



**SURVIVORS OF SUICIDE**  
**King/ Pierce/ Thurston County Support Groups**  
**SEPTEMBER/OCTOBER, 2016**  
**NEWSLETTER**



**Website:** [www.auburnsos.com](http://www.auburnsos.com)

**e-mail:** [support@auburnsos.com](mailto: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 21<sup>st</sup> 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!

Many thanks for a donation from Jane Hower in memory of her son Wesley.

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

We also received our quarterly donation from Kroger. Don't forget to sign up with us at your local Fred Meyer!

**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

Call José if you would like to speak to another survivor in Spanish.  
 Me gustaria ayudar a la gente que necesite hablar espanol

*Thinking of You Especially:*

September	1	Brad Knowles	<i>Lost his brother Greg</i>
September	1	Nora Bush	<i>Lost her partner Greg Knowles</i>
September	3	Danette Therkildsen	<i>Lost her daughter Arabella</i>
September	3	Lia and Jesse Good	<i>Lost their son Mike</i>
September	4	Joan Tabrum	<i>Lost her husband Jerry</i>
September	4	Mickie Kasalek	<i>Lost her son James Otto</i>
September	4	Sally Herigstad	<i>Lost her father Chester Rasmussen</i>
September	5	Jean M. Winburn	<i>Lost her daughter Katie</i>
September	5	Leslie Anderson	<i>Lost her husband Damon</i>
September	10	Chineka Williams	<i>Lost her dad Willie C. Jones</i>
September	10	Sheila and Ira Benton Sr.	<i>Lost their son Ira</i>
September	10	Tina Tomy	<i>Lost her brother Ira</i>
September	12	Mary E. Bremen	<i>Lost her nephew Shane Bremen</i>
September	13	Gay Wood	<i>Lost her son Aaron</i>
September	13	Jane Hughes	<i>Lost her daughter Danielle</i>
September	14	Lynn and Ken Weatherill	<i>Lost their son Scott</i>
September	14	Angela Weatherill	<i>Lost her brother Scott</i>
September	16	Amanda Ruston	<i>Lost her sister Jenifer Bollinger</i>
September	18	Kathleen Taylor	<i>Lost her husband Art</i>
September	18	Darlene and Duane Aalbers	<i>Lost their son Dennis D. Aalbers</i>
September	21	Debbie James	<i>Lost her son Anthony</i>
September	21	Sharie Olson	<i>Lost her mother Carollyne</i>
September	22	Angela Kores	<i>Lost her hubby Ricky Wilson</i>
September	22	Joseph Boice	<i>Lost his nephew James Freeman</i>
September	22	Joyce Kirk	<i>Lost her husband Loyd Kirk</i>
September	22	Kathy Freeman	<i>Lost her son James Freeman</i>
September	22	Lorenzo Freeman	<i>Lost his brother James</i>
September	24	Elaine and Rocky Ruvalcaba	<i>Lost son of dear friend Anil</i>
September	24	Yuli Yz-Harrison	<i>Lost her husband Ron</i>
September	25	Joel Courreges	<i>Lost his mother and friend Candace</i>
September	25	Virginia Bender	<i>Lost her daughter Barbara</i>
September	27	Hope Slayton	<i>Lost her husband Jonathan</i>
September	28	Darlene Stephenson	<i>Lost her daughter-in-law Catherine McCandless</i>
September	28	Diane DeGooyer-Harmon	<i>Lost her daughter Marnie</i>
September	28	Diane Hardwick-Smith	<i>Lost her son Kurt</i>
September	28	Dough West	<i>Lost his partner Steven Hunt</i>
September	28	Felipa Galaviz	<i>Lost her grandson Austin Kyle</i>
September	28	Patty Bickley	<i>Lost her son David</i>
September	28	Tracey Stephenson	<i>Lost his wife Catherine</i>
October	1	Carrie and Rafael Fanola	<i>Lost her sister Carol Choe</i>
October	1	Debbie and Henry Izumizaki	<i>Lost their son James</i>
October	1	Gloria Jackson-Nefertiti	<i>Lost her brother Kevin</i>
October	4	Lyman Burk	<i>Lost his son Palmer</i>
October	6	Carol Zizzo	<i>Lost her friend Carly</i>
October	6	Angeline Evarts	<i>Lost her spouse Derek</i>
October	6	Dede Henley Norris	<i>Lost her daughter Carly Danielle</i>
October	7	Aaron Hansen	<i>Lost his sister Allison</i>
October	7	Shannon Hansen	<i>Lost her sister-in-law Allison</i>
October	7	Celia Gail Jackson	<i>Lost her husband Jeffrey Lehman Jackson</i>
October	7	Michelle Brathoud, Tom Jackson	<i>Lost their brother Jeff Jackson</i>
October	7	Vicki McQuade	<i>Lost her son Jeffrey L. Jackson</i>
October	9	Bonnie and Marc Jones	<i>Lost her brother Craig</i>
October	12	Bachan Longworth	<i>Lost her husband Jim</i>
October	13	Angela Leach	<i>Lost her dad Richard</i>
October	15	Catherine Petrich	<i>Lost her sister Susan Emmerson</i>
October	15	Donna Lee	<i>Lost her son Jeff Leahy</i>
October	15	John and Loretia Cornette	<i>Lost their son Justin</i>
October	15	Sherry Duncan	<i>Lost her brother Terry</i>
October	16	Lena Boyovich	<i>Lost her son Issac</i>
October	17	Jose and Amalia Martin	<i>Lost their son Cesar</i>
October	18	Agata Smolak	<i>Lost her mom Anna Zdziebko</i>
October	19	Donna Brawley	<i>Lost her nephew Roy Miller</i>
October	19	Deborah Binion	<i>Lost her son Jordan</i>

