



SURVIVORS OF SUICIDE
King/ Pierce/ Thurston County Support Groups
SEPTEMBER/OCTOBER, 2019
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!

Thanks to the Whipple family, Cliff, Carole, Dan and Patti for a love gift in memory of Lance Alan Whipple.

Many thanks to Jane Hower for a love gift in memory of her son Wes.

We also received our check from Kroger’s, please link your Fred Meyer Rewards Card to us!



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 | 3 | Lia and Jesse Good | <i>Lost their son Mike</i> |
| September | 4 | Mickie Kasalek | <i>Lost her son James Otto</i> |
| September | 5 | Jean M. Winburn | <i>Lost her daughter Katie</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. | <i>Lost their son Ira</i> |
| September | 10 | Tina Tomyn | <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 | 16 | Amanda Ruston | <i>Lost her sister Jenifer Bollinger</i> |
| September | 18 | Kathleen Taylor | <i>Lost her husband Art</i> |
| September | 21 | Debbie James | <i>Lost her son Anthony</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 | 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 | 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 | 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 | 5 | Michelle Langrehr | <i>Lost her husband Keith</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 | Donna Lee | <i>Lost her son Jeff Leahy</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 | 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 | 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> |

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

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

October birthdays: Brandon, Stephen, Cornina, Jeff, Matt, Rick, Jenna, Timm, James, Brigitte, Jamey, Baxter, Andrew, Craig, Sydney, Raul, Travis, James, Rachel, Brenda, Paul, James, Richard, Nick and Taylor.

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 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 7:30 to 9:00 p.m.

For more information or directions please call Janis at 360-866-2509.

Stay tuned for information about the Puyallup Group.

Erin will be unable to continue meeting but has found a new facilitator.

There is no fee to attend any of these groups. For more information send an e-mail to support@auburnsos.com

Funeral Blues

Stop all the clocks, cut off the telephone,
Prevent the dog from barking with a juicy bone,
Silence the pianos and with muffled drum
Bring out the coffin, let the mourners come.

Let aeroplanes circle moaning overhead
Scribbling on the sky the message 'He is Dead'.
Put crepe bows round the white necks of the public doves,
Let the traffic policemen wear black cotton gloves.

He was my North, my South, my East and West,
My working week and my Sunday rest,
My noon, my midnight, my talk, my song;
I thought that love would last forever: I was wrong.

The stars are not wanted now; put out every one,
Pack up the moon and dismantle the sun,
Pour away the ocean and sweep up the wood;
For nothing now can ever come to any good.

By W.H Auden

A crowd of grieving
caterpillars were carrying a
dead cocoon to it's final
resting place.



The poor caterpillars
were weeping and
broken hearted, but all
the while the lovely
butterfly fluttered happily
over their heads.



Suggestions For Families Who Have Experienced the Suicide of a Loved One

By Iris Bolton



I agree that this is one of the worst things that can happen to you in your life. I know because my 20-year old son committed suicide. You will survive it, even though you may not think so now. Then you will know your own strength. When you've survived this, you can survive all life's tragedies.

You need to talk about it to each other and about your loss, and your pain. Talk about the good things you remember and the no-so-good. Keep talking and don't bottle up. All of your feelings are natural.

Know this and believe it. Feelings of guilt and anger are strong and to be expected. You can use this time to bring your family closer together or tear you apart by blaming. Nobody is at fault. You may need to feel guilty for a while to eventually know that you are not responsible. Sometimes you have to go through a feeling to get beyond it. Facing death together can give you an appreciation for each other and of life that you never had before. Allow yourself to just be and to be with each other. There is no right or wrong to any of it.

There are no set rules to follow. Take the lead from your minister or whoever will be making the funeral arrangements by asking for anything you want or need, even if it may seem silly to you. I personally believe in a loving God who is with us through these tragic events in our lives. I do not believe that He caused it to happen or that he allowed it to happen, it just happened. I do not believe that God is all powerful but He is all loving and he will see you through this.

You will ask, "why?" a million times, and you need to ask the question. You will probably never really know why, but it's important to struggle with the question. Then one day you will be able to let it go, and not need to know anymore. Then you will be dealing with how to go on with your own lives. The meaning I have found in my own son's suicide is to realize that life is tenuous for us all, so I have

the choice of making every minute count with my family from now on, and valuing them and friends and life in a way I never did before.

I urge you to deal with the fact that suicide was an apparent solution to problems for a member of your family. If you can learn to talk openly with a counselor about other solutions or alternatives to problem solving, this agony will never again touch your family.

Please allow your friends and family to take care of you. This helps you and really helps them. You don't have to be strong. Crying is natural and helpful and keeps you from bottling up your feelings. Know and expect guilt and anger to be natural and hard to deal with. It may be important for you to someday get angry at her or him. This was important for me to do although at first I didn't give myself permission to be angry. I needed to do that one day, to give my son responsibility for his own actions.

