



SURVIVORS OF SUICIDE
King/ Pierce/ Thurston County Support Groups
SEPTEMBER/OCTOBER, 2020
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 Laura Feld for a donation in memory of her nephew, Nick Rocca.
 Many thanks for a love gift in memory of Walter Kautenberg from Ed & Maxine Johnston & family
 Many thanks to David & Colleen Rocca for a love gift in memory of Nick Rocca.
 Thanks also to Jean Brandt for a love gift in memory of Nick Rocca.
 Many thanks to Mary Dooley and Mary Ashley for a donation.



Dear Griever,

Take your time, be gentle with yourself. You will not be raw forever. Soon the sun will shine once more and all that will remain is love.

Alexis Marie Chute, Author of Expecting Sunshine

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.	<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	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	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	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, 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

 *Hugs to all of our fellow survivors out there during this challenging time. Take care of yourselves and those close to you – and be safe!* 
 

We all miss being able to meet together, the sharing after the meetings ~ the hugs! We will meet together again as soon as it is safe and we are allowed to do so. Until then we will keep on having three zoom meetings every month. We encourage you to try one – you may find you actually like it! Remember, SOS are there for you!

MEETINGS FOR SEPTEMBER AND OCTOBER - please note the changes!

Zoom Meetings! –

Until the pandemic and the lockdowns are over we all need to stay safe! Since we cannot meet in person we will be hosting Zoom meetings at the regular meetings times:

2nd Wednesday at 6 pm
 3rd Tuesday at 7 pm and
 4th Tuesday at 7 pm

Go to our Facebook page to find the meeting, the **password is ‘Auburn’**.

Don’t have Zoom? Download it for free at [Zoom.com](https://zoom.us). If you are not familiar with Zoom, it is a way to meet with many people on the computer (or phone). The link to the meeting is on our Facebook page – or ask and we can email it to you if you aren’t on Facebook.

Please join us!

When things are back to ‘normal’ – this is when and where we meet:

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.

The **Tacoma** Group meets on the second Wednesday of every month. Meetings are held at the TACID Building, Room 2, the address is 6315 S. 19th, Tacoma 98466, from 6:00 to 8:00 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

How to Cope With Grief Amid COVID-19

With so many facing sudden loss, an expert offers advice on how to comfort others, as well as ways to process your own grief during a pandemic.

Coping with loss is difficult, but in the COVID era it's even harder. Often, the loss of life to the coronavirus is sudden, and family members are unable to be by their loved one's side because of restrictions designed to stop the spread of infection. The separation only adds to the grief and sadness of loved ones left behind.

Dr. M. Katherine Shear, founding director of the [Center for Complicated Grief](#) at Columbia University's School of Social Work and the Marion E. Kenworthy Professor of Psychiatry, has spent her career studying and treating bereavement. She says one of the best ways to help a grieving person is to give them a chance to talk. "It helps most people to just be heard when we are holding a lot of emotional pain," says Dr. Shear. "It is difficult to talk about the pain; we need to feel connected to the person we are talking to and we need to feel emotionally safe — like they care and are interested and want to hear what we have to say."

Dr. Shear notes it can be difficult to just listen to someone express emotional pain.

"Most people have a natural caregiving instinct that makes us want to soothe the person and take the pain away," she says. "However, when someone is grieving the loss of someone close, we really can't take that pain away. We can only be willing to listen and share this very human sorrow."

Adding to the emotional hardship of losing a loved one to the coronavirus is the cessation of traditional rituals such as memorials, shivas, and funeral services that help survivors say goodbye. Dr. Shear says we can still comfort others by being present, demonstrating our care for the person, our willingness and interest in spending time with them, listening to what they have to say, and sharing stories of the deceased.

"A lot of our comfort is nonverbal," she says, but this requires some kind of physical interaction. "This is what is much more difficult in the COVID era. However, [with video chats] it's not impossible. We need to clear our minds and hearts of anger, guilt, and anxiety to the best of our ability and, from there, try to be creative in ways to be present with our bereaved friends and family as much as possible and in whatever ways we can."

Health Matters asked Dr. Shear to share tips for those suffering the sudden loss of a loved one and coping with grief.

