



SURVIVORS OF SUICIDE

King/ Pierce/ Thurston County Support Groups



**SEPTEMBER/OCTOBER, 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 also to Colleen and David Rocca for a love gift in memory of their son Nicholas

We also received a donation from the Washington Combined Fund Drive.

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:

September	1	Brad Knowles	<i>Lost his brother Greg</i>
September	3	Lia and Jesse Good	<i>Lost their son Mike</i>
September	4	Rashanna Smith	<i>Lost her daughter April</i>
September	4	Mickie Kasalek	<i>Lost her son James Otto</i>
September	5	Jean M. Winburn	<i>Lost her daughter Katie</i>
September	9	Karen Khela	<i>Lost her son Jeremy</i>
September	10	Nancy Leonetti	<i>Lost her son Kip</i>
September	10	Chineka Williams	<i>Lost her dad Willie C. Jones</i>
September	10	Sheila and Ira Benton Sr., Tina Tomyne	<i>Lost their son Ira, lost her brother Ira</i>
September	12	Kate Rini	<i>Lost her brother Kyle</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	Owen Dominique	<i>Lost his dad, King and brother Diesel</i>
September	14	Lynn and Ken Weatherill	<i>Lost their son Scott</i>
September	16	Christie Dallaire	<i>Lost her brother Rick</i>
September	16	Michelle Potwin	<i>Lost her mother Erros</i>
September	16	Amanda Ruston	<i>Lost her sister Jenifer Bollinger</i>
September	17	Christopher Ramb	<i>Lost his son Thomas</i>
September	18	Kathleen Taylor	<i>Lost her husband Art</i>
September	20	Kristina Bolin	<i>Lost her son Geoffrey</i>
September	21	Debbie James	<i>Lost her son Anthony</i>
September	22	Joann Deuel	<i>Lost her grandson James</i>
September	22	Josephine Geiger	<i>Lost her husband Rich</i>
September	22	Hillary Kinsley	<i>Lost her brother Jackson</i>
September	22	Angela Kores	<i>Lost her hubby Ricky Wilson</i>
September	22	Sherri Cora	<i>Lost her son Tristen</i>
September	24	Alethia Michels	<i>Lost her father Theodore</i>
September	24	Elaine and Rocky Ruvalcaba	<i>Lost son of dear friend Anil</i>
September	25	Debbie Jiron	<i>Lost her son Devin</i>
September	25	Bette Rutledge	<i>Lost her husband James</i>
September	26	Kathryn Timm	<i>Lost her husband Alan</i>
September	27	Hope Slayton	<i>Lost her husband Jonathan</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	Felipa Galaviz	<i>Lost her grandson Austin Kyle</i>
September	28	Patty Bickley	<i>Lost her son David</i>
September	28	Darlene Stephenson	<i>Lost her daughter-in-law Catherine McCandless</i>
September	30	Dot Helgason	<i>Lost her son Trad</i>
October	1	Gloria Jackson-Nefertiti	<i>Lost her brother Kevin</i>
October	3	Christie Harris	<i>Lost her son-in-law Louis</i>
October	4	Mark Hinkelman	<i>Lost his son Thomas</i>
October	4	Lyman Burk	<i>Lost his son Palmer</i>
October	6	Angieline Evarts	<i>Lost her spouse Derek</i>
October	6	Dede Henley Norris	<i>Lost her daughter Carly Danielle</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	9	Bonnie and Marc Jones	<i>Lost her brother Craig</i>
October	14	Karen Paup	<i>Lost her husband Richard</i>
October	15	Catherine Petrich	<i>Lost her sister Susan Emmerson</i>
October	15	John and Loretia Cornette	<i>Lost their son Justin</i>
October	17	Jose and Amalia Martin	<i>Lost their son Cesar</i>
October	19	Donna Brawley	<i>Lost her nephew Roy Miller</i>
October	18	Jean Luce	<i>Lost her niece Riley</i>
October	20	Turner Manning	<i>Lost his mom Kathleen</i>
October	21	David Neuss	<i>Lost his cousin Brent</i>
October	21	Ken Nordstrom	<i>Lost his son Jascha</i>
October	23	Jena Rucks	<i>Lost her dad Terry</i>
October	24	Troy DiBenedetto	<i>Lost his wife Kelli</i>

October	28	Cindi Squance	<i>Lost her son Ryan</i>
October	28	Helen Arnold 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	30	Kim and Paul Hulzebos	<i>Lost their son Paul Jason</i>

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

September birthdays: Brian, Drew, Bruce, Craig, Alan, Jordan, Tammy, Brien, Mike, Kara, Josh, David, Jay, Theodore, Joe, Kalani, Alex, Scott, Vanessa, Jacob, Arthur, Katie, Jeremy, James, Catherine, Aaron, Kathy, Tim, and Tristan.