I finally realized that I had given my son human-ness...my positives and negatives and what he did with them was his responsibility...not mine. I could then stop feeling guilty. I could be angry at him, and then I could let both emotions go.

If I were to sum it up, I'd say...be with each other...talk to each other, talk about her or him...positive and negative memories...allow your friends to do things for you...make all major decisions together...know you will all grieve differently...allow yourself to cry and get it out, even if it is embarrassing, and above all else...know you will survive.

*It is not length of life
But
Depth of life*

Ralph Waldo Emerson

Other Resources

SoundCareKids Grief Support Group

These groups give children 4-18 years of age and their parents an opportunity to develop new friendships with others who are also grieving the death of a loved one; share feelings, hopes and fears in creative, experiential ways and learn coping skills for adjusting to difficult changes.

Thursdays, 6:15 – 7:45 pm in West Olympia
Call 360-493-5928, pre-registration required

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)

Thurston County Adult Grief Support Groups and Classes

What: 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)

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: Darren (Darren.wenz@multicare.org) or Michelle (michelle.schuyleman@multicare.org) at 253.272.8266

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



SoundCareKids

Grief Support Group

The SoundCareKids Grief Support groups give children 5-18 years of age and their parents/adult caregivers an opportunity to develop new friendships with others who are also grieving the death of a loved one; share feelings, hopes and fears in creative, experiential ways with others who understand; communicate more openly and naturally about death; and learn coping skills for adjusting to difficult changes. Each week builds on the concepts, discussions and activities of the previous week, so attending every week in the session is recommended. Our session topics include:

- Week 1** Learning about grief and getting to know each other
- Week 2** Exploring grief feelings and learning how to cope with them
- Week 3** Sharing our stories
- Week 4** Dealing with regret, guilt, and other unfinished business
- Week 5** Identifying and adjusting to changes
- Week 6** Memories and Staying Connected

2019-2020 Group Schedule

Thursdays, 6:15-7:45 p.m. in West Olympia

Fall Session: October 24th - December 5th

* * No group the week of Thanksgiving*

Winter Session: January 23rd - February 27th

Spring Session: April 16th - May 21st

360-493-5928

What is SoundCareKids? The SoundCareKids Program began in 1992 and provides support for families who are grieving the death of a loved one. Our support groups give children 5-18 and their parents or other caregivers a chance to explore their feelings and thoughts while surrounded by others who understand loss. Group nights begin with pizza and play. Then kids, teens, and parents/adult caregivers meet in small peer groups (Littles, Bigs, Middles, Teens, and Adults) for discussion and developmentally-appropriate activities designed to explore different aspects of grief. At the end of the night, everyone comes back together for a closing circle.

In SoundCareKids groups, children and youth have the opportunity to:

- Express grief in creative, experiential ways – often through play or similar methods
- Share feelings in a safe, non-judgmental environment
- Make friends with other kids who have experienced the death of someone important in their lives
- Experience healing and peace in the midst of their pain

How do we register? Call Providence Hospice at (360) 493-5928 to request an information packet and to reserve your place in the upcoming session. **Pre-registration is required.**



American Foundation for Suicide Prevention



Join Us Today - Join a quarter of a million people from hundreds of cities across all 50 states to raise awareness and funds that will save lives and bring hope to those affected by suicide.

About AFSP - We are the leader in the fight against suicide. We fund research, advocate, create educational programs, and support survivors of suicide loss.

Out of the Darkness Community Walks - The core of the Out of the Darkness Walks, the Community Walks created a movement. Held in hundreds of cities across the country, they give people the courage to open up about their own struggle or loss, and the platform to change our culture's approach to mental health.

Why We Walk

Every year suicide claims more lives than war, murder, and natural disasters combined. It's up to us to put a stop to this tragic loss of life.

| | |
|------------|---|
| 09/21/2019 | <u>Kitsap Peninsula Walk, Evergreen Rotary Park - Bremerton, WA</u> |
| 9/28/2019 | <u>Pierce County Walk, Bradley Lake Park - Puyallup, WA</u> |
| 10/5/2019 | <u>Olympia Walk, Heritage Park - Olympia, WA</u> |
| 10/06/2019 | <u>Aberdeen WA Walk, Morrison Riverfront Park - Aberdeen, WA</u> |
| 10/12/2019 | <u>Seattle Walk, Fisher Pavilion - Seattle Center - Seattle, WA</u> |

Both the Auburn and Olympia Groups will be in attendance at several of these walks – look for us – or volunteer to help! Go to www.afsp.org for more information about these walks. The Walks are not just here in Washington, Community Walks are everywhere!

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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Permit #58*

Grief never ends but it changes
It's a passage, not a place to stay
Grief is not a sign of weakness
Not a lack of faith
It is the price of love.

International Survivors of Suicide Loss Day is November 17, 2019

Survivor Day is the one day a year when people affected by suicide loss gather around the world at events in their local communities to find comfort and gain understanding as they share stories of healing and hope. On November 17, 2018, there were close to 400 Survivor Day events in more than 20 countries.

