



SURVIVORS OF SUICIDE

King/ Pierce/ Thurston County Support Groups

JANUARY/FEBRUARY, 2012

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 new tapes and books 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, Olympia, Tacoma or Burien 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!

Many thanks to Jennifer Hartman, in memory of 'my loving husband Robert Mark Hartman II'

Many thanks to Linda Sabado for a love gift in memory of her daughter Victrina

Many thanks to Karen Shane in memory of her son Robert William Shane.

Many thanks to Rich & Marleen Funk for a donation.

Many thanks to Ed and Maxine Johnson and family for a love gift in memory of Dmitri Sullivan.

Many thanks to Fred and Mary Jane Jacobs for donating the proceeds of the sale of their friend Mehdi Shoari's car. "In memory of Mehdi and my father Dr. Alan M. Jacobs. To help so others may benefit from this groups' endeavors of helping survivors of suicide."

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	253-820-1911	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	Susan Johnson	253-838-8721	Lost daughter
José Martin	206-228-7413	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:

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	13	Karen Day	Lost husband Gregory
January	13	Kae Lamberton	Lost loved one Richard
January	14	Audrey Brockhaus	Lost best friend Alex
January	16	Glynn & Denny Waller	Lost son Nick
January	16	Bryan Wilson	Lost girlfriend Kaylan Rose Campbell
January	17	Lois Kulijis	Lost son Joe
January	19	Leah & Scott Simpson	Lost son Trevor
January	19	Season Martin	Lost dad William H. Martin
January	20	John Stumpf, Jessica & Laura Stumpf	Lost daughter Keely, 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	28	Kim Bruce, Kellam Holdener	Lost mother Debbie
January	29	Marlene Hamilton	Lost husband Darrell
January	30	Rachel Anna	Lost father Gregory McCullough
February	1	Dave & Cheryl Howse	Lost son Christopher
February	2	Tina Isaksson	Lost dad Ray
February	3	Desi Saylor	Lost brother Billy
February	6	Janelle Varner	Lost dad Jim Varner
February	9	Kathleen Swift	Lost son Andrew Robert
February	9	Jennifer Harmer, Lacey Campbell	Lost Brother Shawn, Lost Uncle Shawn
February	10	Esther Bain	Lost brother Daniel
February	12	Rich DeGarmo	Lost wife Sandi
February	13	Ron Callahan	Lost son Mike
February	13	Alison Cragg	Lost dad Kim
February	14	Cindy and Jeff Russell	Lost son Christopher
February	15	Norma Roth	Lost son John
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	Britteny Whiteside	Lost brother Joshua
February	22	Eugene and Mellissa Burgy	Lost brother Paul

February	23	Karen Herber	Lost daughter Bethany
February	23	David and Lori Schwantner	Lost son Evan
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
February	26	Sally Sangder, Erika Hoff	Lost son, brother Matthew
February	28	John Hemmem	Lost brother Jeff
February	28	Carrie and Bertrand Moultrie	Lost sister/sister-in-law Joleen Moore

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

January birthdays: Jonathan, Jeremy (Phoenix), James, William, Brandon, Mandy, Candace, Carleen, Jake, Justin, Paul, Robert, Deborah, Michael, Marleen, Richard, Brian, Darrell, Marisa, Anil, Gladys, Carl, George, Stephanie, Greg, Jeff, Gina and Joleen.

February birthdays: Mary, Dmitri, Michael, Joe, Shawn, Jessie, Jimmie, Don, Werner, Sean, Garrett, Steven, Jeff, Bradley, Ed, Duane, Chuck, Shon, Troy and Sally.

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 JANUARY AND FEBRUARY:

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 Andee at 253-820-1911.

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.

The Burien Group meets on the second Tuesday of every month. Meetings are held in the St. Francis School at the St. Francis of Assisi Church, 15226 21st Ave. S. in Burien from 7:00 p.m. – 9:00 p.m.. Please park in the lower parking lot and call Kathy S. at 206-244-8729 for directions or more information.

PLEASE NOTE: This is a change – the group now meets in the school instead of the Parish Hall.

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!