October	21	Ken Nordstrom	<i>Lost his son Jascha</i>
October	28	Cindi Squance	<i>Lost her son Ryan</i>
October	28	Helen Arnold, Tracy McCray and Lisa Bailey	<i>Lost their mother Marie Steward</i>
October	28	Ron and Pam Puckett	<i>Lost their son Stephen Lee Puckett</i>
October	28	Susan Tusa	<i>Lost her brother John Wm. Tusa, Jr</i>
October	28	Sylvia Sizer	<i>Lost son of a friend Ryan Squance</i>
October	30	Kim and Paul Hulzebos	<i>Lost their son Paul Jason</i>
October	30	Sandy Stokes	<i>Lost her brother Greg</i>

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

**September birthdays:** Jack, Kevin, Brian, Craig, Matthew, Brien, Mike, Kara, Josh, David, Joe, Tiana, Kalani, Alex, Scott, Vanessa, Jacob, Arthur, Katie, Jeremy, Catherine, Aaron, Tim, Robert and Tristan.

**October birthdays:** Brandon, Stephen, Timm, Jim, Jeff, Matt, Rick, Jon, Jenna, Jason, James, Doug, Jordan, Jamey, Damon, Dennis, Andrew, Issac, Johnny, Karen, Mike, Raul, Ricky, Travis, James, Rachel, Paul, Brandon, Gabriel, James, Taylor and Jeff.

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](mailto:newsletter@auburnsos.com)

### **MEETINGS FOR SEPTEMBER AND OCTOBER:**

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 p.m. 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 p.m. to 9:00 p.m. For more information or directions please call Janis at 360-866-2509.

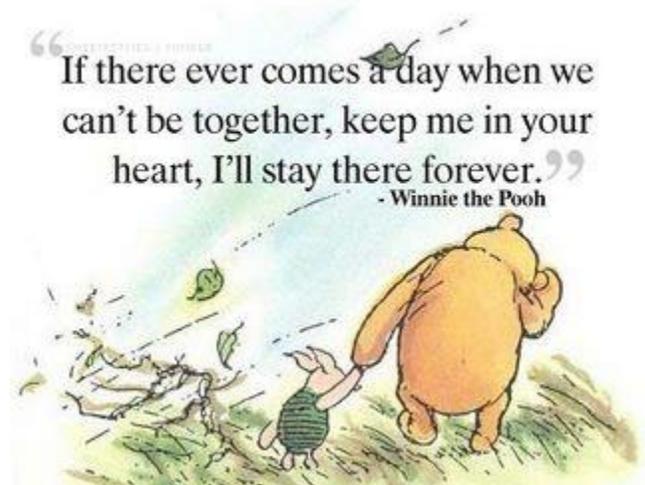
There is no fee to attend either of these groups. For more information send an e-mail to [support@auburnsos.com](mailto:support@auburnsos.com)

A lending library is available to survivors. Information pertaining to suicide and grief may be checked out for a period of 30 days. Please return any books or publications you have checked out so that others may use them. Thank you!

