



SURVIVORS OF SUICIDE
King/ Pierce/ Thurston County Support Groups
MAY/JUNE, 2021
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!

Further on in these pages we give you a couple of easy ways to donate to help us to help other survivors. Thank you for your continued support!

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			

“If you suppress grief too much, it can well redouble.” — Moliere

Thinking of You Especially:

May	1	Ann Good	<i>Lost her older brother Brian</i>
May	1	Jane Jenks	<i>Lost her son Matthew</i>
May	1	Caralin Coffey	<i>Lost her son Robbie</i>
May	3	Annette Hicks	<i>Lost her brother Burton</i>
May	4	Cecilia Icenogle	<i>Lost her son Paul</i>
May	4	Misty Elledge	<i>Lost her husband Jake</i>
May	5	Stasi Abramson	<i>Lost her husband Neal</i>
May	5	Becky Fralick	<i>Lost her husband Clifford</i>
May	5	Kathy & Steven Gus	<i>Lost daughter Sally</i>
May	9	David Shepherd	<i>Lost his wife Tina</i>
May	9	Cindy Brooks	<i>Lost her brother Barry</i>
May	11	Dorothy Joan Ritchie	<i>Lost her son Shawn</i>
May	11	Karen Curnow	<i>Lost her husband Don</i>
May	11	Linda Bowen, Kristy Vardon	<i>Lost their friend Don</i>
May	12	Jamie Clair	<i>Lost best friend Antonio Morales</i>
May	12	Lindy Nagle	<i>Lost her brother Les</i>
May	13	Tom Fender	<i>Lost his wife Kathy</i>
May	13	Tristan Marshall	<i>Lost her husband Matt</i>
May	14	Linda Morris	<i>Lost her son Andrew</i>
May	15	Cindy Williams	<i>Lost her son Kolby</i>
May	17	Connie Horton	<i>Lost her brother Steve</i>
May	17	Kristina Stokes, Kristin Bennett	<i>Lost her father, grandfather Gary Bennett</i>
May	20	Kelly Molano	<i>Lost her husband Alex</i>
May	20	Colleen Zevenbergen	<i>Lost her fiancé David</i>
May	21	Debbie Endsley	<i>Lost her nephew Justin Campbell</i>
May	21	Bernadette Fong	<i>Lost her friend Kalani Whitney</i>
May	23	Ruth Conway, Stefanie Freeman	<i>Lost her son Asa, her brother Asa</i>
May	23	Linda Sabado	<i>Lost her daughter Victrina</i>
May	23	Gary Woempner	<i>Lost his son Asa</i>
May	23	Diane Lindfors	<i>Lost her husband John</i>
May	27	Russell Munden	<i>Lost his brother Bradley</i>
May	27	Jennifer Harvey	<i>Lost her fiancé Angel</i>
May	28	Sandra Christian	<i>Lost her son Thomas</i>
May	29	Janet Miller	<i>Lost her boyfriend Ken</i>
May	29	Karrie Myton	<i>Lost her mother Sydney</i>
May	31	Joanne Nesta	<i>Lost her husband Jesse</i>
May	31	Ruth-Ann Johnson	<i>Lost her brother Jeremiah</i>
June	1	Iysha Matthews, Tina Matthews	<i>Lost her brother Jordan, nephew Jordan</i>
June	2	Shannon Whitemarsh	<i>Lost her husband Bryan</i>
June	3	Janet Renken	<i>Lost her daughter Natasha</i>
June	3	Diane Brown	<i>Lost her brother Don</i>
June	3	Bonnie Palin, Venita Cook	<i>Lost her son Jadon, her grandson Jadon</i>
June	6	Kara Olson	<i>Lost ex-husband James</i>
June	6	Rob Waldron	<i>Lost his partner Bill</i>
June	7	Elsie Dennis-Dofelmier	<i>Lost her son Jamie</i>
June	8	Heidi Sanders	<i>Lost her husband Kevin</i>
June	10	Nancy Ekdahl	<i>Lost her brother John</i>
June	10	Judy Kester	<i>Lost her brother Ed</i>
June	11	Ralph & Darlene Elliott	<i>Lost their son Randee</i>
June	12	Sue Ray	<i>Lost her brother Robert</i>
June	12	Cherie Nordgren	<i>Lost her husband Dan</i>
June	14	Courtney Deel	<i>Lost her s/o John</i>
June	14	Colette August	<i>Lost her mom Lana Buffington</i>
June	14	Lavina Crosby	<i>Lost her Aunt Lana</i>
June	14	Jody Wilkins	<i>Lost her boyfriend Mike</i>
June	15	Jan Lumsden	<i>Lost her brother</i>
June	16	Brad & Susan Hicks	<i>Lost their son James</i>