October birthdays: Brandon, Zach, Corina, Jeff, Logan, Matt, Jenna, Timm, Geoffrey, James, Brigitte, Jamey, Baxter. Andrew, Weston, Craig, Sydney, Danette, Raul, Travis, James, Rachel, Brenda, Paul, James, Richard and Nick.

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 support@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 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 to 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 Tahoma Indian Center, 1809 E. 31st Street in Tacoma 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

Collette August, the facilitator of the Tacoma Group has created a team for all to join for the Seattle Out of the Darkness Community Walk in October. The name of the team is ‘**Courageous Semicolons**’.

To join this or any other team go to www.afsp.org



Semicolon Tattoo Meaning

So what does a semicolon tattoo mean? The semicolon tattoo is symbolic of the fact that there may have been a time when you thought of ending your life, but you chose to push forward and persevere.

The semicolon is a small, simple, yet eloquent way of reminding yourself of your strength – that your life and story isn't over. Ultimately, different semicolon tattoo ideas are essentially anti-depression and positive mental health tattoos.

A friend says one or more of the following statements to you:

I can't take this anymore.	They'll <i>be sorry</i> .
I'm done with all this.	<i>Everybody hates me.</i>
Why even go on?	No one understands.
This is too much for me.	I'm outta' here.
I'm much better now.	Here, take this-I won't be needing it anymore.
Life sucks.	I'd be better off dead.
This is all so confusing.	Sometimes I just want to die .
I'll show them.	<i>I'm just too tired to go on.</i>
I'm a burden to everyone.	What's the use of all this?
This is more than I can handle.	I can't see any way out of this.

How do you respond?

Some suggestions to find more what's going on and to show you care.

Tell me more about this	This must be so hard
What has kept you going this long?	How are you dealing with this?
Wow, you're going through a lot.	<i>I'm here to listen..</i>
<i>I care about you. Who else cares about you?</i>	<i>What's led up to all this?</i>
What else can we do about this?	You're in a lot of pain. Let's talk.
Who else can we talk with about this?	There's a lot going on. Tell me about it.
Is there some little thing you can do to work on this?	Even though you feel like giving up, let's see what else you can do.
I hear you say you want to die and that you can't go on. I'm here to listen.	You're right. Life does suck. Tell me about how bad things feel.
You're confused. In what kinds of ways?	You feel trapped. Tell me more.

After you've listened and realize that this is serious, what can you do?

1. Find every way you can to keep the person **safe for now**.
2. Get help-don't feel like you can solve all this person's problems alone.
3. Encourage the person to call
 - a. a family member
 - b. a friend
 - c. a teacher or a coach
 - d. a counselor
 - e. a person from their mosque, church or synagogue
 - f. any additional person who could provide help

Steps in Suicide Intervention

1. Look for signs of Depression
2. Watch for words
3. Risk factors
4. Ask
5. Realize: the person can pretend to be ok
6. Method
7. Listen to their story without judgement
8. Find resources
9. Safe for now
10. Follow up
11. Understand that, despite all your best efforts...

Bob Baugher, Ph.D is a grief specialist and certified death educator.



He is the author of many books:

- Coping with Grief: A Guide for the Bereaved Survivor
- Understanding Guilt During Bereavement
- Understanding Anger During Bereavement
- Surviving Widowhood
- In the Midst of Caregiving
- After Suicide Loss: Coping with your Grief
- The Crying Handbook
- Coping with Traumatic Death: Homicide
- Death Turns Allie's Family Upside Down
- The Best Guide to Your New Professional in Helping Others.



**American
Foundation
for Suicide
Prevention**



09/09/2023	Thurston County Walk, Marathon Park - Olympia
09/23/2023	Whatcom County Walk, Bellingham High School - Bellingham
09/30/2023	Snohomish County Walk, Boxcar Park - Everett
10/15/2023	Spokane Eastern Washington Walk, Riverfront Park - Spokane
10/22/2023	Seattle Walk, Fisher Pavilion - Seattle

“Out of suffering have emerged the strongest souls; the most massive characters are seared with scars.” - Khalil Gibran

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

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)

The Compassionate Friends, Kent

Saint Columba's Episcopal Church

26715 Military Rd

South Kent, 98032

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

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

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

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.

I don't know what grief
will look like tomorrow.
 But I'll face it.
 I'll feel it.
 As your memory
 washes over me.
 One day at a time.
 One wave at a time.

For such a love,
Grief is the price of admission.
The cost of the human condition.
So, I'll pay it over and over again
 until I see you again.
 The love was worth it.

Liz Newman