

# SURVIVORS OF SUICIDE

## King/ Pierce/ Thurston County Support Groups



MARCH/APRIL 2024 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.**

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!

We recently received our quarterly check from Kroger. Please name us as your non-profit of choice on your Fred Meyer rewards – it all adds up!

*Whether you donate by cash at a meeting or by sending in a check – it all goes to spread the word about suicide prevention and to care for suicide survivors.*

### **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:*

March	1	Kacie Gustafson	<i>Lost her brother Craig Davidson</i>
March	6	Shannon Garrett	<i>Lost her fiancé Rod</i>
March	6	Roberta and Paul Shelton	<i>Lost their son Paul IV</i>
March	6	Lorey Tucker, Natasha Curenton	<i>Lost their son and brother Holly Wayne</i>
March	7	Dan Bosch, Norma Bosch	<i>Lost their son Brian</i>
March	8	Kate Yocum	<i>Lost friend Kory</i>
March	9	Ray Tellier	<i>Lost his father Chris</i>
March	9	Bethany Ferguson	<i>Lost her brother Peter</i>
March	9	Geno Hoff	<i>Lost his brother Perry</i>
March	11	Renae Bolland	<i>Lost her son Brenden</i>
March	11	Jonnie Parker, Audrey Hornbuckle	<i>Lost daughter Brenda, lost her sister Brenda</i>
March	11	Lyn Radford	<i>Lost her son Joe</i>
March	12	Jackie Bryant	<i>Lost her daughter Marisa</i>
March	12	Andrew, Nicole, Donavan Driggers	<i>Lost their father 'Chuck'</i>
March	12	Pam Driggers	<i>Lost her husband 'Chuck'</i>
March	12	Cindy Cables	<i>Lost her husband John</i>
March	12	Kim Holmes	<i>Lost her son Wesley Martin</i>
March	15	Becky Crook	<i>Lost her son Tom</i>
March	16	Lori Halstead	<i>Lost her son Brandon</i>
March	16	Ted & Peggy Warren	<i>Lost their son David</i>
March	18	Bruce Parker	<i>Lost his wife Lisa</i>
March	18	Annette Bryan & Nancy Haack	<i>Lost their son Erick Benjamin Bryan</i>
March	18	Diane Barmore	<i>Lost her best friend Lisa</i>
March	19	Christy Jarbu-Record	<i>Lost her husband Paul</i>
March	19	Patty Jarbo	<i>Lost her son-in-law Paul</i>
March	19	David and Paul Prestin	<i>Lost their mother Chris</i>
March	19	Marilou VanDeRiet	<i>Lost her husband Rick</i>
March	19	Catherine North, Julie Phillips	<i>Lost their brother John</i>
March	21	Des McGahern	<i>Lost his brother Noel</i>
March	22	Tonya Neuhausen	<i>Lost her daughter Jennifer Nichole</i>
March	22	Jamie Sabin	<i>Lost her niece Jennifer</i>
March	22	Bob & Sherri Ralston	<i>Lost their son Brien Michael Warren</i>
March	23	Ken Allen	<i>Lost his wife Beth</i>
March	23	Jim & Nancy Lawrence	<i>Lost their son Travis</i>
March	24	Steve, Marcia, Brett Larsen	<i>Lost son and brother Eric</i>
March	26	Andrea Hentschell, Ellen Hentschell	<i>Lost her husband Marcus, lost her son Marcus</i>
March	26	Brad Hentschell	<i>Lost his brother Marcus</i>
March	29	Irene Comacho	<i>Lost her boyfriend Mike</i>
March	29	Melinda LaCour	<i>Lost her son Robert</i>
March	29	Kaela Moontree	<i>Lost her twin brother Soren</i>
March	31	Megan Murphy	<i>Lost her father Lloyd</i>
April	1	Patti Ibarra	<i>Lost her daughter Emily</i>
April	2	Rick and Camille Anderson	<i>Lost their son Logan</i>
April	2	Crystal Pinero	<i>Lost her son Mark 'Antonio'</i>
April	3	Julie Hatfield	<i>Lost her son, her brother Danny</i>
April	3	James Ridenour	<i>Lost his friend David</i>
April	4	Jeff Archer	<i>Lost his son Akira</i>
April	4	Tammy Bahr	<i>Lost her son Trevor</i>
April	5	Fern Cone	<i>Lost her son Liberty</i>
April	7	Marilee and Lyle Heiss	<i>Lost their son Jason</i>
April	8	Yvette Dean	<i>Lost her dad Rick</i>
April	8	Janet Laird	<i>Lost nephew Jeremy</i>
April	10	Sarah Grods	<i>Lost her son Caleb</i>
April	11	Vanessa Hipp, Sophia Hipp	<i>Lost their niece Alexandria</i>
April	11	Latrice James	<i>Lost her friend Alexandria</i>
April	12	Cheryl and Kelly Gustine	<i>Lost her husband, father Timm</i>