June	17	Windi McDaniel, Tabitha Selby	Lost her son Benjamin, her brother Benjamin
June	17	Sarah Rapacz	Lost her brother Jeff
June	17	Jo Gunn	Lost her son Jeffrey
June	18	Catherine Masucci	Lost her brother Fred
June	18	Joni & Lino Nordland	Lost daughter's boyfriend Walker
June	19	Katie Bukata, Kimmie Hummel	Lost their best friend Jenna
June	21	Julie Healy	Lost her daughter Kristin
June	22	Jamie Buccieri	Lost mom Jodi
June	22	Carrie Harper & Dennis Kitzmiller	Lost their son Jeffrey
June	22	Brynn and Myrv Rutherford	Lost their son Kellen
June	23	Greg and Faye Brown	Lost their daughter Candice
June	24	Joy Kinzer	Lost her fiancé Shawn Bertsch
June	25	Janis Fesenmaier	Lost her brother Paul
June	26	Cindi Wilson	Lost her son Jacob
June	26	Karin Gehrke	Lost her nephew Jacob
June	28	Linda and Kelly Keough	Lost son Derek
June	30	Deb Boulton	Lost her husband Mark
June	30	Jennifer Chapline	Lost cousin Carleen

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

May Birthdays: Jim, Forrest, Jacob, Phil, Matt, Rachel, Sean, Eric, Paul, Elena, Armand, Jason, Art, Alan, Kip, Roice, Jeffrey, Marshall, Robert, William, Thomas, Patrick, Tyler, Joshua, Tina, Scott, Vikki, Jeremy, Erik, Jodi and Garrett.

June Birthdays: Dan, Perry, Brenden Lee, Cassandra, Phillip, Erick, Angela, Jacsha, Jason, Joshua, Derek, Terry, Matthew, Chris, Jesse, Fred, Garrett, John, Jeff, Thomas, Paul, Carol, John, Keith, Andrew, Angel, Austin and John.

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 MAY AND JUNE - 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:

2nd Wednesday at 6 pm for the Tacoma Group

3rd Tuesday at 7 pm for the Olympia Group and

4th 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. 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. 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

Mother's Day After Losing a Child

Kimberly Starr has written frequently here at Our Side of Suicide about her grief journey following the loss of her beloved son, Tom. Like many survivor moms, Kimberly has shifted the way she honors Mother's Day and shares her perspective with us.

A Reason to Celebrate

The first Mother's Day after Tom died was just a few months after he passed, and our loss was still fresh in the minds of our community. I awoke to a knock on the door, and when I opened it, there was a planter filled with a variety of yellow annuals (yellow being the color we adopted to remember Tom, but that is another story), a gift I later learned was from one of my students who was also a friend of Tom's. I recall a few cards from students acknowledging the mom-like role I played in their lives, but, of course, nothing from Tom. Just a silent reminder of all that was before and all that never will be.