Know your feelings are valid. Grief is messy and a natural response to loss. There are no right or wrong ways to experience it. There are, of course, commonalities, but our response to loss is different for every person and also for each person we lose. In general, grief begins acutely with intense emotions, preoccupying thoughts, physical reactions and behaviors focused on honoring, caring for and feeling close to the bereaved. Over time, as we adapt to the loss by accepting its reality and restoring our well-being, grief is integrated and finds a place in our life.

Understand that sudden loss is shocking and difficult to comprehend. After a painful loss, it's easy to imagine ways it didn't have to happen. This is something almost everyone does. When a loved one dies suddenly, under difficult circumstances, as is happening with COVID-19 deaths, the tendency to get caught up in imagining all kinds of alternative scenarios is even stronger. This is called a "derailer" because it can sidetrack the adaptive healing process.

Use the tenets of the serenity prayer. You need to accept what you cannot change; this means accepting the death, but also the presence of the pandemic and its consequences. You also need courage, creativity, and fortitude to change what you can. This means finding ways to restore your [well-being](#) and to cope with the pandemic, which includes three basic components: 1) acting in ways that are consistent with important personal values or deeply held interests, 2) feeling competent to face and meet important challenges in life, and 3) having a sense of belonging and mattering in the world.

Watch out for thoughts that can derail your healing process. If they take too much space in your mind, certain kinds of natural thoughts, feelings, or behaviors can derail healing during acute grieving. These include protesting the death; self-blame, guilt, anger, or shame; imagining ways things could have gone differently; losing faith in yourself or others; excessive avoidance of reminders of the loss; and extreme social isolation.

Don't let guilt overwhelm you. You will likely find yourself feeling survivor guilt. This is very natural, but it is something to notice and pay attention to while trying to not let it take over and guide your choices as you move forward. In other words, you need to allow yourself to have joy and satisfaction in your life again. That might take a while. Just try not to hold yourself back from having positive emotions and savoring them.

“Let me be crystal clear: if you’ve faced a tragedy and someone tells you in any way, shape or form that your tragedy was meant to be, that it happened for a reason, that it will make you a better person, or that taking responsibility for it will fix it, you have every right to remove them from your life.

Grief is brutally painful. Grief does not only occur when someone dies. When relationships fall apart, you grieve. When opportunities are shattered, you grieve. When dreams die, you grieve. When illnesses wreck you, you grieve.

So I’m going to repeat a few words I’ve uttered countless times; words so powerful and honest they tear at the hubris of every jackass who participates in the debasing of the grieving:

Some things in life cannot be fixed.
They can only be carried.”

~

~ Tim Lawrence ~

Grief in Motion

Grief is what goes on inside you when your heart is broken.

Mourning is what goes on outside you when you express your grief.

Grief is internal.

Mourning is external.

Grief is feeling, thinking, turning inward, remembering, and pondering.

Mourning is talking, acting, doing, creating, and moving.

Mourning is grief in motion.

And it’s the motion that creates momentum and change.



“My Spirit Lives On”

See through the window,

Look at the light,
Smell the sweet flowers,
See the sky bright,
Shed not the tears,
As you feel I have gone,
Love never leaves,
And my spirit lives on.

Talk of me often,
Your words will be heard,
I'll be by your side,
As swift as a bird,
Love life and laugh,
Together we'll be,
On the right path,
As our spirits fly free.

Dedicated to Carol Ann Rands (Healer)

anonymous



Welcome to the Washington State Out of the Darkness Experience

Date: **09/12/2020**, Time: **10:15 am**

registered participants will receive email details on how to participate in the experience

While the Out of the Darkness Walks in Washington State are going to look different this year, our mission to **Save Lives and Bring Hope to Those Affected by Suicide** has not changed. We are a strong and resilient community, united in our effort to fight suicide, raise awareness, educate our communities, support those who have lost loved ones, and support those with lived experience. We use our voices and share our stories to provide hope.

