new life story. In essence, that's what grieving is about—adapting your life story to include this terrible occurrence, taking time to grow accustomed to their absence, while also addressing the multitude of stressors involved in facing a different future. In essence, there are two processes occurring: we have to adapt to the loss, and we have to adapt to the future without them.
2. When clients ask us why it takes so long, we often find it helpful to pose a different question: How long did it take you to love this person in the first place? This helps them understand why grieving cannot be rushed. Love and secure connection take time. Humans are social beings, wired to connect, but having those attachments severed hurts us to our very core, and dismantling that complex web of all the ways we relied on them, and loved them, naturally takes time.
3. The good news is that you don't have to go at your grieving constantly: contemporary grief theory says it's OK to "oscillate" between facing our grief head-on and drawing back to take a break from the pain and anguish of our loss. That's not denial, but actually a healthy approach to loss. Dip your toe in the water—sometimes you can go all in, and at other times, just a quick dip is quite enough. This too changes over time. Be kind to yourself. Don't be pressured by other people's timelines; go at your own pace.
4. You don't have to sever your connection with the dead, move on, and leave them behind completely; if anything, grieving is about learning to love them in separation. Find ways to keep them present in your world; to honour them and hold them close, while still allowing you to function out there, and slowly grow used to doing it without them.

While there's been much written in the last few years about how long is appropriate to grieve, much of that is academic debate. For most people who come to terms with their grief on their own, it's important to know that there's no timeline for grieving. As much as we'd like it to be over in a few weeks, months, or even a year, grief works at its own pace. Be patient, expect it to ebb and flow, and most of all, don't compare yourself to others.

About the Author

[Lucy C. Hone](#) is an adjunct senior fellow at the University of Canterbury, Christchurch, New Zealand.

Spring and Grief

by Corinne Roosevelt Robinson

I SEE my love in every little child
Whose eyes meet mine with laughter in their blue;
I hear him in the note, half sweet, half wild,
When bird calls bird their promise to renew;
I feel him in the ardor of the sun
That woos the fragrance from the waking flower,

And maple buds, rose flushed by beauty, won
To swift fulfilment of the Sun God's power.
The world is young once more as he was young,
With life and love reborn in everything—
O singing hearts! My own is faint and wrung;
The rapture and the riot of the Spring
Can but enhance the throb of my despair—
I miss him most when joy is everywhere!



Why Is Grieving So Hard?

Grieving is a natural and normal response to the loss of someone or something that was important to you. It is a complex and multifaceted process that can be difficult to navigate and can often be accompanied by a range of strong emotions, including sadness, anger, guilt, and confusion.

There are several reasons why grieving can be hard:

- The loss of someone or something important can be emotionally devastating, and it can be difficult to adjust to life without that person or thing.
- Grieving often involves a process of accepting the reality of the loss, which can be difficult and take time.
- The grieving process can be unpredictable and may involve a range of strong emotions that can be difficult to manage.
- Grieving can be isolating, as it can be difficult to find people who understand and can offer support.
- Grieving can be physically and mentally exhausting, as it can take a toll on your energy and well-being.

Overall, grieving is a unique and personal experience that can be difficult to navigate. It is important to allow yourself to grieve in your own way and to seek support from friends, family, or a mental health professional if you are struggling to cope with your loss.

Other Resources

Widowed Information and Consultation Services

The purpose of WICS is to provide a supportive environment to widowed people. WICS operates on volunteered time and donations from the community.

Monday — 2:00 pm

Auburn Senior Activity Center
808 Ninth Street SE, Auburn, WA 98002
Contact for Details - (206) 241-5650

Grief Support Group

When: 1st & 3rd Mondays of each month (excluding holidays), 10-11:30 am.

Where: Lacey Presbyterian Church, 3045 Carpenter Road SE, Lacey

Phone: (360)493-4667 or (800)869-7062 (Providence Sound Homecare & Hospice)

The Compassionate Friends, Olympia

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, Federal Way

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

Grief

I had my own notion of grief.
I thought it was the sad time
That followed the death of someone you love.
And you had to push through it
To get to the other side.
But I'm learning there is no other side.
There is no pushing through.
But rather,
There is absorption.
Adjustment.

Acceptance.
And grief is not something you complete
But rather, you endure.
Grief is not a task to finish
And move on,
But an element of yourself –
An alteration of your being.
A new way of seeing.
A new dimension of self.

by Gwen Flowers

Many thanks to Jane Hower for sharing this

*A life is like a garden. Perfect moments can be had, but not preserved,
except in memory.* - Leonard Nimoy

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

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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.

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 ~~

In memory of John, died by suicide March 19, 2000