



WICS Newsletter

Widowed Information and Consultation Services

August 2012

From Margarita Suarez, Executive Director

Without ignoring all the tragedies and difficulties of the past weeks, we may find ourselves distracted and entertained by the Olympic Games; this could bring some balance to our tired hearts and souls. It was fun to see the video of the Queen parachuting out of a helicopter into the stadium. The video shows, Bond, played by Daniel Craig, escorting the Queen to the Opening Ceremony, going by helicopter and then parachuted into the stadium. Of course this last part was done by a stunt man; but it still created a wonderful opening event. Good for her!

As I continue to watch the Olympics, I am amazed by the athleticism of the competitors and the support that they have to prepare and during the competition. Although this may be a big stretch, I am comparing the Olympics to what we do at WICS and the hard work that individuals do in the grief journey. But what about measuring how well each of us is doing? There is not special time-clock, point scores, or referees to let us know when it is over or someone has fouled. Bob Baugher's book "A Guide for the Bereaved Survivor" gives us some examples for how to know how we are doing. Bob gave me permission to use this at a workshop so I am repeating this here. I want to let you know that Bob is reviewing this book and we are looking forward to that; then we may republish this part in another Newsletter. As you read this there are no medals but the reward of knowing you are working on your own journey should be the greatest medal of all...

The following checklist may be a good way to see where you are in the journey by marking where you feel you are. You can do this by writing after each item "yes", "no" or perhaps "almost there".

I want to do more with my life than "just survive"...

I can laugh without feeling guilty...

I am not afraid anymore of losing the memory of my loved one. I know it will always be there with me...

I come to realize that doing little things for me is OK...

I'm not as much afraid of the future...

I don't find myself "searching" for the loved one as much as before...

I'm not as sad or depressed as I used to be...

I feel I don't have to do a ritual...

I can get through the holidays, birthdays, and anniversaries easier than I used to...

I can reach out to help other people...

I can get engage in some of the activities I had given up after the death...

I doesn't hurt as much as it used to...

I can talk to others about my loved one without getting as upset as it used to be...

I can see the memory of my loved one as "less saintly" i.e., not perfect...

The emotional roller coaster ride isn't as bad as it used to be...

I can put away or give away some of my loved one's belonging and feel OK about it...

I can experience the reminders as more positive than negative...

I can look back and see my progress...

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

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Margarita Suarez

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Sara Acree, Director
Larry Dixon, Director
Le Habryle, Director

Gifts of Love

In memory of **Bob Sitton** from Molly and Arnie Sitton

2012 Events:

Board Meeting: Saturday, August 11, at 9:00am. Where: Newport Covenant Church in Bellevue. If you want to attend the Board Meeting please contact John Hanson, President, at jnh@winest.com

Raffle: WICS Raffle fund raising started in June and the last day for sending your tickets to the office is August 20th. We will wait a few days and then select the winner. If you have any questions, or need extra tickets, call the office. Remember each ticket is \$2 and we have 4 items: One night lodging and breakfast at the Silver Cloud Inn in Bellevue and 3 Gift Certificates – Maplewood Golf Course, Anthony's Restaurant, and Barnes & Noble.

Facilitator's Training: October 20th, will be the Annual Facilitator's Training and again will be led by Dr. Bob Baugher who has taught this class for many years. Time: 8:30 am to 3:30 pm. Place: Newport Covenant Church – 12800 SE Coal Creek Pkwy, Bellevue. This training is for anyone who wants to learn how to lead grief groups and also very good for review and re-learning for those who have been facilitators for a few or many years. We are also opening the training to others who have an interest in how to work with groups and grief. For more information call us at the office 206.241.5650.

"Singing in the Rain" Auction/BINGO/Lunch and Fun.

When: Saturday, November 17th, 2012 11:30am to 4:30pm

Where: St. Andrew's Lutheran Church – 2650 148th Ave SE, Bellevue, WA 98007. Phone: 425.746.2529. Just off I-90 in Eastgate

We need your support and help getting items, making reservations, and supporting with donations...even if you're unable to come. For more information and to help out, contact: Tally R. Reynolds ibtally22@gmail.com or via phone 425.681.0241

This is all for now. Stay tuned and check our website: www.kcwics.org for updates...

