



WICS Newsletter

Widowed Information and Consultation Services

May 2011

From Margarita Suarez, Executive Director

We would like to start this month's newsletter by thanking everyone who participated in putting on the Spring Fling BINGO! and Spaghetti Dinner on Saturday, April 2nd. Le & Sara Habryle did most of the work, including the spaghetti meal that was fabulous—there was nothing left! Thank you, of course, to the incredible volunteer group that helped with the setting up and cleaning up, as well as during the event. And, of course, thank you to Clyde for making it so much fun! We would also like to thank everyone who contributed gifts for the winners. We had about 57 people and after expenses made a grand total of \$1040!! Thanks again to everyone for making it a success!

Next, because Seabeck is almost here and we hope to hear from you soon, we have included the registration information on page 3. Please send it in, encourage others to come, or consider donating to the scholarship fund to help someone else come.

Now, on to our Health Page...

(From the LBPC Health Care Team)

Normal Memory Lapses You Don't Have to Worry About. People of all ages experience occasional memory slips. Here are the most common types of normal forgetfulness:

As we grow older, many of us worry about occasional memory failures, such as forgetting appointments or having difficulty calling up familiar words. But occasional memory slips are normal in healthy people of all ages, and although they may increase somewhat with age, unless they are persistent and interfere with daily activities, chances are good that they are not indicators of Alzheimer's disease (AD).

"It may be reassuring to consider that, according to estimates published by the Alzheimer's association in 2010, only about 13 percent of all people aged 65 and older have AD," says Maurizio Fava, MD, Executive

Vice Chair of the Department of Psychiatry at Massachusetts General Hospital. "That suggests that the majority of older people may be worrying needlessly about memory lapses that are common to people of all ages."

Normal Memory Slips:

A number of factors can affect memory retention in healthy people, including a person's mood or level of stress, the emotional associations or personal relevance of information, the complexity of information, and more. When forgetfulness occurs, it often takes one of these common forms:

- **Attention-related forgetting:** A hectic lifestyle can make concentration more difficult and distraction more likely, especially among older adults. Information that is not processed and stored properly in the first place is difficult to retrieve, or emerges in an incomplete form. Among the other factors that disturb attention and interfere with long-term memory encoding are: constant routine, which can lead to absentmindedness and inattention; multi-tasking (switching from task to task); and interruption of actions performed automatically (procedural memory), such as playing a familiar piece on the piano. When an action involving procedural memory is interrupted, it may be difficult to remember where you are in the sequence. Working to eliminate distractions, avoiding multi-tasking and focusing your attention on information you wish to learn can help you overcome attention-related forgetting. Don't assume that you can remember something without making a deliberate effort to remember.

Source: Massachusetts General Hospital, Mind, Mood and Memory

To be continued in next month's newsletter.

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

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Gifts of Love

In memory of **Joseph Salvatore's Birthday** from Mary Salvatore McFarland

A donation has been made in remembrance and as special thanks to **all mothers.**

2011 Events:

Seabeck

Please make your reservations for Seabeck. Programs will include workshops dealing with different aspects and timing of the grief journey as well as areas of self-care. As last year, there will be the opportunity for massages as well as a guided hike. You will be able to sign up for the massage and pay the fee once you are there. We will also have the children's program, and as in the past, most of their activities and housing will be on a special side of the camp. Please think about coming and encourage others to come as well. If you can not come, please consider making a donation to the scholarship fund to help someone else take part in this wonderful retreat. For more information please contact Margarita or Yola at 206-241-5650 or email at wicsoffice@qwestoffice.net

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:

We continue to work on this successful event. Tally Reynolds is working as the chair for the Silent Auction, and Margarita has started a committee to handle all of the details. If you want to support and join us in this fun fundraising project, please contact Tally at ibtally22@gmail.com or Margarita at wicsoffice@qwestoffice.net.

Website

Please continue to check out www.kcwics.org for additions and update.

Remember...

...our email address is wicsoffice@qwestoffice.net



www.windermere.com
425-235-7777

WICS would like to thank **Windermere RE/Renton, Inc** and **The Windermere Foundation** for their generous donation to our children's program.

