

SURVIVORS OF SUICIDE



King/ Pierce/ Thurston County Support Groups



NOVEMBER/DECEMBER 2024 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 Gary Woempner for a love gift in memory of his son Asa

Without your help we could not do what we do!

An easy way to give is to connect your Fred Meyer Rewards Card to Auburn SOS!!

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
Heidi Smith	253-381-8717	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:

Nov 2	Suzanne Gray	Lost her husband Marshall
Nov 3	Kristin and Charlie Evans	Lost her son Scott Roberson
Nov 3	Rick and Ellen Nelson	Lost their son Erik
Nov 3	Jan Strickland	Lost her spouse Jacob
Nov 3	Amanda Woods	Lost her father Dean
Nov 8	Tiffany Heredia	Lost her mom Diane
Nov 8	Lori Storm	Lost her son Randy
Nov 11	Nancy Babst	Lost her son Garrett
Nov 11	Emily Wallace	Lost her friend Garrett
Nov 11	Jenine Ellisor	Lost her son James
Nov 11	Linda Page	Lost her daughter Stephanie
Nov 13	Jessica Tinius	Lost her husband Sean
Nov 14	Sydney Balstad	Lost her brother Luke
Nov 16	Carolyn Noesen	Lost her son Issac
Nov 16	Hayley Sterling	Lost her son Michael
Nov 16	Kieth and Kathy Sterling	Lost their grandson Michael
Nov 18	Beth Poler	Lost her husband Rick
Nov 19	Deloris Brodt	Lost her daughter Toni
Nov 19	Sharon Baughman	Lost her daughter Rachel
Nov 20	Gretchen Price	Lost her spouse Jeff
Nov 23	Jeni Jones	Lost her boyfriend Derek
Nov 24	Eric and Kathy Swanson	Lost their son Anthony
Nov 24	Dru Gonia	Lost her daughter Kara
Nov 26	Leslie Phillips	Lost her son Robbie
Nov 27	Heidi Johnson	Lost her son Jake
Nov 28	Jon and Shannon Hennessy	Lost their son Baxter
Nov 28	Lydia and Larry Garrett	Lost their son Phil
Nov 29	Anna Johnson	Lost her son Jens
Nov 30	Lilli Blaylock	Lost her son Andy
Nov 30	Sandy Payne	Lost her son George
Nov	Aaron Hendrickson	Lost his nephew Xay
Dec 1	Ellen Boldhaupt	Lost her mother Edith
Dec 1	Britni Owens	Lost her mother Vikki
Dec 1	Elisa Jungbauer	Lost her brother Arthur
Dec 1	Jennifer Nelson	Lost her mother Linda
Dec 2	Angela Cunningham	Lost her partner Upin
Dec 2	Shawna Myers	Lost her son James
Dec 2	Cathy Johnson	Lost her son James
Dec 4	Andi Church	Lost her son Travis
Dec 5	Stephanie DeVault	Lost her daughter Vanessa
Dec 7	Rosemary Schilz	Lost her nephew Joshua
Dec 7	Kelly Paulsen	Lost her spouse Jim
Dec 7	Glenda Binford	Lost her father Larry
Dec 7	Betty Hamilton	Lost her husband Larry
Dec 9	Linda Ferguson	Lost her son Mark
Dec 10	Helen Jordan	Lost her spouse David
Dec 10	David Jordan	Lost his father David
Dec 10	Denise and Jim Tiller	Lost their son Matthew
Dec 10	Jaclyn Ehli	Lost her brother Matthew
Dec 13	John Thomason	Lost his son John Matthew
Dec 15	Jan Lumsden	Lost her brother
Dec 15	Lynn Nieland	Lost her former spouse Brian
Dec 16	Emily Gould	Lost her friend Sean
Dec 16	Jan Lumsden	Lost her mother
Dec 19	Monica Gockel	Lost her dad Tim
Dec 21	Shelia Anderson	Lost her daughter April
Dec 22	Marjorie Silver	Lost her dad Mac
Dec 23	Kim Dickson	Lost her husband John
Dec 24	Stacy Mayer	Lost his brother Scott