April	12	Julie Backman	<i>Lost her husband Paul</i>
April	13	Pat Farkas	<i>Lost brother Don</i>
April	15	David Garza	<i>Lost his nephew Anthony</i>
April	15	Jessica Perry	<i>Lost her brother Berry</i>
April	16	Mark Gorsline	<i>Lost his son Christopher</i>
April	16	Annie Gorsline	<i>Lost her nephew Christopher</i>
April	17	Leslie Aronson	<i>Lost her son Forrest</i>
April	17	Julia Okitsu	<i>Lost her husband Forrest</i>
April	18	Beverly Berentson	<i>Lost her son David</i>
April	19	Bill and Carolyn Fisher	<i>Lost son Joshua</i>
April	19	Kathy Jacobus	<i>Lost son Chaz</i>
April	21	Wayne and Sue Knapp	<i>Lost their son Todd</i>
April	22	Pauline Steputis	<i>Lost her husband James</i>
April	22	Cassie Robert	<i>Lost sister Mandy</i>
April	25	Kathy, Kelly Crowley	<i>Lost son Michael</i>
April	25	Frank Holdener, Susan Odom	<i>Lost grandson Michael, lost her nephew Michael</i>
April	25	Rashanna Smith	<i>Lost her daughter April</i>

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

**March birthdays:** Clifford, Anthony, Danny, Peter, Shawn, Robert, Jadon, Todd, Clyde, John, James, David, Jeremiah, Tristen, Chaz, Nick, Michael, Shane, Harry, Arwen, Jonathan, Jenifer, Ira, Andy, Kyle, Scott, Kristin, Jake, Holly, Ryan, Tom, Kelli and Linda.

**April birthdays:** Asa, Beth, Cesar, Shawn, Anthony, Erros, Keely, Cindy, Toni, Carrie, Jerry, Rich, Sean, Jessica, Don, Candice, Chris, John, James, Susan, Sonny, Soren, Mike, Jim, Upin, and Bruce.

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 [support@auburnsos.com](mailto:support@auburnsos.com)

**MEETINGS FOR MARCH AND APRIL -**



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-14, 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 at the Tahoma Indian Center, 1809 E. 31<sup>st</sup> Street in Tacoma at 7:00 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)

**Health and Resource Fair**

Thursday, May 11<sup>th</sup>, 10-1  
Federal Way Performing Arts and Events Center  
31510 Pete von Reichbauer Way

SOS will have a table there, stop by and say hello!

And let us know if you'd like to help staff the table.

**Imagine living with a scream inside you.**

**And the scream is yours.**

**And no one else hears it.**

**That is grief.**

# **Suicide Rates Start Spiking in Spring, This is Why and How to Get Help**

Published Nov 16, 2023 at 5:52 PM EST, by [Leonie Helm](#)

Many people believe that suicide rates are at their highest during the winter months, specifically around Christmas, when many people struggle with loneliness, strains on their finances, and exacerbated family issues.

The truth in fact, is that the bulk of research consistently shows that the spring/summer months result in the highest number of suicides, a pattern that has remained consistent for many years. The Centers for Disease Control and Prevention reports that the highest number of suicides in the U.S in 2021 occurred in August. In fact, one study found that cardiac mortality is at its highest around Christmas and New Year's than any other time of the year, making it far more of a risk factor than suicide at that time of year.

The Christmas suicide myth spreads the false idea that suicide rates increase during the holidays and while it is a positive to see cultural discussions of suicide and mental health, it's important to recognize that suicide is a complex health issue, and can occur when a variety of biological, psychological and environmental factors come together, often triggered by stressful events.

A study from 2014 examining suicide rates in Queensland, Australia found that between 1990 and 2009 there were significantly more suicides reported on both Christmas Eve and New Year's Day than other days. This time of year is the height of summer in Australia.

Suicide is a leading cause of death in the U.S, with 45,979 recorded suicides in 2020, and the number of people who think about or attempt suicide is even higher. In 2020 alone, 12.2 million Americans seriously considered killing themselves, 3.2 million planned a suicide and 1.2 million attempted it, according to the Centers for Disease Control and Prevention.

Despite the common misconception that suicides are at their highest around the winter holidays, the statistics consistently show that suicide rates in the U.S. are at their highest...

