



# WICS Newsletter

Widowed Information and Consultation Services

September 2011

## From Margarita Suarez, Executive Director

September feels like a transition month with the end of the summer, (more or less for us here in WA) the beginning of the school year, the celebration of Labor Day, the beginning of Football and, in a more serious way, the tenth anniversary of 9/11 (See page 3).

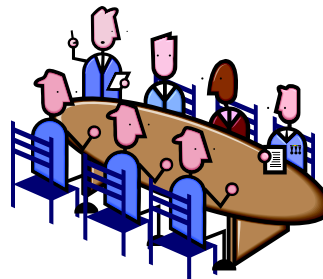
For us at WICS, besides the above, this is an important time as we plan and prepare for:

- The October 15<sup>th</sup> Facilitators Training (details see page 2)
- November 5th "Cruisin' Through the Tropics" Fund Raising

**Facilitators Training:** This training is very important for all of us. Even if you have attended before it is a good time to review and renew our learning and our gifts. It is also a time to see how we have grown in our own journey as facilitators. We want to encourage our friends from other organizations to also attend; the training is universal in its foundation and adaptable to anyone who wants to walk with others in their journey.



**"Cruisin' Through the Tropics":** This event is one of the main events for us. At this event, you will have an opportunity to visit, connect with each other and have fun together as we raise funds for WICS. Like last year, we will have the dinner, the silent auction, the poker hand, the auction of the cakes/desserts and the "BINGO!" Last month we sent you a flier; if you did not get one and want one, or another one, please check our website at [www.kcwics.org](http://www.kcwics.org)



## Special Thanks from John Hanson

As President of the Board for WICS, we are pleased to announce that we have a new board member. Sara Acree Habryle will be a new board participant. I appreciate that Sara has agreed to become a board member and because she has worked on so many of the recent WICs functions and participated with facilitation with so many groups in Bellevue, Covington and beyond, we appreciate her willingness and commitment to the board.

Although it is not a requirement to be a WICs member it is wonderful to have those who have gone through group, worked as facilitators in group and then become a board member. It is the premise that WICs was founded, those who have the experience and the understanding of what we do and how many people we serve. I would encourage anyone who has a desire to become a board member to talk to me; we do need more board members. If you know of anyone who would support our cause, have some time to work with our members and want to become a board member please encourage them to step forward. We cannot and do not pay any of our board members so the effort is heartfelt and gratification is only knowing that you are helping people in their time of need.

I want to personally thank Sara for her willingness to become a board member and for all her efforts to help our nonprofit service organization. My heartfelt thanks!

# 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  
& Consultation Services  
Attention: Newsletter  
PO Box 66896  
Seattle, WA 98166

**Executive Director**  
Margarita Suarez

**Board of Directors**  
John Hanson, President  
Molly Krinsky, VP/Secretary  
Claudia Antuna, Director  
Sara Acree, Director  
Larry Dixon, Director  
Le Habryle, Director

  
**Windermere**  
REAL ESTATE

[www.windemererenton.com](http://www.windemererenton.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.

## 2011 Events:

### Training for Facilitators:

**Day:** Saturday, October 15, 2011, from 8:30 am to 3pm

**Deadline:** Please register for this training day by October 10 by calling 206-241-5650 or emailing the WICS office at [wicsoffice@qwestoffice.net](mailto:wicsoffice@qwestoffice.net)

**Place:** Lake Burien Presbyterian Church; 15003 - 14<sup>th</sup> Ave SW, Burien

**Training:** Dr. Bob Baugher is planning this training. This year he is working on follow-up and updating information, as well as dealing with particular issues and questions that have been given to him by facilitators. Therefore, this will be good for anyone who wants a refresher course, as well as for anyone looking to become a facilitator.

Please feel free to contact us with your ideas or questions.

**Fee:** there is no fee for the training, although we appreciate a donation to cover expenses (ie: rental fees).

**Food:** We will have tea, coffee, water throughout the day, and a continental breakfast. Please bring your own sack lunch

### November Auction/BINGO! fundraising:

**November 5<sup>th</sup>, 2011.** More information can be found on the enclosed flier. Tally Reynolds is working as the chair for the Silent Auction, so please connect with her for support and questions at [ibtally22@gmail.com](mailto: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](mailto:saraacree@comcast.net).

