



# SURVIVORS OF SUICIDE

## King/ Pierce/ Thurston County Support Groups



**MAY/JUNE 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!

*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:*

May	1	Ann Good	<i>Lost her older brother Brian</i>
May	1	Jane Jenks	<i>Lost her son Matthew</i>
May	3	Annette Hicks	<i>Lost her brother Burton</i>
May	4	Cecilia Icenogle	<i>Lost her son Paul</i>
May	4	Misty Elledge	<i>Lost her husband Jake</i>
May	5	Stasi Abramson	<i>Lost her husband Neal</i>
May	5	Becky Fralick	<i>Lost her husband Clifford</i>
May	5	Kathy & Steven Gus	<i>Lost daughter Sally</i>
May	9	David Shepherd	<i>Lost his wife Tina</i>
May	9	Cindy Brooks	<i>Lost her brother Barry</i>
May	11	Karen Curnow	<i>Lost her husband Don</i>
May	11	Linda Bowen, Kristy Vardon	<i>Lost their friend Don</i>
May	12	Jamie Clair	<i>Lost best friend Antonio Morales</i>
May	12	Lindy Nagle	<i>Lost her brother Les</i>
May	13	Tom Fender	<i>Lost his wife Kathy</i>
May	13	Tristan Marshall	<i>Lost her husband Matt</i>
May	14	Linda Morris	<i>Lost her son Andrew</i>
May	15	Cindy Williams	<i>Lost her son Kolby</i>
May	17	Kristina Stokes, Kristin Bennett	<i>Lost her father, grandfather Gary Bennett</i>
May	19	Donld Richardson	<i>Lost his wife Edie</i>
May	20	Miranda Harding	<i>Lost her sister/friend Michelle</i>
May	20	Kelly Molano	<i>Lost her husband Alex</i>
May	20	Colleen Zevenbergen	<i>Lost her fiancé David</i>
May	21	Debbie Endsley	<i>Lost her nephew Justin Campbell</i>
May	21	Bernadette Fong	<i>Lost her friend Kalani Whitney</i>
May	23	Ruth Conway, Stefanie Freeman	<i>Lost her son Asa, her brother Asa</i>
May	23	Linda Sabado	<i>Lost her daughter Victrina</i>
May	23	Gary Woempner	<i>Lost his son Asa</i>
May	23	Diane Lindfors	<i>Lost her husband John</i>
May	27	Russell Munden	<i>Lost his brother Bradley</i>
May	27	Jennifer Harvey	<i>Lost her fiancé Angel</i>
May	26	Rusty Ford	<i>Lost his sister Sonja</i>
May	28	Sandra Christian	<i>Lost her son Thomas</i>
May	29	Janet Miller	<i>Lost her boyfriend Ken</i>
May	29	Karrie Myton	<i>Lost her mother Sydney</i>
May	31	Joanne Nesta	<i>Lost her husband Jessee</i>
May	31	Ruth-Ann Johnson	<i>Lost her brother Jeremiah</i>
June	1	Iysha Matthews, Tina Matthews	<i>Lost her brother Jordan, nephew Jordan</i>
June	2	Shannon Whitemarsh	<i>Lost her husband Bryan</i>
June	3	Janet Renken	<i>Lost her daughter Natasha</i>
June	3	Diane Brown	<i>Lost her brother Don</i>
June	3	Bonnie Palin, Venita Cook	<i>Lost her son Jadon, her grandson Jadon</i>
June	6	Kara Olson	<i>Lost ex-husband James</i>
June	6	Rob Waldron	<i>Lost his partner Bill</i>
June	7	Elsie Dennis-Dofelmier	<i>Lost her son Jamie</i>
June	8	Heidi Sanders	<i>Lost her husband Kevin</i>
June	10	Nancy Ekdahl	<i>Lost her brother John</i>
June	10	Judy Kester	<i>Lost her brother Ed</i>
June	12	Sue Ray	<i>Lost her brother Robert</i>
June	12	Cherie Nordgren	<i>Lost her husband Dan</i>
June	14	Courtney Deel	<i>Lost her s/o John</i>
June	14	Colette August	<i>Lost her mom Lana Buffington</i>
June	14	Lavina Crosby	<i>Lost her Aunt Lana</i>
June	15	Jan Lumsden	<i>Lost her brother</i>

