

SURVIVORS OF SUICIDE
King/ Pierce/ Thurston County Support Groups
JANUARY ~ FEBRUARY 2010
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, the purchase of new tapes and books for our lending libraries and other costs associated with the community awareness programs. Donations may be mailed to one of the addresses below or made at any meeting. Please make your checks payable either to Auburn, Olympia or Tacoma SOS.

S.O.S. Auburn Group
28824 21st Ave. S.
Federal Way, WA 98003

S.O.S. Olympia Group
6134 Buckthorn Ct. NW
Olympia, WA 98502

S.O.S. Tacoma Group
15315 116th St. E.
Puyallup, WA 98374

To all of you who left something in the donation boxes, thank you!

Many thanks to John and Loretia Cornette who lost their son Justin – with a note “thanks for your efforts”.
Thanks to Marleen and Rich Funk in memory of multiple loved ones.
Many thanks to an anonymous donor.

IF YOU NEED TO TALK TO SOMEONE:

Please do not hesitate to pick up your phone and call another survivor from the S.O.S. group if you are having a hard time. We’ve all been there!

Ron Callahan	253-226-3689	Lost son	Kathy Melsness	253-446-6500	Lost daughter
Andee Nydegger	253-943-8725	Lost brother	Joan Tabrum	253-838-8947	Lost husband
Kathy Crowley	253-471-9412	Lost son	Kathy Sterling	206-244-8729	Lost grandson
Janis Fesenmaier	360-866-2509	Lost brother	Al Gunter	253-475-6373	Lost partner
José Martin	206-228-7413	Lost son	Susan Johnson	253-838-8721	Lost daughter

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

Rainie Williams lives on the east side of the state and lost one son to suicide and another to an accident. She is available if you need a listening ear. Phone : 509-525-0531 or e-mail rainie_30@msn.com

Thinking of You Especially:

January	2	Oneal Nichols	Lost son Jack
January	3	Jane Hower	Lost son Wesley
January	4	Jim & Joann O'Neill	Lost son Jim
January	7	Sara Nelson	Lost father Tim
January	13	John Rottle	Lost wife Cindy
January	16	Glynn & Denny Waller	Lost son Nick
January	17	Lois Kulijis	Lost son Joe
January	19	Leah & Scott Simpson	Lost son Trevor
January	20	John Stumpf	Lost daughter Keely
January	20	Jessica & Laura Stumpf	Lost sister Keely
January	21	Wendy Henricks	Lost husband Jerry
January	22	Kevin Wildes	Lost spouse Deborah
January	27	Darla Quick	Lost son Garbriel
January	29	Marlene Hamilton	Lost husband Darrell
January	30	Rachel Anna	Lost father Gregory McCullough
January	31	Teresa Rekisiwang	Lost son Jacob
February	1	Dave & Cheryl Howse	Lost son Christopher
February	2	Tina Isaksson	Lost dad Ray
February	3	Desi Saylor	Lost brother Billy
February	9	Jennifer Harmer	Lost Brother Shawn
February	9	Lacey Campbell	Lost Uncle Shawn
February	9	Kathleen Swift	Lost son Andrew Robert
February	10	Ester Bain	Lost brother Daniel
February	10	Trish Hoolahan	Lost brother Kyle
February	12	Rich DeGarmo	Lost wife Sandi
February	13	Ron Callahan	Lost son Mike
February	17	Alisa German	Lost husband Rick
February	19	Linda Castro	Lost partner Dick
February	19	Kathy Melsness	Lost daughter Marlene
February	20	Ann Mulvey	Lost husband Jim
February	21	David Harris	Lost brother Noel
February	22	Brittney Whiteside	Lost brother Joshua
February	23	Karen Herber	Lost daughter Bethany
February	24	Pat Boggs	Lost husband Harry
February	24	Shannon Collazo	Lost father Harry
February	24	Steve Mead	Lost daughter Alicia
February	25	Michelle Larroque	Lost brother Aaron
February	25	Sherry Duncan	Lost sister Karen
February	25	Anna Swain	Lost son Jonathan

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

January: Jeremy, Mardell, Brandon, Ryan, Carleen, Justin, Michael, Marleen, Richard, Marisa, Anil, Carl, Jeff, Greg, Gina.

February: Mary, Michael, Jessie, Shawn, Larry, Jimmie, Don, Sean, Ian, Ed, Chuck, Sally.

UPCOMING MEETINGS:

The Auburn Group meets on the second and fourth Tuesdays 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 Cathy at 253-863-7520 or Andee at 253-943-8725.

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.