Death by suicide accounts for more fatalities worldwide than accidents, homicides, and war combined.

Despite these shocking statistics and the evident threat of suicide, false and damaging myths about suicide are still prevalent within society, and one of the main ones is that suicide rates go up at Christmas. The Annenberg Public Policy Center regularly conducts research looking at the frequency with which the media falsely link the holidays with a rise in suicides. Between 2010 and 2014, 70 percent of U.S. media outlets supported the myth, while only 30 percent debunked it. Despite this, December 2017 had the lowest rate of suicide in the U.S. of every month in the year.

## **Why Are Suicide Rates Higher in Spring?**

Our experts all agree that suicide rates in the U.S. are higher in the spring and summer months than in the winter or around the holidays. The Annenberg Public Policy Center reported in 2017 that the average amount of suicides per day in December was 117.00, the lowest of the year compared to 137.71 in August, the highest.

In its latest report, the APPC reported that in 2021/2022, only 37 percent of stories that mentioned the link between the holidays and suicide debunked it, despite December 2021 seeing an average of 121.81 suicides per day, compared to 139.61 in August.

Vejar suggests that it may be that "there is an expectation that with the warmer weather, people will be happier and more inclined to be outdoors, participating in fun activities with family/friends. If people are struggling with mental health concerns, and/or if they have strained relationships with loved ones, a spotlight might be shined on the fact that they should be happy/doing fun things but they are not—in other words, their expectations and realities are incongruent with each other and this causes a sense of grief".

Some experts have even made the link between increased risk factors such as allergies leading to a spike in suicides in the warmer months. Johns Hopkins HealthCare reports that "there is overwhelming evidence that inflammation from various sources including allergic reactions can cause or worsen depression". The National Institute of Mental Health reports that there are approximately 52.9 million recorded people living with mental health issues in the U.S, while Johns Hopkins HealthCare reports that 50 million Americans suffer from allergies. They report that the chances of depression in people with rhinitis (both allergic and non-allergic) is 42 percent higher than those who don't.

## What Suicide Help Is Available?

Azarbad said that a key misconception about suicide is that talking about suicide or asking someone if they feel suicidal will encourage suicide attempts. "The research has shown that this is simply not true. In fact, asking someone if they are thinking about suicide is a crucial step toward offering support and obtaining proper treatment".

"It's important to know you're not alone," Marshall said, "If you are struggling with mental health and/or suicide, there are a number of suicide prevention resources, such as visiting your primary care provider or local walk-in clinic. Mental health professionals have education, tools, and resources to support someone that is struggling with their mental health and can help work through challenges they may be facing. In a crisis situation, text TALK to 741741 at the Crisis Text Line or call the National Suicide Prevention and Crisis Lifeline at 988."

If you or someone you know is considering suicide, please contact the 988 Suicide and Crisis Lifeline by dialing 988, text "988" to the Crisis Text Line at 741741 or go to [988lifeline.org](https://988lifeline.org).

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If you know someone who has lost a child, and you're afraid to mention them because you think you might make them sad by reminding them that they died—you're not reminding them. They didn't forget they died. What you're reminding them of is that you remembered that they lived, and ...that is a great gift.



**Suicide**

When people take their own life, they do not dwell on how their actions will impact others. They do not hope that people will suddenly pay more attention. And they are not are not ‘taking the easy way out.’ People who die by suicide feel that there is absolutely no other choice. The disease has ultimately taken hold, sucked them into a black hole and convinced them that disappearing from this earth would be best for everyone involved.

*“When a loved one dies they do not stop being a part of a family.  
They are and always will be a member of a family.  
Their presence is different but they are still a member of a family. “*

*Fr. Charles Rubey*

*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

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

**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.**

"The reality is, you will grieve forever. You will not 'get over' the loss of a loved one; you will  
*learn to live with it.*  
You will heal and you will rebuild yourself around the loss you have suffered. You will be whole, but you  
*will never be the same again.*  
Nor should you be the same, nor should you want to".

Elizabeth Kubler-Ross



*Where is the heart that  
Does not keep  
Within its inmost core  
Some fond remembrance  
Hidden deep  
Of days that are no more?.*

Ellen Clementine Howarth

Auburn SOS  
28824 21<sup>st</sup> Ave. S.  
Federal Way, WA 98003

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### INTERREGNUM

The span between life and death  
Can be as quick and sudden  
As a puff of wind  
That blows out a candle.  
But the candle does not suffer



After darkness comes.  
It is the person  
Left in the dark room  
Who gropes and stumbles.

~~ Helen Duke Fike ~~

In memory of John, died by suicide March 19, 2000