*We invite you to join us on Saturday, September 12th for the **Out of the Darkness Experience**.*

[Register Now](#) and show the world that we are always #TogetherToFightSuicide and #WAtogether

For more information, please contact:

Justine McClure, Phone: 206-459-7617, Email: washington@afsp.org

Our community has always been the heart of the Out of the Darkness Walks. Your safety and well-being will always be our top priority, and we are closely monitoring CDC and local guidelines as we map out our options for bringing you an experience of hope and healing this fall.

Though there are many unknowns, there are a few things we know for sure:

- You belong to a strong community united in an effort to fight suicide while showing up for yourself, recognizing and honoring those you love, raising awareness, educating communities, supporting one another, and sharing hope.
- We remain dedicated to providing you with opportunities to connect, heal, share stories, create impact, and show you that you are not alone.
- Mental Health and suicide prevention are more important than ever, and we're confident that with your help we can reach more people than ever before.

We realize that nothing can substitute the experience of coming together in person, and we will continue to seek ways in which we can do that safely. We welcome your ideas for gathering online this fall. In the meantime, we look forward to connecting in new ways, and we invite you to join us on this journey.

WAIT ... ARE WE STILL WALKING TO FIGHT SUICIDE?

YES! The Washington State Out the Darkness Experience is focused on your self-care, create your own experience. On your terms: you get to choose the activity, it can be walking, running, reading or cooking - it is your experience . During September, 12th you choose what time you start, what you do and who joins you (within safe distancing guidelines)!

- All participants can **create and join teams**. This is a great way to motivate family, friends, and co-workers to join you!
- Registered walkers will be emailed an **exclusive Out of the Darkness Experience sign** to print! Personalize it with your name and your reason for walking. **#WhyIWalk**
- After the e-vent, you'll get a **certificate of achievement** to print out and show off!

T-SHIRTS - Raise \$150 by September 20th and receive an official *Out of the Darkness Walk* t-shirt! T-shirts will be mailed to participants.

We are always #TogetherToFightSuicide #WAtogether

The Out of the Darkness Journey 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 illness have affected our lives and the lives of those we love and care about.

Stay Tuned for More Details! Register today to get the most up to date information about this one of a kind experience!

NAMIWalks Your Way



NAMIWalks is going to be a little different this year, it's not being cancelled – NAMI wouldn't think of it when our collective mental health needs are at their greatest. NAMI's programs and advocacy are needed more than ever, and with your help, we are pleased to present a walk for our times,

NAMIWalks Your Way Washington: A Virtual Event on September 12.

What is NAMIWalks Your Way?

On September 12, NAMIWalks will be a virtual experience and joined by NAMIWalks across the country. NAMIWalks Your Way means what it sounds like: participants get to make NAMIWalks their own. You can walk a 5K—through your neighborhood, around your backyard, on your treadmill. Or you can do something else meaningful and fun to celebrate our virtual walk day.

What participants are doing on event day:

- Walking 3,500 steps for a 5K *their way*
- Planning a craft day with their kids
- Holding a virtual bake-off with their team
- Practicing self-care with a favorite hobby: yoga, gardening, knitting
- Doing a 5K on the treadmill or stationary bike
- Hosting a virtual paint and sip party

Take photos and videos and share your activity on a favorite social media with the link to your walk fundraising page and the hashtag #NotAlone and #MentalHealthForAll. Together we can make a difference for people affected by mental illness - *Mental Health for All*

The only limit of NAMIWalks Your Way is the reach of your imagination and the breadth of your compassion. Share your ideas with us!

Contact Us: NAMI Washington, lhunter@namiwa.org, 206-971-1596

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.

If the mountain seems too big today,
Then climb a hill instead.
If the morning brings you sadness,
It's okay to stay in bed.
If the day ahead weighs heavy
And your plans feel like a curse,
There's no shame in re-arranging,
Don't make yourself feel worse.
If a shower stings like needles
And a bath feels like you'll drown,
If you haven't washed your hair for days,
Don't throw away your crown!

A day is not a lifetime,
A rest is not defeat.
Don't think of it as failure,
Just a quiet, kind retreat.
It's okay to take a moment
From an anxious, fractured mind.
The world will not stop turning
While you get realigned.
The mountain will still be there
When you want to try again,
So climb it in your own time
...and love yourself 'till then.