The Tacoma Group meets on the first and third Monday of each month. Meetings are held at the Life Center at 1717 S. Union St. from 7:00 p.m. to 9:00 p.m. Call Kathy at 253-446-6500 for directions or information.

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

LIBRARY:



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!

BOOKS CHECKED OUT AND NOT RETURNED FROM AUBURN:

A Time to Grieve by Carol Staudacher
How to Survive the Loss of a Love by Helba Colgrove
No Time to Say Goodbye by Carla Find
After Suicide by Eleanora Ross
After Shock by David Cox
A Guide for Bereaved Survivors by Robert Baugher
Bouncing Back by Joan Rivers
Toxic Psychiatry by Peter Breggin
Tear Soup by Pat Schwiebert

Please return these books so others may read them. Thank you!

The American Foundation for Suicide Prevention is pleased to announce that in 2010 the Out of the Darkness Overnight will take place on June 26-27 in Boston, Massachusetts.

Registration is now open! Go to www.afsp.org

The Out of the Darkness Overnight is an 18-mile journey through the night, from dusk until dawn. It's a unique opportunity to bring the issues of depression and suicide into the light as we walk together to turn heartbreak into hope for tomorrow.

Join us on June 26-27, 2010 as thousands of Walkers like you come together in Boston, Massachusetts - a city rich with history and filled with the energy that we know will fuel our quest for awareness and prevention.

A suicide attempt happens every minute of everyday. Don't let another minute go by. Register today and help continue the work of the American Foundation for Suicide Prevention – work that will truly save lives.

NURTURE YOURSELF

By Alan Wolfelt, Ph.D.



"There is nothing in nature that can't be taken as a sign of both mortality and invigoration." ... Gretel Ehrlich

I remind you that the word "bereaved," which to our modern-day ears can sound like an old-fashioned term that only a funeral director might use, means "to be torn apart" and "to have special needs." So despite its obsolescence, the word is still accurate and useful. Perhaps your most important "special need" right now is to be compassionate with yourself. In fact, the word "compassion" means "with passion." Caring for and about yourself with passion is self-compassion.

This article is a gentle reminder to be kind to yourself as you journey through the wilderness of your grief. If you were embarking on a hike of many days through rugged mountains of Colorado, would you dress scantily, carry little water, and push yourself until you dropped? Of course not. You would prepare carefully and proceed cautiously. You would take care of yourself because if you didn't, you could die. The consequences of not taking care of yourself in grief can be equally devastating.

Over many years of walking with people in grief, I have discovered that most of us are hard on ourselves when we are in mourning. We judge ourselves and we shame ourselves and we take care of ourselves last. But good self-care is essential to your survival. To practice good self-care doesn't mean you are feeling sorry for yourself, or being self-indulgent; rather, it means you are creating conditions that allow you to integrate the death of someone loved into your heart and soul.

I believe that in nurturing ourselves, in allowing ourselves the time and loving attention we need to journey safely and deeply through grief, we find meaning in our continued living. We have all heard the scripture, "Blessed are those who mourn, for they shall be comforted." To this I might add, "Blessed are those who learn self-compassion during times of grief, for they shall go on to discover continued meaning in life, living and loving."

Remember, self-care fortifies your long and challenging grief journey, a journey that leaves you profoundly affected and deeply changed. To be self-nurturing is to have the courage to pay attention to your needs. Above all, self-nurturing is about self-acceptance. When we recognize that self-care begins with ourselves, we no longer think of those around us as being totally responsible for our well-being. Healthy self-care forces us to mourn in ways that help us heal, and that is nurturing indeed.

I also believe that self-nurturing is about celebration, about taking time to enjoy the moment, to find hidden treasures everywhere -in a child's smile, a beautiful sunrise, a flower in bloom, a friend's gentle touch. Grief teaches us the importance of living fully in the present, remembering our past, and embracing our future.

Walt Whitman wrote, "I celebrate myself." In caring for yourself "with passion," you are celebrating life as a human being who has been touched by grief and come to recognize that the preciousness of life is a superb opportunity for celebration.

