



the flame  
still burns

# WICS NEWSLETTER

WIDOWED INFORMATION AND CONSULTATION SERVICES

DECEMBER 2008

**Reminder:** You have few days left to enter the End of the Year Raffle... remember the grand prize is a Gift Certificate to the Best Western Executive Inn "an overnight accommodation with two queen sized beds, Space Needle view, hot breakfast buffet and complimentary parking for one night, single or double occupancy, and you have a whole year to use it for yourself and/or as a gift for some else. Your tickets need to be here by Monday, Dec. 8... so you have few days to do this! (For more details see events page.)

We want to end the year thanking all of you who have done so much to help and support others and to work with WICS! In January we will send an end of the year report. At the same time, we do want to highlight some of the events for this year:

- The continuation of the five support groups, all the facilitators and the contact person for each group and their willingness to have their names and information in brochures and the newsletter. In alphabetical order: Bellevue – Kathy Clancy; Covington – Le Habryle; Federal Way – Wanda Colvin; Kirkland – Deena Chavez; and Renton – Burnie Barbus.
- Thanks to our Board of Directors, for their work and support.
- We had two facilitators meeting, one in March and one in October. Thanks to Dr. Bob Baugher for the training and wisdom.
- Seabeck Annual Retreat, and this year we had more people! Thanks to all of you who made this happen.
- Our First Annual Community Fund Raising Breakfast.
- Our end of the year raffle.
- Changes to our newsletter.
- Starting plans for 2009:  
Auction: March 21,  
Seabeck Annual Retreat: May 29-31;  
2009 Conference: October 2-4;  
Second Annual Breakfast: date to be decided; probably again in September.

We are sure there is more, and so we want each of you who have been involved to send us some of the work done in 2008 so we can add to our report for January... we would like this by Jan. 10. We want this to be *your* newsletter so please let us know of the work you are doing.

## Holiday Support

We review past and recent articles including Janie Redick ideas from last year, about the holidays...from, "surviving the holidays" to "holiday grieving" and they all have similar ideas, although expressed differently. We know you all are also working on this in your own support groups. What we want to do here is summarize the main points:

- Preparation: Take time to think about what fits for you; what you want to keep and what you would like to change;
- Support: do not try to do this alone, who can support you thru this days? Identify who they are and share with them what you would like from them.
- Feelings: acknowledge all your feelings; they are like traffic lights giving us important information about ourselves; one way of dealing with feelings is to ask the feeling "What is your message? What are you telling me I need to do?"
- Differences: remember that grief has universal parts; and at the same time it also has our own uniqueness as we go thru this journey; understand what is important to you and acknowledge that it could be different from others around you;

- Self Care: be kind to yourself; this is a balance of sleep; exercise; activities and yes, what you eat.
  - Doing things with others: this is another area that needs balance, from wanting and needing time for you, to doing things with others. Check with others at your WICS group.
  - Meaning/hope/your faith: spend some time in what you have learn, the gifts you have received, and find ways that fit for you to connect with your own spiritual belief, again in a way that fits for you.
- We know there are many other ideas that could be helpful and there are other resources we want to suggest:
- Your own WICS groups, if you are attending them ask, if you are not attending them at this time you may want to contact them and see what is happening.
  - In the internet: [www.breavement-resources.com](http://www.breavement-resources.com) and [www.sharegrief.com/resources](http://www.sharegrief.com/resources).
  - Make a list of resources you have found helpful and share them with us to add to our list.



# 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  
PO Box 66896  
Seattle, WA 98166  
Attention: Newsletter

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## Gifts of Love

In memory of **Ed Cavin** from Sue Law  
In memory of **Viola Lamp** from Sue Law  
In memory of **Margaret McFarland** from David W. McFarland  
In memory of **Joseph M. Salvatore** from Mary Salvatore McFarland

## Events:

### *December and beyond* **2008 Raffle**

Remember we need your tickets here by Monday Dec. 5. Drawing is on Dec. 11 at the Board Meeting; if you have any questions call us at (206) 241-5650.

Grand Prize is the one night at the Best Western Inn. Other prizes are: a basket full of goodies like wine, Boehm's chocolate, wine glasses and more; Barnes and Nobles gift certificate held by Teddy Bear with red hat; and a box with 20 hand-crafted and assorted holiday cards, with 20 stamps, and pens.

*March 21, 2009*

### **Annual WICS Fundraising Dinner and Auction**

Stay tuned for more details. For more information and to offer support and share ideas; contact Sara Acree Habryle at (253) 630-0314 or [saraacree@comcast.net](mailto:saraacree@comcast.net).

*May 29-31, 2009*

### **Seabeck Annual Retreat**

We want your ideas and especially what will make you come to this event. This year we had more people and participation from WICS and it made this a very special time. We are working in keeping the fee, if possible, similar to this year - \$195 - but even if we need to increase it would be around \$200. Now (and we know we are gently pushing you) if you start saving in December for this, it would be about \$31.67 to \$33.33 a month. We know these are hard times, and we want to give you the best experience for your money.

