



WICS Newsletter

Widowed Information and Consultation Services

July 2011

From Margarita Suarez, Executive Director

We want to start the July Newsletter with an
INVITATION!

The WICS Board is having special retreat, Saturday July 23rd for review of our WICS work and programs as well as to plan for the present and future of WICS. This will be a time for creative dialogue, plans and actions for WICS. It will be an important meeting so the Board wants to invite anyone who wants to attend and participate. We will have a potluck lunch.

Date: Saturday July 23rd; from 10:00 am to 3:00pm

Location: Le and Sara's Lake House

Le needs to hear from you by Monday July 18 if you plan to attend. Please contact him at saraacree@comcast.net or 253-874-5452. When you register we will send you more information and details._

Because there was no June Newsletter, we want to take a moment to wish a **Happy Belated Father's Day** to all of you. We did not forget you on this very special day and hope that you were able to relax and enjoy time with your loved ones.

And, with the celebration of our Nation's independence, we hope you will all be safe and have some fun!



Seabeck 2011

We want to thank all those who worked for and participated at our Annual Seabeck Retreat, June 3-5. We do not have the final evaluation yet; however it was another successful event! As Tally Reynolds shared it was an "enriching time". As in the past we had presentations, time for connections, a guided hike, opportunity to receive massages, rituals, and sharing time. We had Darcie Sims, who has presented before, as our Key Note speaker, and, as Yola says, "She takes you into a healing roller coaster of laughter and tears." This year, as suggested by past participants, we had special presentations according to what people felt was their stage in their journey: early grief, middle grief, and seasoned grief. And for the first time we had what we titled "line dancing" which was more of an opportunity for "learning group dancing." This was led by Betty McClain, a dance instructor who has traveled all over the world where she learned cultural dances from each of the countries she visited. She was able to teach in a way that allowed us to participate regardless of our skill level and it was a lot of fun. It helped us discover our own abilities to "dance" and at the end of the time together we felt it was as someone said it was "like moving therapy." This great time allowed us to exercise in such a fun way! Betty McClain is also the author of "Dancing in the Rain" where she shares her experiences as a dancing instructor. Although it is a year away, we are already making plans for next year so please stay tuned to hear more...

Please continue on to page 3 to continue reading the Memory article that was started in May.

WICS Newsletter

The **WICS Newsletter** is published monthly by Widowed Information and Consultation Services.

The deadline for articles is the **10th of each month.** Articles and notices may be mailed to:

Widowed Information and Consultation Services
Attention: Newsletter
PO Box 66896
Seattle, WA 98166

Executive Director

Margarita Suarez

Board of Directors

John Hanson, President

Molly Krinsky, Vice President/Secretary

Claudia Antuna, Director

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Larry Dixon, Director

Le Habryle, Director

Kevin Steil, Director

Gifts of Love

We would like to thank

Emerald Heights Retirement Community

for their generous donation to the *WICS Seabeck Camp Program*. Please see below for more information about their community.

2011 Events:

Seabeck

Please see our comments on page 1 for more information about Seabeck 2011. There is more information to come. We have also already begun planning Seabeck 2012.

Board Retreat – July 23rd

Please Register with Le at saraacree@comcast.net or call 253-630-0324 by **Monday, July 18th** if you want to attend. Please see the front page for more information. If you have any questions, contact Le or John.

Training for Facilitators

Bob Baugher has planned this event for **Saturday, October 15, 2011**. It will be located at Lake Burien Presbyterian Church, in Burien. This is a great opportunity for anyone who would like a refresher course or someone looking to become a facilitator. Please feel free to contact us with your ideas and/or questions.

November Auction/Bingo fundraising:

Please save the date – **November 5th, 2011**. Tally Reynolds is working as the chair for the Silent Auction, so please connect with her for support and questions at ibtally22@gmail.com. Sara Acree has agreed to work on the dinner and the bingo, so for support and questions about this contact her at saraacree@comcast.net.

Remember...

...you can always find our newsletter and other contact information online at www.kcwics.org or email us at wicsoffice@qwestoffice.net



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Newsletter: Margarita Suarez, Editor/Publisher; Yola Hauskins, Assistant Editor; Alisha McFadden, Layout Editor; Harriette Fredenburg and Sue Law, Production

Normal Memory Slips

(Continued from May)

Previously we began talking about the most common types of “normal memory slips” and mentioned the first common form of normal forgetfulness, here are the remaining four, according to the **LBPC Health Care Team**:

- **Time-related forgetting:** Time affects the retention and quality of both short-term and long-term memories. Information held briefly in working memory—for example, a telephone number that you remember just long enough to dial—may endure only a matter of seconds before it is forgotten. Information that is filed away in long-term memory is subject to deterioration as well, especially if it is not rehearsed from time to time. This gradual weakening of a memory trace, called transience, is part of the natural process of eliminating stored information that is no longer needed. Periodic reviews of information you wish to remember can help counteract transience.
- **Forgetting future actions:** Another common type of memory failure is forgetting to follow through on a planned action, such as keeping an appointment or taking a pill at a particular time. Lapses affecting this type of memory—called prospective memory—may occur because a cue you have counted on to help you remember did not prompt you to recall the task. For example, you may have put your library books near the door to remind you to return them, but failed to notice them as you left the house. Notes, calendars, and similar memory aids can help cut down on this type of forgetfulness.
- **Temporary forgetting:** Forgetting familiar information, such as words, names, or book titles, can be maddening. Usually, the missing information pops up later when it's no longer required: You knew it all along, but could not call it up when you needed it. This type of forgetting affects all age groups, but is more common in older adults, and may occur when connections between objects or persons and their names are weakened through lack of use. Using language through reading and word games, and repeating names to fix them in your mind can help you avoid this problem.
- **Inexact memories:** Sometimes memories are not wholly forgotten, but are inaccurate because facts relating to timing, people, places, or events have become distorted or confused. For example, you may be certain you told your spouse about a neighbor's illness when you actually told your friend. Sometimes other, later, memories may interfere with an original memory. Personal biases and beliefs or emotional reactions may also color memories in ways that lead to inaccuracy.