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.


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

Simple Strength Training Tips

If you've never lifted weights in your life - and many people haven't - why should you start now? The answer is simple: Muscle tissue, bone density, and strength all dwindle over the years. So, too, does muscle power. These changes open the door to accidents and injuries that can compromise your ability to lead an independent, active life. Strength training is the most effective way to slow and possibly reverse much of this decline.

Having smaller, weaker muscles doesn't just change the way people look or move. Muscle loss affects the body in many ways. Strong muscles pluck oxygen and nutrients from the blood much more efficiently than weak ones. That means any activity requires less cardiac work and puts less strain on your heart. Strong muscles are better at sopping up sugar in the blood and helping the body stay sensitive to insulin (which helps cells remove sugar from the blood). In these ways, strong muscles can help keep blood sugar levels in check, which in turn helps prevent or control Type 2 diabetes and is good for the heart. Strong muscles also enhance weight control. On the other hand, weak muscles hasten the loss of independence as everyday activities - such as walking, cleaning, shopping, and even dressing - become more difficult. They also make it harder to balance your body properly when moving or even standing still, or to catch yourself if you trip. The loss of power compounds this. Perhaps it's not so surprising that, by age 65, one in three people reports falls. Because bones also weaken over time, one out of every 20 of these falls ends in fracture, usually of the hip, wrist, or leg. The good news is that the risk of these problems can be reduced by an exercise and fitness routine that includes strength training.

Beginner's simple strength boosting exercises

A sturdy chair with armrests and athletic shoes with non-skid soles are all you need for these simple strength building exercises.

Seated bridge

Sit slightly forward in a chair with your hands on the armrests. Your feet should be flat on the floor and slightly apart, and your upper body should be upright (don't lean forward). Using your arms for balance only, slowly raise your buttocks off the chair until nearly standing with your knees bent. Pause. Slowly sit back down. Aim for 8-12 repetitions. Rest and repeat the set.



Triceps dip

Put a chair with armrests up against a wall. Sit in the chair and put your feet together flat on the floor. Lean forward a bit while keeping your shoulders and back straight. Bend your elbows and place your hands on the armrests of the chair, so they are in line with your torso. Pressing downward on your hands, try to lift yourself up a few inches by straightening out your arms. Raise your upper body and thighs, but keep your feet in contact with the floor. Pause. Slowly release until you are sitting back down again. Aim for 8-12 repetitions. Rest and repeat the set.

Standing calf raise

Stand with your feet flat on the floor. Hold onto the back of your chair for balance. Raise yourself up on tiptoe, as high as possible. Hold briefly, then lower yourself. Aim for 8-12 repetitions. Rest and repeat the set.



Harvard Medical School, Healthbeat, August 23, 2011

(Borrowed with permission from LBPC June 2012 newsletter. Color photos appear on our online newsletter at www.kcwics.org.)

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.

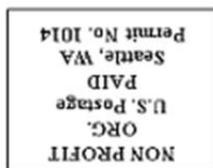
The most frequent inquiries at WICS are for clarification of the grief process (are my feelings normal or am I losing my mind?), and for help dealing with loneliness.

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

Phone: 206-241-5650

Website: www.kcwics.org

Return Service Requested



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PO Box 66896
Seattle, WA 98166

North

Dinner is at 4:30 p.m. on Fridays. For more info please contact:

Delina Bardon:
206.789.8852

Federal Way

Dinners are on the second Monday of each month at 5:30pm. For more info please contact:

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

East

Bellevue - Dinner at 5 p.m. before Monday group meetings. For locations call:

Kathy Clancy:
425.653.7209

All WICS members welcome.

WICS Weds

For information on monthly meetings of WICS-Weds (a support group for those who have remarried or are in a coupled relationship) please call:

Diane 253.839.5453

~~ Fund Raising Raffle ~*~
Send your tickets in by August 20th

~*~ Singing in the Rain Auction ~*~
Saturday, November 17th*

HELPING THOSE IN GRIEF

Be Aware: Remember that grief work is a normal and necessary process.

