

# SURVIVORS OF SUICIDE



## King/ Pierce/ Thurston County Support Groups

SEPTEMBER/OCTOBER, 2022

### 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.**

We are appreciative for the donations we've received from:

Jane Hower in loving memory of her son Wesley Allen  
Colleen and David Rocca, Natalie & Brian in memory of Nick Rocca  
Zenko Zulu in memory of her husband Kwame.



Fred Meyer, remember – it is easy and painless to help by making us your non-profit of choice with Freddy's!

#### 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:

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 Tomy	<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	Lynn and Ken Weatherill	<i>Lost their son Scott</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	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	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	6	Angeline 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	18	Jean Luce	<i>Lost her niece Riley</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, Alan, 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, Zack, Corina, Jeff, Matt, Rick, Jenna, Timm, James, Brigitte, Jamey, Danette, Baxter, Andrew, Brent, Craig, Sydney, 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 [newsletter@auburnsos.com](mailto:newsletter@auburnsos.com)

**MEETINGS FOR SEPTEMBER AND OCTOBER - please note the updates!**

***Auburn – meeting in person!***

***Olympia – meeting in person!***

***Tacoma - meeting on zoom, 2<sup>nd</sup> Wednesday of the month at 7 pm***

Go to our Facebook page to find the link to the zoom meetings, the **password is 'Auburn'**.  
Or ask ([support@auburnsos.com](mailto:support@auburnsos.com)) and we can email it to you if you aren't on Facebook. Please join us!

**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 or Ben at 253-861-8717

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 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 online, from 7:00 to 8:30 p.m. For more information or directions please call Colette at 360-490-3454 or [coletteaugust@gmail.com](mailto:coletteaugust@gmail.com).

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

**Olympia Survivors of Suicide**

Here is an update on the Olympia SOS group.

The August meeting will be held on Zoom.

**We will resume in-person meetings on September 20th.** We will continue to meet at Westwood Baptist Church. It has been necessary to change to an earlier start time. We will start the meeting at 6:30 p.m., and end at 8:15. The church is requesting that we be out of the building by 8:30 p.m. in order to accommodate their staff schedules.

We will continue to meet in Room E10. Please note the changes for entry to the building. We will no longer park in the rear parking lot.

Enter the church parking lot from Kaiser Road. Upon entering the parking lot, turn right and go to the north end of the lot to the part of the building marked Children's Center. You will see a sign above the walkway that says **Westwood Kids**. Enter the building through that door. Walk down the hall until you come to the elevator. Turn left and proceed down the hall to Room E10.

Please call Janis if you have questions, 360-866-2509, 360-870-1446 (cell).

## 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.**



**We have a team! Go to [www.afsp.org](http://www.afsp.org) and click on find a walk, after find the Seattle walk, click on join a team – we are Auburn Survivors of Suicide.**

**If you have concerns about walking, most of the community walks are short, usually one or two miles.**

All donations are 100% tax deductible and will help bring AFSP one step closer to achieving their bold goal to reduce the suicide rate 20% by 2025.

Date	Event
09/10/2022	<a href="#">Spokane Eastern Washington Walk, Riverfront Park - Spokane, WA</a>
09/24/2022	<a href="#">Whatcom County Walk, TBD - Bellingham, WA</a>
10/09/2022	<a href="#">Seattle Walk, Seattle Center, Fisher Pavilion - Seattle, WA</a>
10/15/2022	<a href="#">Snohomish County Walk, Port of Everett Boxcar Park - Everett, WA</a>

As of this writing a walk in Thurston County is not listed. Check the AFSP website for updates

*Grief is like weeding a flower garden in the summer,  
You have to do it over and over again  
Till the season changes.*

American Foundation for Suicide Prevention

## Suicide and Older Adults: What You Should Know

Suicide is more than a preventable tragedy—it's a major public health problem affecting men and women of all ages. According to the [National Institute of Mental Health](#), it was the 10th leading cause of death in the U.S. in 2019.

Among older adults in particular, suicide is a significant concern:

- While older adults comprise just 12% of the population, they make up approximately [18%](#) of suicides.
- In 2017, among the more than 47,000 suicides that took place in the U.S., 8,500 were attributed to people age 65 and up.
- Older adults tend to plan suicide more carefully. They are also more likely to use more lethal methods.
- Among people who attempt suicide, [one in four](#) seniors will succeed, compared to 1 in 200 youths. Even if a senior fails a suicide attempt, they are less likely to recover from the effects.
- Men [65 and older](#) face the highest overall rate of suicide.

### Why is suicide higher in older adults?

Suicidal behavior is common in older adults for a number of reasons. Loneliness has been found to top the list. Many seniors are homebound and live on their own. If their spouse has recently passed on and there are no family members or friends nearby, they may lack the social connections they need to thrive.