Is there a book that you have found particularly helpful? Let us know and we will pass that on to others!

#### **NOTICE!**

In December the Auburn Group will be meeting on the 3<sup>rd</sup> Tuesday, not the 4<sup>th</sup>. We will meet on Dec. 20<sup>th</sup> at 6pm, details to follow



A number of people have expressed an interest in seeing the Auburn Group return to having two meetings a month. The Fire Department is willing to work with us to provide space for another meeting, (not necessarily on a Tuesday). However, we need someone who is at least 2 years from their loss willing to make the commitment – is that you? E-mail us at [support@auburnsos.com](mailto:support@auburnsos.com) or call Pam Driggers at 253-921-7829.



## Out of the Darkness Community Walks

The core of the Out of the Darkness Walks, the Community Walks are proof that when people work together, they can make big changes in our world. The walks raise awareness for suicide prevention as they raise the resources we need to carry

out our mission. With nearly 250,000 people walking in 360 cities across the country, they are AFSP's biggest fundraiser and the driver of the suicide prevention movement.

Suicide prevention starts with everyday heroes like you. 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, Join hundreds of thousands across the country to raise money for the American Foundation for Suicide Prevention, our nation's leader in the fight against suicide.

09/17/2016	Poulsbo Walk, Frank Raab Park - 18349 Caldart Ave NE - Poulsbo
09/17/2016	Spokane Walk, Riverfront Park @ North Bank Shelter - Spokane
09/24/2016	Olympia Walk, Marathon Park in Olympia
10/02/2016	Wenatchee Out of the Darkness Walk, Walla Walla Point Park Pavillion - Wenatchee
10/08/2016	Tacoma Walk, Wright Park - 501 South I Street - Tacoma
10/09/2016	Aberdeen Walk, Morrison Riverfront Park
10/15/2016	Everett WA Walk, Legion Park - 145 Alverson Blvd - Everett
10/23/2016	Seattle Walk, Fisher Pavilion - 305 Harrison St - Seattle

The Olympia Out of the Darkness Community Walk is scheduled for Saturday, September 24<sup>th</sup>. Eileen Bochsler is the chairperson, and the planning committee is being organized now.

**Your participation is needed!**

Please contact Eileen at: [Eileen.bochsler@gmail.com](mailto:Eileen.bochsler@gmail.com) or 360-870-9466 to help

Auburn/Olympia SOS will have a table at Olympia, Tacoma and the Seattle walks. If you are interested in assisting with this please send an email to [support@auburnsos.com](mailto:support@auburnsos.com)

ALSO – Walking Teams have been established for both the Olympia and Seattle Walks. **Join us!**  
A Team Captain is needed for the Tacoma Walk.

For more information go to [www.afsp.org](http://www.afsp.org)

## Other Resources

The Healing Center

6409-1/2 Roosevelt Way NE, Seattle

**Meeting Time(s), Please contact us for meeting times.**

**Contact:** Mattie Bess, Program Coordinator

206-523-1206

[info@healingcenterseattle.org](mailto:info@healingcenterseattle.org)

For all school-aged children who have experienced the death of a parent by suicide. This group meets once a month for two hours. A separate parent group is offered concurrently.

### Thurston County 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)

### The Compassionate Friends 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)

What: **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: Mary Bridge Children's Health Center, 311 South L St, Tacoma, WA 98403

Who: Surviving families of suicide who have children between the ages of 4-18

Contact: Darren Wenz ([Darren.wenz@multicare.org](mailto:Darren.wenz@multicare.org)) or

Lisa Duke ([lisa.duke@multicare.org](mailto:lisa.duke@multicare.org)) 253.403.1966

### Grief Support Group

This 8 Week curriculum based Grief Group is intended to be a place of education, processing, and support for those adjusting to the death of a loved one. Topics discussed include: what the grief journey might look like, Rituals and Memorials, how to process your grief, self care during this tender time, and many other topics. If you are interested please call MultiCare Bereavement.

Support at 253-301-6400 to register (required). There is limited space in each group.