Dec 28 *Cliff Whipple*
Dec 28 *Tiffany Christie*
Dec 30 *Karen Nash*
Dec 31 *Liz Carr*
Dec 31 *Gary Keizer*

Lost his son Lance
Lost her dad Thomas
Lost her son Bobby
Lost her brother Michael
Lost his daughter Rachel

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

November birthdays: Diane, Robin, Dean, Diesel, Marnie, Liberty, Sandi, Marcus, Craig, John, Mac, Randy, Tom, Mark, Edith, Garth, John, Samuel, Caleb, Mark, Akira, Austin Kyle, Stephen Lee, Aaron, Kevin, Robby, Danielle, Christian, Bill, Ken, Kolby, Kathleen, Alex and Anthony.

December birthdays: Kory, Terry, Victrina, Travis, Michael Shane, Rick, Robert, Paul, Noel, Bobby, Kevin, John, Cameron, Brian, Brad, Randy, Scott, Robbie, Rich, Debbie, Jack, Thomas, Paul, Christopher, Jens, Chris, Jennifer, Derek, Jon, Berry, James, and Devin.

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

MEETINGS FOR NOVEMBER AND DECEMBER -

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-14, located at 333 Kaiser Road in Olympia from 6:30 to 8:15 p.m..

For more information or directions please call Heidi at 253-381-8717.

The **Tacoma** Group meets on the second Wednesday of every month. Meetings are held at the Tahoma Indian Center, 621 Tacoma Ave S., #505 at 6:00 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

We are very grateful that Heidi was willing to step up and fill in for Janis facilitating the Olympia Group. Janis continues to heal and we all wish her the best.



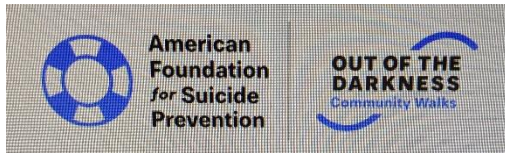
SOS Holiday Gatherings

Please join us for a special holiday meeting of Auburn SOS on Tuesday, December 17th. (**Note - this is a week earlier than usual.**) The meeting will start at 6:00 p.m. Bring finger food to share and a picture of your loved one. The meeting will close with a candle-lighting ceremony.

Our hosts, the Auburn Fire Department, participates in the Toys for Tots program; we invite you to bring a new toy to donate. This is a way many survivors commemorate the one they lost to suicide – by giving a favorite toy of their loved one to someone else.

The Olympia Group will hold a special holiday meeting on Tuesday, Dec. 17th at their regular time (6:30 pm) They will end the meeting with a candle-lighting ceremony.

The Tacoma Group will be meeting at their regular time and invite you to bring a picture of your loved one to share and they will end the meeting with a candle-lighting ceremony.



Out of the Darkness Community Walks

The Community Walks, held in hundreds of communities across the country, are the core of the Out of the Darkness movement, which began in 2004. These events give people the courage to open up about their own connections to the cause, and a platform to create a culture that’s smarter about mental health. Friends, family members, neighbors and coworkers walk side-by-side, supporting each other in memory of those we’ve lost.



Char Ashcraft, Pam Grossman and Cathy Johnson

Once again we had two of our Memorial Quilts on display. The quilt on the right has room for more people if you would like to add your loved one. Check with your group facilitator for more information. The material used is similar to sheet material, directions available upon request.



Sunday, October 13th we joined with hundreds of other survivors and supporters at the Fisher Pavilion at the Seattle Center for the American Foundation for Suicide’s annual Community Walk. The weather was warm and dry and as always, the memorial quilts were a magnet!

People rush to get rid of grief because they see it as hanging onto loss.

But grief is really hanging onto love – which is why you always feel it



Surviving the Holidays

When: December 5, 2024 at 6:00 pm
Where: **Christ's Church Federal Way**
941 South Dash Point Road, Federal Way, 98003

\$10.00 (Includes survival guide)
Contact: Dan Brewer, 253-941-2711



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.