When Tom died by suicide, it felt like the ultimate parental failure. Even after more than two years of counseling, during which I have come to understand how depression and anxiety impact the brain, and after re-reading his suicide note hundreds of times where he reassures me his death is not my fault, there continues to be a pinprickily nagging voice inside my head telling me I somehow failed him. Did I push him too hard? Did he feel unloved or unsupported? Why was my love not enough to save him? Often, I can temporarily silence the voice by asking, "Is this true" or "Is this helpful," phrases taught to me by my counselor. But in moments of weakness, exhaustion, or self-pity, or near holidays, his birthday, or his death anniversary, the voice's volume increases to a deafening roar, and I emotionally implode.

As Mother's Day approaches, I can hear my negative self-talk surrounding his death becoming louder, and I struggle to make sense of celebrating the day when it feels so closely tied to what I perceive as my greatest failure. Yet, when Tom died, many shared with me stories of his kindness and service – inviting a bullied student to join him for lunch, helping a teacher clean up her room every day at the end of the school day without being asked, buying a pop for a friend and sitting under a tree and chatting, just to name a few. In his last year of life, he bottle-fed three kittens with tenderness and patience unexpected from a 15-year-old. Many have shared with me how his humor, thoughtfulness, and listening skills provided light in their lives. So in his life, he lived with compassion for others, which means I must have done something right. (Not to take full credit, of course, as Tom was surrounded by family members who loved him and helped raise him.)

As I look towards this second Mother's Day without Tom, I dread what the day will bring. Even though our surviving son, Tim, will acknowledge the occasion in his own way, it will not be enough, because my mini-me is no longer a tangible presence in my life. How sad for both of us that this day feels forever changed and is no longer a day of celebration but a day of regret and pain. So I must choose to look at Mother's Day in a different way as I move forward.

On this upcoming Mother's Day what will I celebrate? Beyond my thankfulness and love for Tim, I will celebrate the sixteen years of the precious time I shared with Tom. Our heartfelt chats and his warm hugs. His humor. His intellect. His artistic ability. The lives which have been saved since Tom passed through prevention training and one-on-one chats. Instead of mourning Tom's death, I will celebrate his life.



Kimberly

When a child is born, it is the mother's instinct to protect the baby. When a child dies, it is the mother's instinct to protect the memory." — Unknown

10 Ways to Honor Your Deceased Dad on Father's Day

By [Chris Raymond](#)

The annual Father's Day [holiday](#) can prove challenging for anyone mourning the loss of his or her dad, even many years after he died. Here are 10 meaningful ways that you can honor your deceased father and keep his memory alive on Father's Day or any of the other 364 days in the year.

Do Something Together in Honor of Dad

What did you and your father enjoy doing together? Whether you cooked on the grill, played baseball, went to the opera, or watched a favorite TV show, you can honor your father by doing that act together with others who loved him. Before starting the activity, take a moment to share your memories, photos, videos, or stories of Dad.

Write to or About Your Father

Writing or journaling your thoughts and feelings is an effective way to reduce stress and often proves therapeutic. Whether you express yourself best sitting at your computer or using paper and pen, consider writing a private letter or even a poem describing how much your father means to you.

Visit Your Father's Final Resting Place

Honor your deceased father this Father's Day by visiting his gravesite or the spot where his cremated remains were placed. While there, you should remove any debris, such as leaves or dead flowers, from his resting place and then leave a fresh floral bouquet to mark your visit and your love. Now may also be a good time to "talk to" your father, letting him know how much he meant to you.

Plant a Tree

If you have space in your yard, consider planting a tree in memory of your dad. After buying the sapling from a nursery, dig the hole and then have your family gather to say a few words or share their favorite memories of your father. After placing the tree in the hole, ask each family member to toss a handful of dirt in before you finish planting and watering the tree. You could also place a small engraved "In Memory of..." plaque at the base of this living reminder of your dad.

Create a Scrapbook

Scrapbooking is creative, fun, and a wonderful way to create a lasting visual memorial to someone you love. Start by collecting and printing images of your Dad that evoke fond memories. If you like, ask others to do the same. Then, alone or with friends and family, get to work. Father's Day or a long holiday weekend offers a great opportunity to look through images of your family, share the stories behind the photos, and create a special scrapbook as a tribute to your father.