Sep 12- Oct 31 Mon, 2-4 pm. Free

## When A Child Returns to School After a Parent's Suicide:

A child returning to school after a parent's suicide is a very important part of the healing. School provides children with a sense of normalcy and reassures them that life goes on, even after a tragedy. Every child is different in how much time they feel they need until they return to school. Some choose to go back soon after the death to see their friends and feel the predictability of school instead of the sadness and confusion at home. Others feel very anxious about returning as it means being away from the security of home and family. They may need a few extra days or attend school part time for a short time. If there is a lot of fear, perhaps speaking to a counselor may be helpful.

It is helpful to contact the principal, teacher, school counselor and nurse. Often people have learned about it in the community. Families can decide how much information to share. Details are not necessary, but it helps to let the school know what the child understands or has been told. Meeting privately with the teacher is helpful for younger children. Teens need to be involved in this process, if they choose.

Children need to be prepared for what they may encounter at school. Friends may seem awkward around them and not know what to say. Many educators find it difficult to help child survivors. Let children practice responding with such things as: "thank you", "I am too sad to talk about it now", "I don't want to talk about what happened. Maybe you can talk to my mom." Remind them that even if an adult asks, sharing information or expressing feelings is not required.

A child can respond with: "My dad had an illness in his brain that caused him to end his life. The medicines he tried did not help him." or "My dad died from complications of depression." Peers can say things that are upsetting too as suicide is so frightening that sometimes children say cruel or upsetting comments. It is hard for children to let peers know that their feelings have been hurt. This is a good time for adults, such as teachers, neighbors, or coaches to help out and use this time to talk about how children can support a friend and the importance of being kind.

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## Memories of You

by Unknown

I remember everything about you,  
your voice, your smile, your touch,  
the way you walked, the way you talked,  
the way you looked at me, meant so much.

I remember all the words you said to me,  
some funny, some kind, some wise,  
all of the things you did for me,  
I see now with different eyes.

I remember every moment we shared,  
seems like only yesterday,  
or maybe it was eons ago,  
It's really hard to say.

You are gone from me now,  
but one thing they can't take away,  
your memory resides inside my heart,  
and lights up my darkest days.



## Losing My Daughter

By Meredith Romero, Albuquerque, New Mexico

My name is Meredith Romero and I lost my 12-year-old daughter to suicide on May 11, 2010. She was a month away from her 13th birthday. We just went through her first year anniversary and her birthday which would have been on June 10th. After she hung herself, she didn't die immediately, instead a day later from complications resulting from the hanging. We later found letters she had written. They were not so much suicide letters but letters telling us she loved us. We also found out of an incident that involved a boy that may have contributed to why she did it. We will never know if she meant to do it or if it was an accident in which she intended to scare me.

Whatever it was, she took her own life. She showed absolutely no signs of depression. If anything she made plans for the week and weekend. Words cannot express what I feel. Not only did I lose my child but I lost her to suicide and I found her. At first, I questioned myself asking why and trying to figure out if there was anything I could have done to prevent this since she did it right in our own home. I was full of guilt for many months going back into the past wondering if I failed her as a mother. The first thing I wondered was if the life I gave her was worth living. I was a single mother, her father had little involvement in her life, and when he was in it, he usually did not make it pleasurable.

I never in a million years thought I would be the survivor of my daughter's suicide. Through therapy, I have come to the realization that I couldn't have done anything to prevent it and that I was a good mother who did the best I could. My daughter and I were very close and her loss has created such a void in my heart. I thought I knew her well but I still question that. I think the hardest part of dealing with her suicide is the "Why?" I replay that day over and over and just can't understand what would make her decide to end her life. I know she loved me and she was a very happy child. One of the things I can't cope with is people judging my daughter and making her seem like a bad child. I have feelings of anger at her for doing what she did, but more than anything I feel sadness and ache for her. This has taught me that you can't hide from suicide and it can happen to anyone. I know she is in heaven and watching out for all who loved her and miss her.



**YOUR DONATIONS ARE ALWAYS NEEDED, APPRECIATED AND ARE TAX-DEDUCTIBLE.**

Please mail your donations to:

28824 21<sup>st</sup> Ave. S., Federal Way, WA. 98003

In memory of: \_\_\_\_\_

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

Auburn SOS  
28824 21<sup>st</sup> Ave. S.  
Federal Way, WA 98003

Return Service Requested

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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.



**World Suicide Prevention Day - 10 September,  
Light a Candle near a Window at 8 PM  
to show your support for suicide prevention,  
to remember a lost loved one,  
and for the survivors of suicide.**