Source: Massachusetts General Hospital, Mind, Mood and Memory

Here is more information about Memory from the **LBPC Health Care Team**:

Sound Sleep Can Improve Memory

Research suggests some memory dysfunction associated with aging may be related to sleep disturbance.

A good night's sleep is good for your memory, according to researchers at Harvard Medical School and other top institutions. Their work suggests that six or more hours of restful sleep triggers changes in the brain that help with learning and memory retention, while sleep deprivation impairs the brain's system for processing and storing information.

The findings shed new light on brain processes that occur during sleep, and underscore the importance of resolving sleep disorders and getting adequate rest in order to achieve proper brain function. *(To be continued next month...)*

Source: Massachusetts General Hospital, Mind, Mood and Memory, May, 2007

Widowed Information and Consultation Services (WICS)

WICS is a program that offers group support to men and women who are coping with the death of their spouse/partner. Since its beginning in 1974, WICS has served more than 75,000 men and women.

When a widowed person telephones or visits a WICS support group, he or she can be sure to find other widowed people who will listen and understand. A warm and supportive atmosphere is provided for those who call on the service.

The most frequent inquiries at WICS are for clarification of the grief process (are my feelings normal or am I losing my mind?), and for help dealing with loneliness.

WICS is non-sectarian and is not affiliated with any other agency.

Website: www.kcwics.org

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WICS Newsletter
Widowed Information and
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PO Box 66896
Seattle, WA 98166
(206) 241-5650
www.kcwics.org
Return Service Requested
July 2011

North

Dinner is at 4:30 p.m. Friday.
Thanks to Delina Bardon for making these arrangements.

July 1 - Red Robin

Northgate mall
401 NE Northgate Wy, Ste 430
206.365.0933

July 8 - 125th Street Grill

12255 Aurora Avenue N
206.363.8950

July 15 - Greenwood Senior Center

525 N 85th Street
206.297.0875

July 22- Las Margaritas

14356 Aurora Ave N
206.362.7527

July 29 - Marie Callender

9538 - 1st Avenue NE
206.526.5785

Aug 5 - Wedgewood Broiler

8515 - 35th Avenue NE
206.527.2676

South

9 a.m. every Saturday.
No reservation, come by and ask
For WICS table. Thanks to Ellen
Fawcett for these arrangements.

This month, all Saturday
Breakfasts will be held at:

IHop in Renton
810 Rainier Ave So.
425.226.8697

East

Bellevue - Dinner at 5 p.m.
before Monday group meetings.

Call Kathy Clancy at
425.653.7209 for locations. All
WICS members welcome.

Kirkland - Dinner at 5 p.m. on
the fourth Monday of each
month. Call Deena Chavez at
425.643.8081 for information.

WICS Weds

For information on the April
meeting of WICS-Weds (a
support group for those who
have remarried or are in a
coupled relationship), please
call Sybil 253.874.1958 or Kathy
206.331.6631

Federal Way

Dinners are on the second
Monday of each month at 5:30pm

Call Carole: 253.927.0404 or
E-mail: bzeebee@msn.com

Invitation to Board Retreat Day

July 23rd, 2011

***Please RSVP with Le by
Monday, July 18th, 2011***



Subscriber Form

Name: _____ Phone: _____

Address: _____

Return to: WICS, P.O. Box 66896, Seattle, WA 98166

Subscription: \$25 per year



***the flame
still burns***

Support Group Meetings

For all widowed men and women who would like to share their concerns and experiences and discuss coping skills.

BALLARD: 7 p.m. Tuesdays

5433 Leary Way, Seattle - Ballard Landmark (a block south of the Bay Theater and Market St.)

Contact: Doug 206.441.9490

BELLEVUE: 7 p.m. Mondays

10420 S.E. 11th St. – Pilgrim Lutheran Church (Corner 11th St. & Bellevue Way)

Contact: Kathy (clancyKa@comcast.net); 425.653.7209 best to call M. W. F. during the day

COVINGTON: 7 p.m. Tuesdays

25810 – 156th Ave SE, St. John the Baptist Catholic Church

Contact: Le (saraacree@comcast.net); 253.630.0324

FEDERAL WAY: 7 p.m. first and third Tuesdays **Group will no longer be held at the Retirement Community. Please contact Wanda for more details.

Contact: Wanda (wcolvin7@comcast.net); 253.874.5452

KIRKLAND: At this time, Kirkland is not having any meetings except for dinner at 5 p.m. on the fourth Monday of each month at *Tres Hermanos*, which is open to all widows/widowers.

Contact: Amy via email at wiljar2006@yahoo.com

RENTON: 12:30 p.m. Wednesdays.

211 Burnett North, Renton Senior Center

Contact: Burnie (burnie@comcast.net); 425.255.1888

Gifts of Love

Amount: \$ _____ *In Memory of:* _____

From: _____

Send Acknowledgement to (name): _____

Address: _____

Return to: WICS, P.O. Box 66896, Seattle, WA 98166