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

Hope and Healing

June 3, 4 & 5, 2011

Please return by May 15, 2011 to WICS, PO Box 66896, Seattle WA 98166

WICS Registration Form

Participation is limited. Payment and reservations must be in the WICS office by May 15, 2011. Two to three persons to a room with a private bath. Weekend includes lodging for two nights and six (6) meals. WICS and the Seabeck Conference Center assume NO responsibility for injury to guests, or loss of and/or damage to personal property. Participants are responsible for safeguarding their persons and possessions through the retreat. We are planning for the opportunity to receive a 15-minute massage. You can pay this at the conference and you may need an appointment.

Name: _____

Address: _____

Phone number - and easiest way to reach you _____

Email: _____

Cell phone number while at the camp _____

(1) ground floor accommodations ___ (2) Vegetarian meals ___ (3) interested in massage _____

Cost: \$195/per person; send check, or use the form below to pay with credit card, and this completed form to: WICS, P.O. Box 66896, Seattle, 98166.

___ I would like to donate to the scholarship fund so someone else may attend.

Registration form (WICS/TCF) parents and children program

Participation is limited. Payment and reservations must be in the WICS office by May 15, 2011. Weekend includes two nights lodging and six (6) meals. WICS and the Seabeck Conference Center assume NO responsibility for injury to guests, or loss of and/or damage to personal property. Participants are responsible for safeguarding their persons and possessions through the retreat. **Remember:** sturdy shoes or tennis shoes must be worn any time children are playing outside.

Parent(s) name(s): _____

Child(ren)'s name/s and age(s) _____

Address: _____

Phone number - and easiest way to reach you _____

Email: _____

Cell phone number while at the camp _____

Allergies/physical limitations _____

(1) ground floor accommodations ___ (2) Vegetarian meals ___ (3) interested in massage _____

Cost: \$130/adult, \$95 for 12-17 year olds, or \$75 for 6-11 year olds. Maximum per Family: \$350

Please make checks payable to: WICS or use the form below to pay with credit card, and this completed form to: WICS, P.O. Box 66896, Seattle, 98166.

Parent(s) signature(s) _____

For credit card: Card type: Visa _____; Master Card _____
The exact name (person's name) on the card: _____
Card number: _____
Card expiration date: Month _____ Year _____
V code (3 digit code on the back of your card) _____
Mailing address _____
Your signature: _____

WICS
P.O. Box 66896
Seattle, WA 98166
206.241.5650

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

North

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

May 6 - Wedgewood Broiler
8515 - 35th Avenue NE
206.527.2676

May 13- Las Margaritas
14356 Aurora Ave N
206.362.7527

May 20 - Greenwood Senior Center
525 N 85th Street
206.297.0875

May 27 - Marie Callender
9538 - 1st Avenue NE
206.526.5785

June 3 - IHOP
10002 Aurora Avenue N
206.517.4467

South

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

May 7 - Dave's Diner
2825 S 188th St, Seatac
206.277.7196

May 14 - Village Inn
31711 Pacific Hwy S, Federal Way
253.941.9860

May 21 - Wild Wheat Bakery
202 - 1st Avenue S, Kent
253.856.8919

May 28 - Yankee Grill
1 S Grady Way, Renton
425.255.8543

June 4 - Old Country Buffet
31711 Pacific Hwy S, Federal Way
253.941.9860

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.

Federal Way

Dinners are on the second
Monday of each month at 5:30
p.m.

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

WICS Weds

For those who have remarried or
are in a coupled relationship, we
would like to invite you to a
brunch at:

the home of Kathy and John
Sunday, May 22nd at 1pm.

To RSVP and sign up for pot luck
menu choices, please phone:

Kathy at 206.331.6631 or
Sybil at 253.874.1958.

Or, you can RSVP via email:
kqi2535@hotmail.com

Hope to see you there!



Seabeck Annual Retreat: June 4, 5, 6, 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

35451 - 1st Ave. S – Fairfield Building, Village Green Retirement Home

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