June	16	Brad & Susan Hicks	<i>Lost their son James</i>
June	17	Sarah Rapacz	<i>Lost her brother Jeff</i>
June	17	Jo Gunn	<i>Lost her son Jeffrey</i>
June	18	Tabitha Selby	<i>Lost her brother Benjamin</i>
June	18	Catherine Masucci	<i>Lost her brother Fred</i>
June	18	Joni & Lino Nordland	<i>Lost daughter's boyfriend Walker</i>
June	19	Katie Bukata, Kimmie Hummel	<i>Lost their best friend Jenna</i>
June	21	Julie Healy	<i>Lost her daughter Kristin</i>
June	22	Jamie Buccieri	<i>Lost mom Jodi</i>
June	22	Carrie Harper & Dennis Kitzmiller	<i>Lost their son Jeffrey</i>
June	22	Brynn and Myrv Rutherford	<i>Lost their son Kellen</i>
June	23	Greg and Faye Brown	<i>Lost their daughter Candice</i>
June	24	Lindsey King	<i>Lost her brother Dylan</i>
June	24	Joy Kinzer	<i>Lost her fiancé Shawn Bertsch</i>
June	25	Janis Fesenmaier	<i>Lost her brother Paul</i>
June	26	Cindi Wilson, Karin Gehrke,	<i>Lost her son Jacob, her nephew Jacob</i>
June	28	Linda and Kelly Keough	<i>Lost son Derek</i>
June	30	Deb Boulton	<i>Lost her husband Mark</i>
June	30	Jennifer Chapline	<i>Lost cousin Carleen</i>

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

**May Birthdays:** *Edie, Jim, Forrest, Jacob, Phil, Matt, Rachel, Sean, Eric, Paul, Armand, Jason, Art, Alan, Kip, Roice, Jeffrey, Marshall, Robert, William, Thomas, Patrick, James, Tyler, Joshua, Tina, Scott, Vikki, Jeremy, Erik, Jodi, Stephen and Garrett.*

**June Birthdays:** *Dan, Perry, Brenden Lee, Cassandra, Phillip, Erick, Angela, Jacsha, Jason, Joshua, Derek, Terry, Matthew, Chris, Jesse, Fred, Garrett, John, Jeff, Thomas, Paul, Carol, Dylan, John, Keith, Andrew, Angel, Austin, John and Burton.*

We strive for accuracy. If we are missing the name of your loved one or if the information is incorrect or missing please let us know so we can correct it! Send an e-mail to [newsletter@auburnsos.com](mailto:newsletter@auburnsos.com)

### **MEETINGS FOR MAY AND JUNE -**

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)

***Grief never ends...But it changes. It's a passage, not a place to stay. Grief is not a sign of weakness, nor a lack of faith... It is the price of love.***

Author unknown

## How to help parents who are grieving on Mother's Day

When someone loses a child, their world changes forever. Mother's Day is just one of many days that make that loss feel even more profound. Bereaved parents may feel angry, cheated, heartbroken, or all of these at once—and they may worry they can't be there fully for surviving children the way they want to be. Whether it's the first or the fiftieth Mother's Day after a child dies, part of a parent's heart always belongs to their lost child. As Darcy Krause of the Center for Grieving Children puts it, "A child is a child no matter how old they are. In a mother's or father's heart, it's *their* child."

Parents who have living children in addition to the one who passed can find Mother's Day bittersweet. One child doesn't replace another or soften the blow of that loss. Sue Lloyd of [Kara](#), an organization that provides grief support to families, tells us, "It's like having a separate bank account for each child. Parents want to have pure joy and celebration for their living child but also need to set time aside to mourn the loss of the child who is gone."

As a friend to a grieving parent, you can never take away that pain. But there are things you can do to help support bereaved parents—especially if they're not looking forward to Mother's Day. Experts suggest that you

### Meet them where they are in their grief

Psychotherapist and grief specialist Fran Dorf cautions friends not to say or do things that could make a parent's grief seem like it's out of proportion or taking too long to resolve. Listen to your friend without judgment or advice. There is no right way to grieve. We need to let others work through their pain instead of trying to force them through it.

### Share memories or do something to honor the child—if your friend is ready

Darcy Krause advises that while some grieving parents won't want to talk about their child, "others will leap at the chance. Follow social cues. If they change the topic, follow their lead." Let your friend know that you're available to talk or share stories of their child. If you want to give a thoughtful gift, write a card that they can read when they're ready. Bake the child's favorite cookies and leave them at the door with a note. Take a photo of something that reminds you of the child's favorite color, movie, or holiday and send a text that lets your friend know you're thinking of them.