When: Monday- 2:00 pm

Where: Auburn Senior Activity Center, 808 Ninth Street SE, Auburn, WA 98002

Contact: 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

Contact: 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

Contact: 360-402-6711 (Providence SoundHomeCare & Hospice)

The Compassionate Friends, Kent

When: 3rd Tuesday of each month 6:30 – 8:00 pm

Where: Saint Columba's Episcopal Church, 26715 Military Rd, South Kent, 98032

Contact: Michael 206-369-7366

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: Matt 253-403-1966 for more information

Griefshare – Federal Way

Faith based grief support group. Nominal fee includes workbook.

When: Wednesdays, 12-2pm

Where: St Luke's Lutheran Church, 515 S. 312th St., Federal Way, WA 98003

Who: this group is not specific to suicide loss

Contact: Alice Phillips, 253-941-3000

Suicide Survivors: How to Cope with Holidays, Birthdays, and Anniversaries

Coping with the loss of a loved one who died by suicide is not easy. The pain is very intense, and can come rushing back when a holiday, birthday, or anniversary nears. The best way to cope with those days is to prepare in advance for them.

Think about what you can do on those days to make yourself feel good. And make plans.

Do not spend those days alone -- visit with family members or friends.

You may choose to go out to a special place, or you may choose to stay home. But just be prepared for some strong emotions to hit.

And in the days leading up to the "special day" make sure that you reach out for help when you feel sad or depressed. Talk with friends and family members.

And express your emotions; if you need to cry, then do so. And cry as often as you need to, crying is an important outlet for pain and sadness.

It can be helpful to talk with a therapist and to go to a suicide support group -- the more people that you have in your support system, the better.

It is particularly important to communicate with other suicide survivors. Whether you go to a suicide support group, call them on the phone, or e-mail them, it is very important to communicate with them when the "special days" approaches -- they have gone through what you are experiencing and can help you through the tough days.

And please stay away from people and places that bother you as the "special day" approaches. Your stress level will be high enough, and you certainly do not anyone to add to it. Most of all -- always reach out for help when you need it. Always.

If you work and can take a day off, you many consider doing so. It is up to you.

And if you find that you are getting deeply depressed as the "special day" approaches, please seek help. Everyone deals with the "special day" differently, but I have talked with many people who have told me that the pain overwhelms them as the day nears.

If you need to be treated for depression because of the additional pain that the "special day" is causing you, please get treatment. Please reach out for help.

So, plan in advance for the "special day." Do not spend the day alone. Consider getting into therapy, or increasing the number of sessions as you get closer to the day. Do not hold your emotions in -- express them. And communicate with as many suicide survivors as you can, by attending suicide survivor support groups, visiting with suicide survivors, talking with them on the phone, or e-mailing them.

And when the "special day" arrives, think about some of the wonderful times that you had with your loved one, and honor him or her.

by Kevin Caruso

*I'm thankful this Thanksgiving
That my grief is not so new.
Last year it was so painful to
think of losing you.*

*Time can never bring you back
But it can help me be
Thankful for the moments of joy
You brought our family.*

*Death can't claim my love for you
tho' we are far apart,
Sweet memories will always be
Engraved up my heart.*

*To all the parents with grief so new
I share your loss and sorrow.
I pray you find with faith and time
The blessing of each tomorrow.*



*Charlotte Irick,
TCE, Idaho Falls, ID*



“The most painful goodbyes are the ones that are never said, and never explained. It’s the sudden silence, the unspoken words, the unanswered questions that haunt you at night. You lie awake, your mind replaying every moment, every word, every touch, searching for the reason why. But there is no answer, just an emptiness that stretches into eternity. It’s the pain of not knowing, of not understanding, of being left in the dark with only your own thoughts to keep you company. And in that darkness, you slowly come to realize that you may never know why, and that is perhaps the hardest truth of all.” ~Anonymous

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

*Non profit Org
US Postage Paid
Federal Way, WA
Permit #58*



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.

Weather Alert!

If the weather is inclement (as in 'snow'!) we will follow the guidelines of the local school district as to whether or not to cancel our meeting.