<p>Compassionate Friends <i>Grief Support</i></p> <p>A support group for those who have experienced the loss of a loved one.</p> <p>Cost: None. Schedule: 1st and 3rd Wednesday each month, 2:00 - 3:30 p.m.</p> <p>Location: Burien Highline Campus, 5 Cedar Conference Room. For more information call 206-431-5249 or 206-439-9095.</p>	<p>Widowed Information & Consultation Service, Inc. <i>Healing From Loss</i></p> <p>An 8-week group for people who have lost a loved one to death. New groups begin quarterly.</p> <p>Cost: None. Schedule: Please call for schedule. Location: Specialty Center, Home Care Services Building Conference Room Call 206-439-9095 for information or registration.</p>
<p><i>Eastside Support Group</i></p> <p>2nd Monday of the month 7:00 p.m. to 9:00 p.m.</p> <p>Fee – donation basis For more information call Vicki Jung, LMHC, the group leader at 425-487-3355</p>	<p><i>Widow/Widower Support Group</i></p> <p>& counseling group for people who have experienced the death of a spouse. This group meets Tuesday evenings at 7 PM at St. Theresa’s Church Parish Office in Federal Way located at 3939 S. 331st. The group is non-denominational. Additional information is available at 206-241-5650.</p>

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: 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 Wenz (Darren.wenz@multicare.org) or Heather Neal (heather.neal@multicare.org) at 253.272.8266

We welcome your comments, feedback and participation in our newsletter. Send us your story, poem or share a picture of the loved one you lost to suicide.

We also encourage you to consider receiving your newsletter via e-mail. As costs continue to rise this is one way we can save money. Send an e-mail to:

newsletter@auburnsos.com

A Suicide Survivor's Béatitudes

LaRita Archibald

BLESSED are they that recognize suicide grief is compounded; that we grieve the death of a beloved person but first and foremost, we grieve the cause of the death.

BLESSED are they that give us permission to mourn the loss of one dearly loved, free of judgment, censure and shame.

BLESSED are spiritual guides who relieve our concerns for the repose of our loved one's soul with the truth that God is All-Knowing, All-Loving and All-Forgiving.

BLESSED are they that don't offer the meaningless cliché, "Time Heals", because, for a long while, the passing of time holds no meaning or value for us.

BLESSED are they that don't say, "I know just how you feel", but instead say, "I am here for you. I will not tire of your tears or your words of sorrow and regret."

BLESSED are they that have the patience and love to listen to our repetitive obsession with WHY? without offering useless answers or explanations.

BLESSED are they that reaffirm the worth of our deceased beloved by sharing memories of his/her goodness and times of fun, laughter and happiness.

BLESSED are the mental health care providers who explain to us that, very probably, our loved one died of a terminal illness called depression.

BLESSED are they that challenge our sense of omnipotence with the reminder that no one has enough power or control over another to cause them to end their life.

BLESSED are the first responders to our loved one's suicide who try to relieve our sense of guilt and responsibility by assuring us "This death is not your fault".

BLESSED are they that lend acceptance to the value of the relationship we shared with the one who died by allowing us to speak of them and 'what might have been'.

BLESSED are they that allow and encourage us to use our loved one's death in a manner that gives our loss and grief meaning and purpose.

BLESSED are they that do not expect us to find "closure", "grief resolution", "recovery" or to "be healed", understanding that these terms define 'grief work in progress' that will take the rest of our life.

BLESSED are community caregivers who direct us to suicide bereavement support groups where our anguish is understood, our loss validated and where we are encouraged by the example of others who have traveled this road before us.

BLESSED are 'seasoned' suicide survivors who role-model not only can we survive, but, in time, we can thrive...we can regain peace of mind, restored confidence, renewed productivity and a revived zest for living.

BLESSED are all who honor our loved ones by remembering how they lived rather than how they died.

NAMI WASHINGTON STATE WALK

The 2009 WALK was a huge success and preparations for the 2010 are underway! Get Involved! The Registration site is now open! Get an early start on your WALK registration and fundraising, by signing up online NOW! Go to www.nami.org Please mail all donations or pledges to NAMIWALK 2010, P.O. Box 24502, Federal Way, WA 98093-1502.

May 15th at Magnuson Park at Sand Point, Seattle, WA

This is a 5k walk and check in is at 9:00 am and the walk starts at 10:00 am

For more information about this event, please contact:

Lainey Lundstrom
namiwalkwa@gmail.com
Phone: 425-830-5263

SUICIDE AWARENESS & PREVENTION KITSAP WALK

One hundred and forty one Kitsap County residents have taken their own life in the years 2001-2005. Suicide is a real problem in our community. There is no typical victim of suicide. Suicide happens in all races/ethnicities, socioeconomic classes, ages and genders. Many individuals and groups in our community work together to combat this problem everyday and look for ways to educate people about the warning signs of suicide. Suicide is preventable!

For more information please contact Barb Smithson, the health district's Suicide Prevention Coordinator at 337-5250 or by e-mail smithb@health.co.kitsap.wa.us

Kitsap Suicide Prevention Week is May 2-8 with a **walk on Saturday, May 8th**.

SOS has an informational table at both of these events and look forward to seeing you there!

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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

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Happy Valentine's Day !