Heal by Helping

Make a donation to a cause meaningful to your dad in his memory, or to help find a cure for a disease, such as cancer or [Alzheimer's](#) or suicide prevention. You might also consider volunteering a few hours of your time to benefit others.

Create a Memorial Video

Shoot a simple tribute video with your smartphone, or create a fully edited slideshow from your favorite photographs and set it to music. Once finished, share it with your family and friends, or post it online to let the world know how much you love your father.

Give Your Time

If you traditionally took your dad out for a meal on Father's Day, his birthday or some other special day, gave him a gift or just hung out with him for an afternoon, consider brightening life for another father by doing the same thing for him. If you don't know of somebody already, ask around at your place of worship, a nursing home or [hospice](#), or even at your workplace. While your father can never be replaced, consider your actions a gesture of love in his memory that would make him proud of the child he raised.

"Never. We never lose our loved ones. They accompany us; they don't disappear from our lives. We are merely in different rooms." — Paulo Coelho



What is Community Rewards?

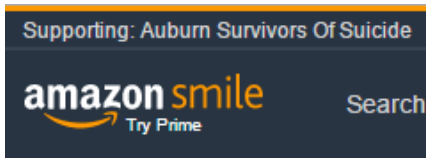
It is a part of the Fred Meyer Rewards Program where you can earn donations for your favorite nonprofit just by shopping with your Rewards Card. Here's how it works:

- Link your Rewards Card to your favorite nonprofit at the FM Community Rewards Page or go to the Customer Service Desk at your local Fred Meyer.
- Whenever you use your Rewards card when shopping at Freddy's, you'll be helping the nonprofit linked to your Rewards Card earn a donation from Fred Meyer.
- At the end of each quarter, Fred Meyer will make a donation to participating nonprofits based on the accumulated spending of the Rewards customers linked to each nonprofit.
- Fred Meyer will donate \$625,000 each quarter via Community Rewards!

Do I still get Rewards Points, Fuel Points and Rebates?

YES! Rewards Customers still get the Rewards Points, Fuel Points and Rebates.

The simplest way to sign up? Go to the Customer Service Desk at your neighborhood Fred Meyer, show them your rewards card and ask them to link it with Auburn Survivors of Suicide. It's that simple! And, yes, you still get your rewards! SOS gets a reward in addition to yours!



How does AmazonSmile work?

When first visiting AmazonSmile, customers are prompted to select a charitable organization from almost one million eligible organizations. In order to browse or shop at AmazonSmile, customers must first select a charitable organization. For eligible purchases at AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price to the customer's selected charitable organization.

Why Dad Did You Choose Suicide?

Christina M. Butz

Why Dad?

Why did you chose to die?

You left no note but left me asking why.

You thought you were doing what was best and right.

Why, oh why, did you have to end the fight?

Your pain is something I will never understand.

You must have been so afraid to take this stand.

You left me with a title I am sad to attain:

Suicide Survivor, but who should I blame?

I know your decision was painful to make.

The thoughts in your head

Must have been unbearable to take.

Now that you're gone, I think of you a lot.

You couldn't have known the suffering this has brought.

I pray you are at peace my angel, but I am in pain.

I count the minutes to heaven and seeing you again.

GONE TOO SOON

by Buz Kohan

Like a comet blazing across the evening sky,

Gone too soon.

Like a rainbow fading in the twinkling of an eye,

Gone too soon.

Shiny and sparkly and splendidly bright...

Here one day, Gone one night.

Like the loss of sunshine on a cloudy afternoon,

Gone too soon.

Like a castle built on a sandy beach,

Gone too soon.

Like a perfect flower that is just beyond your reach,

Gone too soon.

Born to amuse, to inspire, to delight...

Here one day, Gone one night.

Like a sunset dying with the rising of the moon,

Gone too soon... Gone too soon.

*reprinted from Suicide Bereavement Support,
SW Washington & NW Oregon, July 1998*



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

Return Service Requested



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.

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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 is there for you!