### Support surviving siblings

Darcy Krause reminds us that, even in families, grief can be lonely. Bereaved siblings can feel left out or experience survivor's guilt that they're still alive while their sibling isn't. They sometimes feel pressure to take on the deceased sibling's role in the family. Pay extra attention to siblings and help them feel nurtured and loved. Plan a special outing with them after Mother's Day: a trip to the aquarium, an afternoon of arcade games—anything that makes them feel cherished.

## Let your friend know you're thinking of them

You could say something like, "You're on my mind today. I miss Michael, too." If they have a living child, try, "This day must be filled with mixed feelings for you. I love seeing the relationship you have with Cora and remember your love for Jessie." If you don't know what to say, that's okay. Just acknowledging that it can be a hard day can help your friend feel supported.

## Say their child's name

Often when someone dies, people stop saying their name around the grieving family. Experts agree that many families want to hear the child's name out loud. Grief-support expert Shelly Gillan of Kara says that "it reminds them that their child is still loved and missed by many. A parent's worst fear is that their child will be forgotten."

## Encourage self-care

Take your friend for a walk or drop by with a healthy meal. Offer to spend Mother's Day together doing something relaxing like yoga or catching up on a favorite show.

## Stay in the picture

Mother's Day doesn't necessarily become easier over time for a parent who lost a child. But friends and family can get caught up with their own lives and forget to check in as time passes. Commit to being there in the years to come on Mother's Day, and to helping your friend keep their child's memory alive.



The reality is that 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 again, but you will never be the same. Nor should you be the same, nor would you want to.

~ Elizabeth Kubler-Ross and John Kessler

## Grief

After the initial shock of loss, comes in waves...when you're driving alone in your car, while you're doing the dishes, while you're getting ready for work. All of a sudden it hits you -- how so very much you miss someone, and your breath catches, and your tears flow, and the sadness is so great that it's physically painful.

Shared by Jane Hower

## *Other Resources*

### **Widowed Information and Consultation Services**

The purpose of WICS is to provide a supportive environment to widowed people. WICS operates on volunteered time and donations from the community.

Monday — 2:00 pm  
Auburn Senior Activity Center  
808 Ninth Street SE, Auburn, WA 98002  
Contact for Details – (206) 241-5650

### **Grief Support Group**

When: 1<sup>st</sup> & 3<sup>rd</sup> Mondays of each month (excluding holidays), 10-11:30 am.  
Where: Lacey Presbyterian Church, 3045 Carpenter Road SE, Lacey  
Phone: (360)493-4667 or (800)869-7062 (Providence Sound Homecare & Hospice)

### **The Compassionate Friends, Olympia**

What: Loss of Child Support Group  
When: First Monday of every month, 7-8:30 p.m.  
Where: Providence St. Peter Hospital (Executive Meeting Room), 413 Lily Road NE, Olympia  
Phone: (360) 402-6711 (Providence SoundHomeCare & Hospice)

### **The Compassionate Friends, Kent**

Saint Columba's Episcopal Church  
26715 Military Rd  
South Kent, 98032  
3<sup>rd</sup> Tuesday of each month 6:30 – 8:00 pm  
Michael (206) 369-7366

**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: 1<sup>st</sup> and 3<sup>rd</sup> 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: Matt 253-403-1966 for more information

### **The Compassionate Friends, Federal Way**

What: Loss of Child Support Group  
When: 2<sup>nd</sup> Wednesday of every month, 6:30-8:30 p.m.  
Where: St. Francis Hospital, 34515 9<sup>th</sup> Ave. S, Federal Way  
Phone: 206-241-1139, Email: [tcfmerge@aol.com](mailto:tcfmerge@aol.com)

## Senior 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.



*It's hard to forget someone  
who  
Gave you so much to  
remember.*



## Grieving Mother

The day my son died  
I became somebody new  
A totally different person  
Someone I never knew  
I am not who I used to be  
I am definitely not the same  
The only thing that hasn't  
changed is the spelling of my  
name I cry more than I ever  
did I break down quite a lot  
My heart hurts everyday  
The pain will never stop  
A mother gives her son life  
And a love unlike no other  
When that is taken all away  
She then becomes  
A grieving mother.

Author unknown

*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

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

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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.

*Thinking of all you mothers and fathers that have lost children to suicide.  
Also all of you sons and daughters that have lost a parent to suicide. May you  
find comfort in those around you and continue to heal.*