### **2009 Conference**

We already have dates for this conference: Friday Oct. 2 to Sunday Oct. 4, at Dumas Bay Center, in Federal Way, starting with lunch on Friday and ending with lunch on Sunday. This is educational/informational for us and for the community at large exploring and sharing all that we have learned about grief in the last 20 years. We are working with other organizations to make this a successful event. We will have more details in the January newsletter. Please check with people you know, especially in human resources, counseling, schools, and even in your own places of worship, and ask others what would make them want to come to a conference like this, and then let us know.



[www.dignitymemorial.com](http://www.dignitymemorial.com)

*WICS thanks the Puget Sound  
Dignity Memorial Providers for  
sponsoring our newsletter.  
These providers include:*

**Yarington's Funeral Home**

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Park & Funeral Home**

**Purdy & Walters  
at Floral Hills**

**Newsletter Production:** Margarita Suarez, Editor/Publisher;  
Yola Hauskins, Assistant Editor; Jeanie Burns, Layout Editor

# Health Care Team

*Introduction: In the last three newsletters we have given you information from the Health Care Team from Margarita's church, Lake Burien Presbyterian, which has given us permission to copy what they publish each month.*

*December's information is on Preparing for Natural Disasters:*

Although dealing with possible natural disasters may be somewhat a letdown or fearful subject, as you meet with families and friends, you may use part of the time together to deal with some of the issues, not in morbid way, but in a "now that we are together lets use some of this time for important preparations" way. If, like me, you live by yourself, and your family is not around, you may want to do this with the friends who are around this area.

Also involve the family that is in another state, so they know of your plans. We have written this in three columns so you can tear off this page and keep it with you.

## **The three main steps are:**

1. Collect supplies: you can see the list of the supplies, column three here.
2. Create a portable supply kit: once you collect your supplies you may want to store this in different ways. One container could be the stuff you may want to carry with you if you need to evacuate.
3. Develop and practice an emergency plan. See this in the column *Emergency Plan*. Important: for all your preparation to really work, it is important to practice and talk with your family. Practice helps you to be prepared at time of disaster.

## **Emergency Plan**

- Identify emergency evacuation routes and shelters in your community
- Decide on two places for family/friends to meet, a primary place and an alternative.
- Have a point person who will serve as central contact.
- Choose an out-of-state friend or relative to serve as a backup
- Be sure every one has cell phone or prepaid phone cards.
- Consider family members with special needs, and also your pets.
- Practice the plan at least once a year.

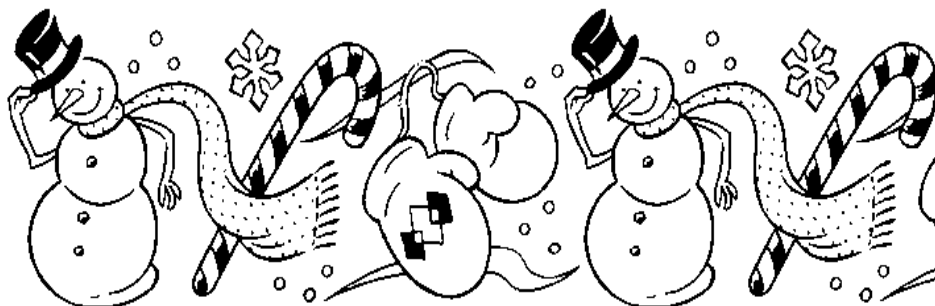
## **When disaster strikes**

- Listen for official news and instructions to what to do next (you may need a battery operated radio for this).
- Follow instructions for evacuation (if needed).
- Check on neighbors, especially those who are elderly or have young children.
- Gas appliances: check for gas leaks, do not light matches or candles or turn on electrical switches if you smell gas. Open windows and doors and leave house immediately.

*--Source: Harvard Health Publications, Harvard Medical School, August 14, 2008.*

## **Disaster Supply List**

- Bottled water (1 gallon per person per day; three-day supply ideal)
- Cash (ATM and credit cards may not work or be accepted by businesses)
- Cell phone (with nonelectrical charger)
- Clothing and underwear
- Contact information (phone numbers of friends and family)
- Documents (driver's license, passport, birth certificate, etc.) in a waterproof container
- Dust mask (one per person)
- Eating utensils (plastic or disposable)
- Emergency numbers of local, state, and federal agencies
- Financial inventory (a list of bank and investment accounts, mortgages, and loans, including account numbers and location of original documents)
- First-aid kit
- Flashlight with extra batteries
- Food (canned goods and other nonperishable items that don't require cooking)
- Masking tape, duct tape
- Medical information (list of your medications, any chronic conditions, and medical history)
- Medications (three-day supply of all daily medications—be sure to check expiration dates periodically)
- Paper towels, toilet paper, and sanitary products
- Pet supplies and carrier (include food, water, leashes, records of shots)
- Plastic sheeting
- Radio (battery-operated) with extra batteries
- Scissors
- Sleeping bags or blankets (one per person)
- Toiletries (soap, toothpaste and toothbrush, etc.)
- Tools (can opener, knife, pliers; a Swiss Army Knife may suffice)
- Trash bags



## 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.

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.

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.

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

December 2008

Address Service Requested

Seattle, WA 98166

PO Box 66896

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