



SURVIVORS OF SUICIDE
King/ Pierce/ Thurston County Support Groups
MARCH ` APRIL 2011
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.

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

SOS Olympia Group
 6134 Buckthorn Ct. NW
 Olympia, WA 98502

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

Burien SOS Group
 17714 50th Ct. S.
 Seatac, WA 98188

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

Many thanks to Kathy Melsness for a love gift in memory of her daughter Marlene.

Thanks also to Lornie Walker for a love gift in memory of her sister Mary.

Thanks to Bonnie Benson for a love gift in memory of her partner Chris, using the Employee Giving Campaign!

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	Al Gunter	253-475-6373	Lost partner
José Martin	206-228-7413	Lost son	Susan Johnson	253-334-5088	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

Thinking of You Especially:

March	11	Lyn Radford	<i>Lost son Joe</i>
March	12	Jackie Bryant	<i>Lost daughter Marisa</i>
March	12	Natalie Concie	<i>Lost fiancé' Donald</i>
March	12	Andrew Driggers, Nicole Driggers	<i>Lost father 'Chuck'</i>
March	12	Pamela Driggers	<i>Lost husband 'Chuck'</i>
March	12	Cindy Cables	<i>Lost husband John</i>
March	12	Kim Holmes	<i>Lost son Wesley Martin</i>
March	13	Janice Heath	<i>Lost son Robin</i>
March	15	Becky Crook	<i>Lost son Tom</i>
March	16	Ted & Peggy Warren	<i>Lost son David</i>
March	18	Annette Bryan & Nancy Haack	<i>Lost son Erick Benjamin Bryan</i>
March	18	Jenny Bryan	<i>Lost brother Erick</i>
March	19	Marilou VanDeRiet	<i>Lost husband Rick</i>
March	19	Hazel Redden	<i>Lost son John</i>
March	19	Catherine North, Julie Phillips	<i>Lost brother John</i>
March	20	Jennifer Harmer	<i>Lost brother Joe</i>
March	22	Pam Grossman	<i>Lost husband John</i>
March	22	Susan Vickerman	<i>Lost son Tracy</i>
March	22	Tonya Jimenez	<i>Lost daughter Jennifer Nichole</i>
March	22	Jamie Sabin	<i>Lost niece Jennifer</i>
March	22	Bob & Sherri Ralston	<i>Lost son Brien Michael Warren</i>
March	24	Steve, Marcia, Brett Larsen	<i>Lost son and brother Eric</i>
March	26	Fredrick Vaughn	<i>Lost companion Tina</i>
March	30	Sammi Taylor	<i>Lost husband Jimmie</i>
April	8	Janet Laird	<i>Lost nephew Jeremy</i>
April	13	Pat Farkas	<i>Lost brother Don</i>
April	14	Jennifer Leyen	<i>Lost husband Robert</i>
April	15	Jordi Daley	<i>Lost spouse David</i>
April	17	Susan Murphy	<i>Lost brother Mike</i>
April	18	Janis, Jay Williams	<i>Lost daughter Gina</i>
April	18	Carol Beams	<i>Lost husband Doug</i>
April	18	Joan Helbacka	<i>Lost brother Don</i>
April	19	Kathy Jacobus	<i>Lost son Chaz</i>
April	20	Gwen Barber	<i>Lost niece Sherayah</i>
April	22	Cassie Robert	<i>Lost sister Mandy</i>
April	25	Kathy, Kelly Crowley	<i>Lost son Michael</i>
April	25	Frank Holdener	<i>Lost grandson Michael</i>
April	25	Susan Odom	<i>Lost nephew Michael</i>
April	28	Colleen Reid	<i>Lost son Nick</i>
April	28	Chris Reid	<i>Lost brother Nick</i>
April	29	Annie Hankins	<i>Lost sister Eleanor</i>
April	30	Martha, Jim Button	<i>Lost daughter Brenda</i>
April	30	Kim Boteler	<i>Lost husband Dwaine</i>
April	30	Candice Work	<i>Lost father Dwaine</i>

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

March birthdays: Clifford F., Bethany H., Tim L, Shawn Christopher, Joe Mike, Nick D, Chaz J, Nick W, Evan , Michael H, Harry B, Jonathan, Jenifer, Ira, Harris, Arabella, Ryan S, Nick R, Tom and Linda.

April birthdays: Marcia, Wayne, Asa W., Cesar M., David, Keely S., Dixie P., Jim, Kathi S., Cindi R., Toni, Andrew, Jim H., Jerry, Earl, Don C, Eleanor H., Sherayah, Susan, Terry, Barbara, Sonny P., Ian, Joshua and Jim.