Be There: Learn to be with the person, not to solve the problem.

Be Sensitive: Allow the pain. Learn to enter it, not try to take it away.

Be Human: Allow expression of feelings –guilt, anger, sorrow, depression – without judgment.

Be Ready: To listen when the story is told over and over again.

Be Patient: Remember that the process of mourning takes time.

(You can use this in helping others, in sharing with other how they can help you and you can apply this in how you can also be there for yourself)

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 or dwarne3400@aol.com

BELLEVUE: 7 p.m. Mondays
Pilgrim Lutheran Church - 10420 S.E. 11th St. (Corner 11th St. & Bellevue Way)
Contact: Kathy (clancyKa@comcast.net) at 425.653.7209 - best to call M. W. F. during the day.

COVINGTON: 7 p.m. Tuesdays
St. John the Baptist Catholic Church - 25810 – 156th Ave SE
Contact: Le (saraacree@comcast.net); 253.630.0324

FEDERAL WAY: At this time Federal Way group is not having group meetings and they are looking for a new place and time. However, we do want to continue to give support, information and connection.
Contact: Molly K. 253.839.4560

KIRKLAND: At this time, Kirkland is not having group meetings; however, we want to offer support and connection.
Contact: Amy via email at wiljar2006@yahoo.com

RENTON: 12:30 p.m. – 2 p.m. Wednesdays.
Renton Senior Center - 211 Burnett North
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

Auction

Theme: “**Singing in the Rain**” is the theme for the annual fall fundraiser of our auction-luncheon-bingo afternoon.

Day and time: Set your calendars for **Saturday, November 17th, 11:30 am-4:30 pm** for an afternoon of fun, food, and fabulous auction items.

Place: The event will be at St. Andrew’s Lutheran Church, Bellevue (Eastgate, near junction of 405 and I-90). Address: 2650 148th AVE SE, Bellevue, WA 98007-6452; Phone: 425-746-2529

Cost: after a lot of thinking and discussion we have decided this year’s fee will be \$35 (remember last year it was \$40).

Event: Remember the changes we are doing have come from your feedback and requests. For example an afternoon affair allows daytime driving, which members have requested. It is open to the entire family and all friends of WICS (No alcohol will be served. Thus, minors can attend.)

Here is a form for donations, you can print it and make copies, or make your own. Please note the needed information. (Please fill in both sides before returning)

Widowed Information & Consultation Services (WICS)
Charity Auction Procurement Form
Tax ID # 23-7408466

Merchandise ____ Gift Certificate ____ Donation ____

Please **print** clearly, thank you.

Donor’s Name _____

Address: _____ City _____ State _____ Zip _____

Phone number _____

Please call Tally R. (425) 681-0241 or the office (206) 241-5650 for when you can deliver the item(s). If it is a gift card you can mail to the office. We will let know when we get your item(s).

Why having an auction: The operation of WICS heavily depends on the success of this event. Participants are encouraged to invite others to attend and purchase auction items. This is also a time to connect and have fun with others from WICS, and with the family and friends you bring with you. November is close to the holidays and end of the year. I have heard several people who do their holidays shopping at the auction.

Donation of Items: Purchase auction items now.

- Ask merchants for gift certificates,
- think about buying gift cards to donate; or you may have some unused gift cards you could donate
- Garage sales are a great time for picking up new items to make that completed basket/bag/box/bin.
- Get friends together to create a group donation...
- We have heard many people saying they need help with keeping up with their garden, and or handy man work; and or computer – a way to help with this is to find people who do this kind of work, you pay them for one hour of work, and they can donate an extra hour, or contact us with a donation and we will find that special person to do this kind of work.

Remember we are trying not to use “baskets per se” but containers that people can use for something else, we found that we all have already many baskets...

If you have any question contact Tally Reynolds at ibtally22@gmail.com or via phone at 425-681-0241.

Description of item(s) and donor stated value