



SURVIVORS OF SUICIDE
King/ Pierce/ Thurston County Support Groups
MAY/JUNE, 2022
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.

Pre-covid at in-person meetings we would have new people fill out a registration sheet so we could list their loved one here and so we could send them a newsletter. If you have attended a zoom meeting and would like to receive a newsletter and/or have your loved one acknowledged here, please send an email to support@auburnsos.com

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 Church	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:

May	1	Ann Good	<i>Lost her older brother Brian</i>
May	1	Jane Jenks	<i>Lost her son Matthew</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	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 Jessee</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	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	Sarah Rapacz	<i>Lost her brother Jeff</i>
June	17	Jo Gunn	<i>Lost her son Jeffrey</i>
June	18	Tabitha Selby	<i>Lost her brother Benjamin</i>
June	18	Catherine Masucci	<i>Lost her brother Fred</i>

June	18	Joni & Lino Nordland	<i>Lost daughter's boyfriend Walker</i>
June	19	Katie Bukata, Kimmie Hummel	<i>Lost their best friend Jenna</i>
June	21	Julie Healy	<i>Lost her daughter Kristin</i>
June	22	Jamie Buccieri	<i>Lost mom Jodi</i>
June	22	Carrie Harper & Dennis Kitzmiller	<i>Lost their son Jeffrey</i>
June	22	Brynn and Myrv Rutherford	<i>Lost their son Kellen</i>
June	23	Greg and Faye Brown	<i>Lost their daughter Candice</i>
June	24	Lindsey King	<i>Lost her brother Dylan</i>
June	24	Joy Kinzer	<i>Lost her fiancé Shawn Bertsch</i>
June	25	Janis Fesenmaier	<i>Lost her brother Paul</i>
June	26	Cindi Wilson Karin Gehrke,	<i>Lost her son Jacob, her nephew Jacob</i>
June	28	Linda and Kelly Keough	<i>Lost son Derek</i>
June	30	Deb Boulton	<i>Lost her husband Mark</i>
June	30	Jennifer Chapline	<i>Lost cousin Carleen</i>

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, James, Tyler, Joshua, Tina, Scott, Vikki, Jeremy, Erik, Jodi, Stephen and Garrett.*

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

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! –

In these days of pandemic we all need to stay safe! Since we still have some limits on meeting in person we will be hosting Zoom meetings at the regular meetings times except Auburn which is able to meet in person:

2nd Wednesday at 7 pm for the Tacoma Group and
3rd Tuesday at 7 pm for the Olympia Group

Go to our Facebook page to find the link to the zoom meetings, the **password is 'Auburn'**.
Or ask (support@auburnsos.com) 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 (in person). 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 7:00 to 8:30 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

Special healing thoughts to all of you especially around Mother's Day and Father's Day. Like birthdays and anniversaries, these special days can be very hard to those healing from a loss. Reach out and take care of yourselves.

Suicide prevention starts with everyday heroes like you.



Upcoming Events

Our top priority is the safety and health of our Walkers, Volunteers, and Staff. Because of this, we are carefully monitoring the developments related to COVID-19 and will continue to do so. We are working with the city and state officials, and we will follow the recommendations from the CDC, City Departments of Public Health, and the World Health Organization. Thank you for your patience and understanding.

The Out of the Darkness Community Walk is a journey of remembrance, hope, and support. It unites our

communities and provides an opportunity to acknowledge the ways in which suicide and mental health conditions have affected our lives and the lives of those we love and care about.

Suicide and mental health conditions affect millions. Together, we can bring these issues Out of the Darkness and create a culture that's smart about mental health.

Connect With Others and Save Lives

These events give people the courage to open up about their own connections to the cause, and a platform to raise awareness about mental health and suicide prevention. Friends, family members, neighbors and coworkers walk side-by-side, supporting each other and in memory of those we've lost.

Register today and be part of the movement uniting #TogetherToFightSuicide.

Date	Event
09/10/2022	Spokane Eastern Washington Walk, Riverfront Park - Spokane, WA
09/17/2022	Thurston County Walk, Regional Athletic Complex - Olympia, WA
09/24/2022	Whatcom County Walk, TBD - Bellingham, WA
10/02/2022	Snohomish County Walk, Port of Everett Boxcar Park - Everett, WA
10/09/2022	Seattle Walk, Seattle Center, Fisher Pavilion - Seattle, WA

Grief is like a ball of string. You start at one end and wind. Then the ball slips through your fingers and rolls across the floor. Some of your work is undone, but not all. You pick it up and start over again, but you never have to begin again at the end of the string. The ball never completely unwinds. You've made some progress.



A note on suicide by Captain Paul Watson (Sea Shepherd, Green Peace)

“One of the things that concerns me is when I read about, or hear of people, especially young people committing suicide because of bullying. I wish that I could talk to such people before they make such a terminal decision. I would tell them to not let the insecurities and fears of others influence them in any way. I would tell them to accept that all the ridicule, insults, bullying and peer pressure is irrelevant and simply unimportant to who they are. If a parent is unaccepting of who you are, you need to say to them that if you are unacceptable to them they have no right to be your parent and you should walk away from them. Too many people are enslaved to parents, partners and friends who do not accept them. Unacceptance and bullying are forms of violence and everyone should walk away from violence with dignity. No one should tell you what to believe, how to think, how to dress, how to behave or to dictate your sexual orientation or condemn you for your compassion, your passion, your imagination and your character. You are who you are and that is what it is, and how it should be, and if others do not tolerate who you are, don't give them the satisfaction of destroying you. Simply symbolically spit in their eye, walk away and concentrate on being who you are for the benefit of yourself. And if anyone is inclined to commit suicide my advice is to commit social suicide instead. That is, to drop out of your life as it is and begin another life, in another place with new ideas. Adventure is the antidote for depression. Take a chance, jump into the unknown and you will be amazed at what is awaiting you after you do.”