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 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. in the upper room. 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 Parish Hall at the St. Francis of Assisi Church, 15226 21st Ave. S. in Burien from 7:00 p.m. to 9:00 p.m.. Please park in the lower parking lot and call Kathy S. at 206-244-8729 for directions or more information.

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

The Kitsap SOS Group has a new meeting location:

Harrison Hospital Annex Building
Sheridan Village Shopping Center
750 Lebo Blvd.
Bremerton WA 98310

They meet the 2nd Thursday of the month from 5:30 p.m. to 7:00 p.m. For more information contact Melissa by e-mail at sos-group@hotmail.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!

GriefShare ~ Grief recovery support group. Your Journey From Mourning to Joy

What is GriefShare?

GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone.

GriefShare seminars and support groups are led by people who understand what you are going through and want to help. You'll gain access to valuable GriefShare resources to help you recover from your loss and look forward to rebuilding your life.

Each GriefShare session includes a video seminar and group discussion. A workbook assists you with note taking, journaling and grief study. GriefShare is non-denominational and features biblical teaching on grief and recovery topics.

**Westwood Baptist Church
333 Kaiser Road NW
Olympia, 98502**

If you have questions or would like to register, contact Lynn or Bob at 360-943-2839

Meets Every Sunday In the Conference Room
12:30 – 2:00 pm (bring a sack lunch)

You are welcome to drop in any Sunday, as each session is self-contained.

Topics include Living With Grief, the Journey of Grief, When Your Spouse Dies, The Uniqueness of Grief, Stuck in Grief and many others.

For more information on GriefShare visit their website at www.griefshare.org

Music CD Creates a Living Legacy

For those of you that have been part of the Auburn group, you might remember some music that was shared in a few of our meetings. A year and a half ago Bonnie Benson embarked on a journey to preserve the legacy of music that she had written with her partner Chris who died by suicide in July of 2008. Not only was it a great healer to her grief, but it's now producing life giving opportunities including a renewed inspiration to write more music and to share with others through the recordings and also playing out.

The album project inspired the naming of our band "The Horse She Rode In On." If you want more information about show dates and news you can visit us on Facebook and become a fan.

As a special dedication to Chris' legacy, Bonnie has offered to donate \$5 to S.O.S. for any copy sold to group members or those who indicate they heard about the CD from S.O.S. or an S.O.S. member. Copies will be made available at meeting locations and are also available online at cdbaby.com, or on iTunes. If you purchase online, please send Bonnie an email indicating you purchased a copy for S.O.S at bonnieannbenson@aol.com so that she knows to make the donation to us.

Finally to share some words from the title track "Better Place" a song that Bonnie believes Chris started writing about suicide.

Walking out late after midnight
And the stars are shining bright
I try to think about [tomorrow](#)
And I've got no place to go

I'm dreaming of a better place
I know in my heart I'm gonna get there
I'm dreaming of a better place
Any other place but here



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

"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.

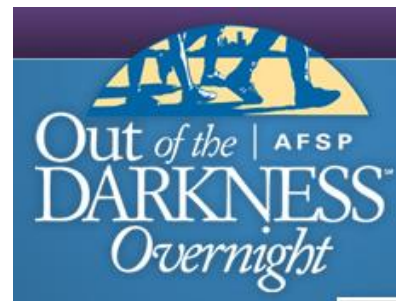
Dedicated to Carol Ann Rands (Healer)

anonymous

What a Difference a Night Makes

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.

A suicide attempt happens every minute of every day. 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.



See 'What a Difference a Night Makes'. When we walk together, we ensure that more lives are not lost. Our courageous community of inspiring men and women are breaking the silence surrounding suicide and depression.

Register Now
NYC Overnight June 4-5, 2011

Make a Difference. Save a Life. Walk in 2011.

AAS/AFSP 23rd Healing After Suicide Conference:

Living through the Legacy of Suicide: Hope and Healing for those Bereaved

Saturday, April 16, 2011 in Portland, OR

Designed for survivors of suicide loss, support group facilitators, mental health professionals, and interested others, the purpose of the one-day Healing After Suicide Conference is to:

- Provide survivors with educational tools and resources to help with their individual journey of healing and transform their experience into action
- Assist mental health professionals and other caregivers in understanding the needs of survivors
- Provide assistance to facilitators of survivor support groups

The day-long program will begin with a presentation entitled, "Stories Left to Tell" by Kathie Russo, survivor of the suicide of her husband, playwright Spalding Gray, followed by sharing and educational sessions. Topics covered include:

- Is Suicide the Result of a Diseased Brain?
- Grief After Suicide: Where Should the Survivor Movement be Headed?
- Hearing from Teens and Young Adults: What They can Teach us about Ways to Support Them After a Suicide Death
- Survivors in Action--Suicide Prevention and Education Advocacy 101
- Suicide Postvention in Schools
- A Changed Bond: Messages from those Who have Died
- In Treatment: When Clinicians and Families Meet

We'd love to share your stories, your poems, your pictures and your resources. Please send us an e-mail to newsletter@auburnsos.com and we will be more than happy to share with other survivors.