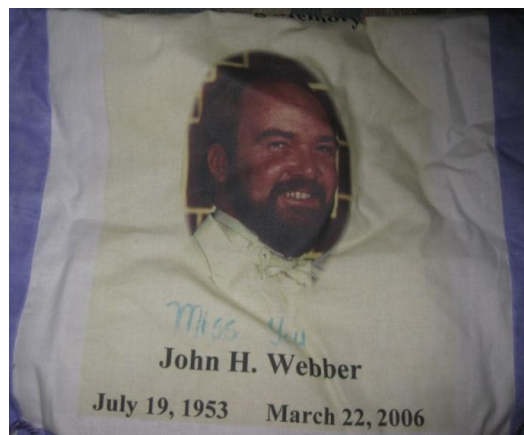
Our Newly Completed Quilt



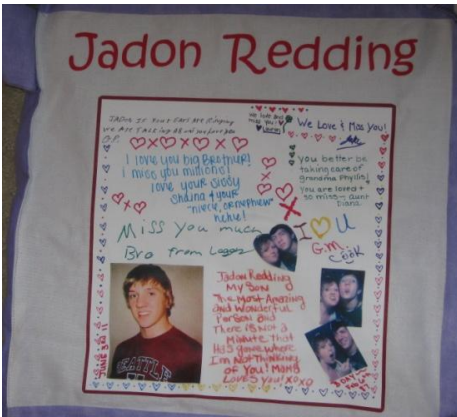
Many thanks to Joan Tabrum for completing our 3rd quilt; Putting a Face on Suicide. This quilt travels to many awareness events, helping to spread the word. As you can see, space has been left for your loved one's quilt square! Send an e-mail to support @auburnsos.com or call Joan at 253-838-8947 for directions.