by Captain Paul Watson (Sea Shepherd, Green Peace) this is an extract from his advice on the killer called stress

Tonight

Tonight I am a poet using words to express you
(as if I could find the rhyme or reason of you)

Tonight I am a painter making brushstrokes to capture the look of you
(as if I could bring the colour back to you)

Tonight I am a musician playing the heartbeat of you
(as if I could find the rhythm of you)

Tonight I am a sculptor carving the touch and hold of you
(as if I could breathe the blood back into you)

Tonight I am a dancer flying through space the eagle part of you
(as if I could fly off and be with you)

Tonight I am a perfume maker mixing up the smell of you
(as if I could capture the essence of you)

Tonight I am a witch wildly dancing under the moon for you
(as if I could invoke the very spirit of you)

Tonight I am a mother crying a mother's tears for you
(as if I could ever fill the gaping chasm of you)

Tonight I feel so very small by the enormous loss of you

*By: Kate Shand (grieving mom, author of the book 'boy')
She lost her 14 year old son, John to suicide*

What To Do If Your Family Won't Talk About Your Suicide Loss

Everyone grieves differently. While you may find it useful or necessary to talk about the person you lost, your siblings, parents, or other relatives may not. It is not unusual for people within the same family to have different coping styles after a suicide death. Try to be patient toward one another, and allow what works best for each person.

Remember that with time, your family may become more open to discussing what happened. Consider providing them with some information about suicide loss. These resources may not only be of help to them, they may also serve as icebreakers for discussing your shared loss. Here are some that are worth sharing:

- AFSP's three [Survivor Day documentaries](#), about losing a loved one to suicide, and how different people and their families healed over time
- A list of books about suicide loss, including practical guides for coping, personal loss survivor stories, books that provide an understanding of what research tells us about suicide, guides with a focus on children, adolescents, and more

In the meantime, make sure you find a safe space to express your own thoughts and feelings. Make a list of people you can reach out to: friends, school counselors, mental health professionals, faith leaders, or anyone else you feel comfortable with. You may be surprised at how many people are willing to listen and take the time to support you.

You may also find it useful to speak with others who've experienced a similar loss. If the people in your family are reluctant to talk about what happened, you may feel isolated and alone, but the reality is you are not: with each suicide death, dozens of people are left behind to make sense of that loss.

If you'd like to talk to someone who understands what you're going through, consider AFSP's [Healing Conversations](#), which will connect you – in person, by phone, or through video chat – with a trained volunteer who has also lost someone to suicide.

AFSP also offers a directory of suicide bereavement support groups: nonjudgmental places where loss survivors can connect and openly share their stories, pain, and strategies for coping. There are support groups online, too (which you can find at the bottom of the link above.)

The important thing to remember is that you are not alone. If you want to talk about your loss, know that there are ways to do this outside of your immediate family.

Bear in mind that with time, your relatives may become more open to talking about the loss. Just try to be patient, and make sure to take care of your own needs in the meantime.

National Alliance for the Mentally Ill - Let's celebrate: Together for Mental Health!

Register today for **NAMIWalks Your Way Washington 2022**, which promises to be our most meaningful event ever. **Registration is simple and free!**

The last couple of years have been challenging for all of us, but if there has been a silver lining, it is that everyone is talking about mental health.

Our employers, schools, politicians, neighbors, actors, athletes, family and friends are talking about their experiences with mental health conditions and the importance of seeking help. **We are coming Together for Mental Health!**

In that vein, we are planning to have an in-person event this year. We want to come together with our NAMI Washington community and celebrate the progress we've made toward our mission of improving the lives of people affected by mental health conditions.

We'll have fun activities, engaging speakers, refreshments, and information about NAMI programs and other community resources. If you can join us in-person at Marina Park in Kirkland, please do so! You can choose to walk the full 5K route, part of the route, or not walk at all--just come and be a part of the celebration. You may also choose to walk or participate in another activity in your own neighborhood, school campus, workplace, or local park.

Where you participate or what activity you do is not what's important. Raising awareness about the importance of mental health and the rising need for mental health services **is**. And raising funds for NAMI Washington's mission **is**. As a registered participant, you'll share why NAMI/mental health are important to you and ask family/friends to make a donation to help you reach your fundraising goal.

Event Date:	Location:	Event Time:
Saturday, June 4, 2022	Marina Park in Kirkland 25 Lakeshore Plaza Kirkland, WA 98033	8:00 AM: Registration and T-shirts 8:40 AM: Program begins 9:00 AM: Walk Step off

As we have for many years, Auburn SOS will be at the walk!

#namiwa #Together4MH, or participate Your Way from anywhere!

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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Tsunami

It's not that I'm always sad.
I can laugh at jokes sometimes
and even be playfully silly.
It seems I am mending a bit
don't feel broken through like I used to.
But sometimes when I think of you
I remember with a starkness
that cuts to my bone
how you died
and that you really are gone
and I'm filled with an emptiness
that spins me around,
a vortex of loss and pain.
So I just do one day at a time
writing it down as it comes along

not really wanting more than this
going to the beach whenever I can
to connect with the beauty around me
riding out waves and breakers of sorrow
rolling in like erratic tsunami.
And I need to take care not to do too much,
indeed, not to do what I used to
because I've found when I start to feel
somewhat solid
I reach too far and am soon exhausted.
So I stay quiet and alone much of the time
an existence that's fairly tentative
but in regard to a world
that goes steamrolling by
this works just fine for me.

By Kristen Spexarth