### Family & Children's Program:

Yola, volunteers and parents continue to work on the children's program. One of our main activities is the Seabeck retreat but there is also support and connections throughout the year for families that are already involved as well as for new families who call us or are referred to us. Please contact Yola at 206-241-5650 for more information, to volunteer and/or make a donation.

### Remember...

...you can always find our newsletter\* and other contact information online at [www.kcwics.org](http://www.kcwics.org) or email us at [wicsoffice@qwestoffice.net](mailto:wicsoffice@qwestoffice.net)

**\*If you are no longer interested in receiving the newsletter through standard mail, please contact our office to be removed from the list.**

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

# **Awareness, Understanding & Compassion**

The media has already started talking about the tenth anniversary of 9/11. There is a mixture of anger, pain and fear of what could happen again; as we are reminded of the event, and its impact, it will bring some of our own feelings of pain that are part of our own journey. As we hear about 9/11 and listen to others describe their pain and their own feelings, we can feel compassion as we listen to their pain. What is also important is that we do not compare. We may even feel left out since in a way, and this is human, we may not be getting the attention they are getting. Searching in Dorothy Hanley's book, I found the following:

## **Comparisons**

By Dorothy Hanley

Who said, "Comparisons are odious?" Certainly we are warned enough not to compare our children, thereby damaging their psyches. It's surprising to find folks who compare pain!

Some people believe their loss is much more painful than anyone else's, and they want to make certain that it's clear that they hurt the most. This seems to be a natural reaction, although some people don't express the thought in words. We are all very self-centered during this time, wrapped in our grief and pain and fright and despair. It hurts-no matter how it happened, no matter your age, no matter your financial situation, no matter your sex, it hurts.

Who is to say who hurts the most?

Is it the person who was married for 50 year or the one married 6 months? Marriage never last long enough and death never comes at the "right" time. Is the one who hurts the most the one who lost the future or the one who lost the past? Who's to judge? It's not lucky to be young (because you'll married again) or lucky to be older (because you're used to seeing people die-it's expected).

There can be no comparisons. We are all individuals and when someone we care about dies, we hurt in our own ways with our own degrees of intensity. The degree of intensity is largely governed by the meaning of the relationship. The death of someone across the country, who once was of prime importance but no longer occupies a central place in everyday life, will not affect us as does the death of a spouse-our "main person."

Comparing ourselves, our reactions, our feelings to others serves no good purpose. If another person appears to be moving faster and showing more signs of "recovery" we wonder what we are doing wrong – or perhaps we wonder if they "really cared."

When we look into the eyes of a grieving individual, which one of us can say "You couldn't possibly hurt as much as I do." It's impossible to know exactly what is in the mind and heart of another. What is needed is the understanding that everyone is different – in temperament, in behavior, in reaction and in coping capabilities, each of us finds our own way through our own pain in our own time.



# 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.

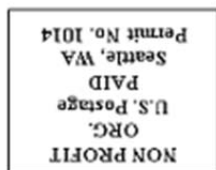
The most frequent inquiries at WICS are for clarification of the grief process (are my feelings normal or am I losing my mind?), and for help dealing with loneliness.

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

Phone: 206-241-5650

Website: [www.kcwics.org](http://www.kcwics.org)

**Return Service Requested**



### North

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

**September 2 - Red Robin**  
Northgate mall  
401 NE Northgate Wy, Ste 430  
206.365.0933

**September 9 - Wedgewood Broiler**  
8515 - 35th Avenue NE  
206.527.2676

**September 16 - Greenwood Senior Center**  
525 N 85th Street  
206.297.0875

**September 23 - 125th Street Grill**  
12255 Aurora Avenue N  
206.363.8950

**September 30 - Las Margaritas**  
14356 Aurora Ave N  
206.362.7527

**October 7 - Marie Callender**  
9538 - 1st Avenue NE  
206.526.5785

### South

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

This month, all Saturday  
Breakfasts will be held at:

**Old Country Buffet**  
1816 S 320<sup>th</sup> St  
253.839.9207

### 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. Please contact **Deena Chavez** at 425.643.8081 for more information.

### 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](mailto:bzeebee@msn.com)

### WICS Weds

For information on the  
**September 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**

**THANK  
YOU!**

**Ronald Brothers  
& Kevin Steil**

### 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 Please contact Doug for details.  
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*