Facilitating Suicide Bereavement Support Groups

AFSP offers this comprehensive hands-on training program to help survivors of suicide loss and interested others learn the "how-to's" of creating and facilitating a suicide bereavement support group for adults. The two-day program combines lecture, interactive discussion and role-playing with feedback.

This program is offered several times a year, in different cities across the nation. The registration fee is \$175.00. Trainings are posted here as soon as dates and locations are finalized. To make sure you also receive email announcements about future trainings, please register for our email distribution list - [the Survivor e-Network](#).

Seattle WA - May 20-21, 2011

The training program is appropriate for survivors who would like to start a new group, as well as those who currently facilitate a group and would like to increase their knowledge and skills. Interested others and mental health professionals are also welcome, although professional education credits are not available.

Note: In order to create an environment in which participants can best develop and practice the skills necessary to facilitate a group effectively, survivors should wait at least two years after the suicide of their loved one before attending

Survivor Outreach Program

After a suicide, those left behind often:

- wonder if there is anyone out there that understands
- need local resources for support
- want reliable information about suicide and its aftermath, but aren't sure where to find it

Through AFSP's Survivor Outreach Program, trained local volunteers are on hand to:

- meet in person with newly-bereaved survivors and their families
- listen with compassion and offer reassurance that surviving a suicide loss is possible
- recommend helpful things to read
- provide information about support groups and other local resources

A sympathetic ear and a helping hand. Most survivors who have met others who have also experienced suicide loss can attest to the power of this shared connection. It is often a fellow survivor who can recommend a book, connect someone to a support group or another resource, or simply provide reassurance.

How do I request an outreach visit? Simply contact your local AFSP Survivor Outreach Program Coordinator. You'll be asked about your particular loss in order to match your request to a team of two trained volunteer survivors. Soon after, one of the members of the outreach team will contact you to schedule the visit at a convenient and comfortable location of your choice. The visit generally lasts about an hour.

I know someone who is newly bereaved. Can I request an outreach visit for this person? Please feel free to contact your local AFSP Survivor Outreach Program Coordinator for more information about the program and share that information with anyone who needs it. But please understand that AFSP volunteers are only able to meet with bereaved families and friends who have personally requested a visit.

Is this a counseling service? No, this is not a mental health or counseling service. Outreach volunteers can provide information to the newly bereaved on how to find a qualified mental health professional.

For more information on either of these AFSP events go to www.afsp.org



YSPPP Youth Suicide Prevention Program



YSPPP's 3rd Annual Night of Jazz is scheduled for Monday, May 16th at the Lake Union Crew House. Brooks Giles will be returning to

play for us, so make sure to mark your calendars and plan on joining us for great Jazz music, delicious food, and an exciting live auction along with a silent auction.

2011

SAVE THE DATE!
 YSPPP's 3rd Annual
Night of Jazz
 Monday, May 16th 2011
 Lake Union Crew House

Great Blues & Jazz Music
featuring the Brooks Giles Band
 hors d'oeuvres & lite fare buffet
 Live & Silent Auctions

www.yspp.org

We look forward to seeing you there!

Suicide-prevention fence finished on Aurora Bridge

By [CHRIS GRYGIEL](#)
SEATTLEPI.COM STAFF

Crews have finished installing two rows of 8-foot, 9-inch tall fencing along the Aurora Avenue Bridge in Seattle, the state Department of Transportation said recently.

The fencing is designed to keep people from attempting suicide by jumping off the span. It cost more than \$4 million to design and build.

More than 230 people have jumped to their deaths since the 167-foot-high bridge opened in 1932. Large portions of the bridge are over Fremont and jumpers pose a hazard to people in the bridge's shadow. Community groups had long lobbied the state to do something.

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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

Return Service Requested

*Non profit Org
US Postage Paid
Federal Way, WA
Permit #58*



**Seventh annual NAMI Washington Walk
Saturday, May 14, 2011, Marina Park in
Kirkland, Wash.**

The 3K or 5K walk follows the shore of picturesque Lake Washington. It's America's fourth-largest fund-raising walk, conducted in support of the needs of the one in four families who experience chronic mental illness in their daily lives.

The NAMI Washington Walk is the sole fund-raising activity for a statewide organization and its 24 affiliates advocating for the mentally ill — conducting education forums and classes, sponsoring peer and family support groups, battling stigma through awareness outreach, and seeking legislative action at the state, county and municipal levels.

Auburn SOS will be having a table, passing out information and we will also have a walk team. Join us!