### Other reasons for suicidal intent in older adults include:

- **Grief over lost loved ones:** Adults who live long enough may begin to lose cherished family members and friends to old age and illness. They may wrestle with their own mortality and experience anxiety about dying. For some, this “age of loss” is overwhelming and can intensify feelings of loneliness and hopelessness.
- **Loss of self-sufficiency:** Seniors who were once able to dress themselves, drive, read, and lead an active life may grapple with a loss of identity. They may mourn the independent, vibrant person they once were.
- **Chronic illness and pain:** Older adults are more likely to face illnesses and chronic disease such as arthritis, heart problems, high blood pressure, and diabetes. These conditions can bring on pain and mobility issues that compromise quality of life. Seniors may also experience loss of vision and other senses, such as hearing, making it harder to do the things they love.
- **Cognitive impairment:** In a recent study, researchers found that older adults with mild cognitive impairment and dementia had a higher risk for suicide. Declines in cognitive function can affect a person's decision-making abilities and increase impulsivity.
- **Financial troubles:** Older adults living on a fixed income may struggle to pay their bills or keep food on the table. For someone who is already struggling with health issues or grief, financial stress can be a trigger for suicidal thoughts.

The physical, emotional, and cognitive struggles faced by older adults can lead to feelings of depression, which over time can evolve into clinical depression. Clinical depression is a mood disorder characterized by prolonged feelings of sadness, hopelessness, and loss of interest in activities. While most people with clinical depression do not commit suicide, having major depression does increase the risk.

# The new 988 mental health hotline is live. Here's what to know

RHITU CHATTERJEE

People experiencing a mental health crisis have a new way to reach out for help in the U.S. Now they can simply call or text the numbers 9-8-8.



Modeled after 911, the new three-digit [988 Suicide & Crisis Lifeline](#) is designed to be a memorable and quick number that connects people who are suicidal or in any other mental health crisis to a trained mental health professional.

"If you are willing to turn to someone in your moment of crisis, 988 will be there," said Xavier Becerra, the secretary of the federal Department of Health and Human Services, at a recent press briefing. "988 won't be a busy signal, and 988 won't put you on hold. You will get help."

The primary goal of the new number is to make it easier for people to call for help. Lawmakers and mental health advocates also see this launch as an opportunity to transform the mental health care system and make care easily accessible everywhere in the United States. The Biden administration has invested more than \$400 million in beefing up crisis centers and other mental health services to support the 988 system.

## 988 connects callers to a network of trained counselors

The 988 lifeline will connect people to the existing network of more than 200 local crisis call centers around the country. The National Suicide Prevention Lifeline's 10-digit number — 1-800-273-8255 — will remain active, but calls will be routed to 988.

People who call or text the number will be connected to a trained counselor at a crisis center closest to them. If a local crisis center is too busy to respond right away, the call gets routed to one of 16 backup centers around the country.

For the vast majority of people who call the current National Suicide Prevention Lifeline, the call itself is an effective intervention.

"We know that close to 90% of people who call get what they need from the phone call," says [Chuck Ingoglia](#), CEO of the National Council for Mental Wellbeing. The remaining 10% of callers may need additional support or in-person care, and trained counselors at the lifeline will try to connect them to that care.



As far as I can see, grief will never end.  
It may become softer over time, more gentle,  
And some days will feel sharp.  
But grief will last as long as love does – *forever*.  
It's simply the way the absence of your love  
One manifests in your heart.  
*A deep longing, accompanied by the deepest love.*  
Some days, the heavy fog may return,  
And the next day, it may recede, once again.  
It's all an ebb and flow,  
A constant dance of *sorrow and joy, pain and sweet and love.*

Scribbles & Crumbs

Have you noticed our Facebook page looking better lately? We are very pleased to announce that Donna Candiliere has volunteered to manage our social media! Donna lost her young son, Devon, to suicide and is a member of the Auburn Group. Thank you Donna!



I lied and said I was busy.  
I was busy;  
but not in a way  
most people understand.

I was busy taking deeper  
breaths.  
I was busy silencing  
irrational thoughts.  
I was busy calming a racing  
heart.  
I was busy telling myself I  
am okay.

Sometimes,  
this is my busy and I will  
not  
apologize for it.

Author unknown

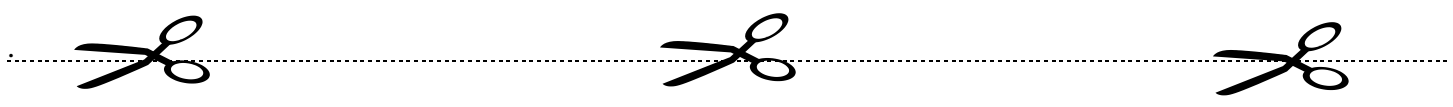
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If you have been helped by SOS and would like to pay it forward, there are many ways to help. We are currently in need of back-up facilitators for all three groups. We have Out of the Darkness Community Walks coming up around the corner and could use some volunteers to staff our booth. If you would like to help in some way please send an email to [support@auburnsos.com](mailto:support@auburnsos.com) or contact your group's facilitator.

*“And we wept that one so lovely  
should have a life so brief;”*

– [William Cullen Bryant](#)

*Donations are always appreciated and are tax deductible*



**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

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**'Til Death Do Us Part'**

*How deep and wide  
can the missing you, be?  
You have become a black hole  
sucking in my soul.  
I struggle to climb out,  
but the memory of you  
is too strong.  
There is no escape, ever –  
I am your wife.*

From the book 'Luminaria'  
Poems by Elizabeth St Louis