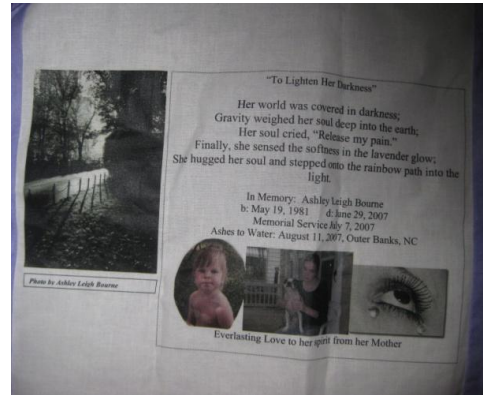
Jay Rekisiwang



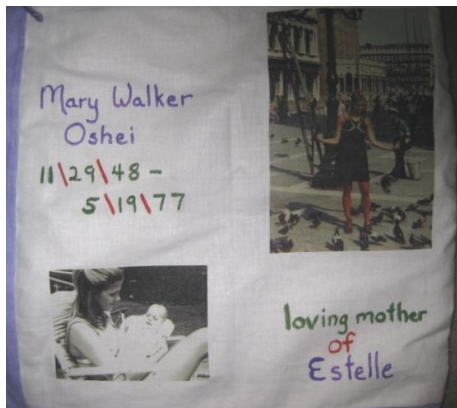
John H. Webber



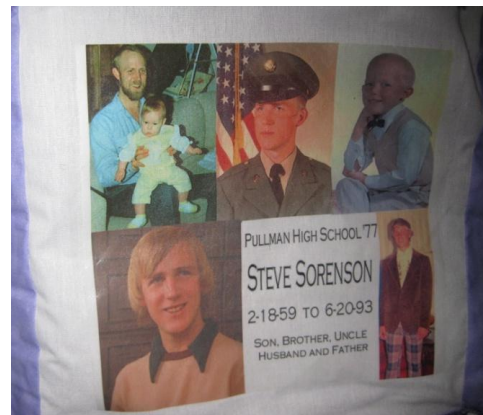
Jadon Redding



Ashley Leigh Bourne



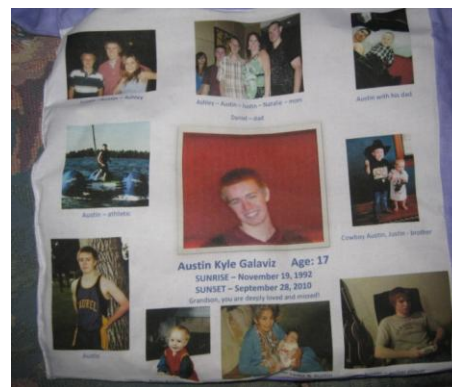
Mary Walker Oshei



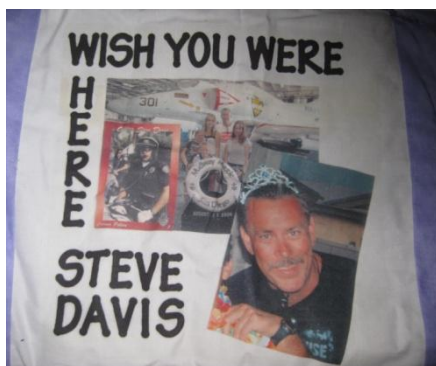
Steve Sorenson



Scott Roberson



Austin Kyle Galaviz



Steve Davis



Ricky Wilson

<p>SoundCare Kids</p> <p>Grief support for children, teens, and the adults who care for them.</p> <p>Thursdays, 6:15 – 7:45 p.m. January 26th – March 1st in West Olympia This program is provided at no cost</p> <p>Call 360-493-5928 for more information or to reserve a spot.</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>
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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 Michelle Schuyleman (michelle.schuyleman@multicare.org) at 253.272.8266

PROFESSIONAL INDOOR LACROSSE, Sat. Jan. 28, 2012 ~



Players for Prevention Night with the Washington Stealth. Tickets \$15.00, for tickets please contact Jo McNeal @ 425-482-0965 or jmcneal@afsp.org.

On January 28, the Stealth plays host to the Edmonton Rush for “Hometown Heroes Night”. The evening will also be a continuation of the “Players for Prevention” initiative with the American Foundation for Suicide Prevention, in which the Stealth has already served as a presenting sponsor for the AFSP’s Out of the Darkness Community Walk in Seattle. The AFSP will be hosting a Launch-A-Ball fundraiser at the game as well as a silent auction with Stealth memorabilia and donations from other sports organizations and companies throughout the area. All the proceeds from the event will go towards the ASFP’s goals of suicide prevention and awareness.

Puget Sound Suicide Awareness

Our committee will be meeting again on Saturday, February 11th at 11:30 at the Algona-Pacific Library. The address is 255 Ellingson Road, Pacific, 98047. All are welcome as we gather to plan our participation in future events.

SOS Holiday Gatherings

We had a very large group at the Auburn December holiday meeting, including some new people. Many people brought a toy to be donated to the Toys for Tots drive, thank you! We shared our stories and enjoyed plenty of treats. At the end of the meeting we had a candle lighting in memory of those we have lost.

The holidays are an especially hard time for many. We’d like to welcome all those new to our group. Join us and let us help you on your journey.

How do you say good-bye
to someone you shared
a love with...
to someone who brought
so much joy
and fulfillment...
How do you say good-bye
and let go
of that which
you once held...
to comfort and
to nourish
and to love...

I don't think
we can ever really
say good-bye
anymore than
we could say
good-bye to our hearts.

We will survive,
we will feel love again, but
we will never forget
each other.

-- Rick Norman

Thank you so much. Jose and I have not forgotten the group or the individuals. Please feel free to share that we have relocated back to Aberdeen and are in a place of our own with my Tiffany. We are all working through our grief and would love to make time to make coming to another group a priority.

Love and courage to all. Joni, Jose and Tiffany (Nordland)



Weather Alert!



If the weather is inclement (as in 'snow'!) we will follow the guidelines of the local school district as to whether or not to cancel our meeting.



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*

We 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

Time alone will not heal your grief. You have to deal with it, to work through it. In the process you can actually turn your grieving period into a time of personal growth. You can become something *more* than you were. Consider the following ideas:

- ... Many survivors become more involved in their loved one's work or hobbies.**
- ... Assist other bereaved people. Or do volunteer work at a hospital or children's home.**
- ... Consider setting up a memorial fund or foundation in memory of your loved one.**

Whatever you do, do not waste your life in unproductive sorrow. The best memorial to a loved one is a full, growing life.