



WICS Newsletter

Widowed Information and Consultation Services

August 2011

From Margarita Suarez, Executive Director

WICS Retreat Day

The WICS Retreat Day, July 23rd, at Le and Sara's lake house was a very good meeting with a lot of ideas and suggestion exchanged. We are working on a detailed report at this time. You will be hearing some of the ideas through the month of August; however the detailed report will come in the September Newsletter. We want to give those doing the report time to work on it.

Seabeck 2011

In the last newsletter we told you we would have more detailed information about Seabeck 2011. Please read this carefully and let us know what will entice you to come next year, what will help in the promotion of this wonderful event and what other things you would like to see happening. (Please note that this report is from the WICS participants.)

When asked how they heard about the Seabeck Retreat, most people mentioned email, at group meetings or through the newsletters; one person heard about it from Margarita at a Nursing Conference. We all agree that there needs to be more one to one recruitment and information within WICS and to organizations that may be able to promote the retreat among their members.

Some of the reasons for attending were: to have time away in a relaxing and safe place, for healing and to connect with other widows and widowers. Some people also came to support others and to support the retreat.

It was good to hear that overall people thought the Retreat was: "excellent" "helpful" "awesome" "meaningful" "hopeful" and "well organized". One person summed it up: "Wonderful. Not knowing what to expect, it surpassed all my expectations. This year

we worked hard to have a special introduction time for people coming for the first time. Participants from both groups found that introduction very helpful. At the same time, it would be good to have more information for those who come in late.

Participants appreciated the keynote speaker and different presentations, as well as having the different tiers depending on where participants felt they were in their grief journey. The opportunity for massages as we had last year was very positive. And finally the "Line dancing/group dancing" had a lot of support and positive comments, mostly because of how Betty "taught" and related to participants; as one person wrote: "The line dancing (instructor) Betty was great! Very accepting of us and all of us had a lot of fun and excellent stress releaser."

The WICS group bonded and enjoyed that they were a small group, however they questioned why WICS attendance was so low and what could be done to increase attendance. Additional suggestions were: craft-like activities and more of a break around noon as well as more free time. Another suggestion was to have a table with books, resources and ideas for connections. Also, they talked about having a "campfire" like the kids and the TCF group has. Most importantly was the idea to have driving support such as car pools.

We also heard from parents and their children who said they were thankful that Seabeck gave them time for rest, relaxation, and to connect with other parents and children. They were also thankful for the opportunity to deal with their pain in a safe and nurturing environment.

As you read the above information and ideas for next year we hope you start planning to come and/or to bring others. Please send us your ideas about how we can continue to improve and spread the word for next year.

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

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2011 Events:

Training for Facilitators:

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

Place: Lake Burien Presbyterian Church; 15003 - 14th 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 5th, 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. 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.

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 or email us at 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.**



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

Wisdom for the Journey

Yola gave me small book with writings by Dorothy Hanley titled *Seasons of Grief*. Some of you probably knew Dorothy. She was, as someone said, “the heart of WICS for 25 years”. She worked for and supported WICS. In her will she donated her house to us; we sold that house, and with the money WICS bought the present house we have. So we have decided to share her wisdom with you. Here is one of her writings from *Seasons of Grief*:

“Where is it?”

“One day it was gone. After my initial panic, I began trying to find it. No luck. I’ve done everything I know to recapture it, but not avail, so I’ve given up.”

“What?”

Dorothy explained that it was the calendar that she had inside the Newsletter, and so she asked people to look at the calendar.

“In the upper left corner there’s a line missing...where it went, or why or when, I don’t know. One day it was just gone. It’s one of the many little computer mysteries I’ve encountered. I’m a computer literate in one way...I can make this program work...but I don’t know why it things work, and I don’t really care! I just want things to go along without a glitch-no sudden surprises, no weird results when I press a button.”

On the computer at WICS, I have done something that I can’t seem to rectify-well I haven’t looked in the book yet-but alone I can’t seem to fix it. No matter how I hard I try, the same darn thing appears on every page, whether I want it or not.

It is a lot like life, isn’t it? Things go along relatively well and then without warning along come a glitch. Often the problems seem insoluble, but with a certain amount of thought we at least try to get things worked through. Sometimes things work out well; sometime the solution is less than perfect, but workable.

That’s the trouble with death. It’s so overwhelming. When at first the coldness of shock descends, one appears to function- what people don’t understand is that it’s automatic, almost unthinking. Those outside are fooled into thinking that the person in shock is doing fine and not really in need of much support. Things will just go along and the death is only a momentary jog in the road.

The survivor himself is fooled into thinking that it’s simple-just tough it out-and then without warning, the bottom drops out and the pain begins. By then everyone else has gone back to their lives, leaving the grief stricken alone and unsupported.

This isn’t everyone’s experience, of course but it happens often. That’s when a support group comes to the rescue.

Speaking of support, yes there’s a support line to the manufacture of the program I use. I’ve called them, but to no avail. The learned person I spoke to was finally as bewildered as I-the line I’d lost was gone forever. What do you do when the guy who is supposed to know all the answers can’t help? Yes, I could start again to make a calendar from scratch, but I can’t remember what I did way back then! A time waster.

Oh well, life in general can be a mystery, and involvement with computers just complicate the situation. I cling to the idea that as long I can remember how to run this program, I can’t be showing signs of Alzheimer! That’s the one thing that keeps me interested in the computer...providing that I’m not a lost cause!” Dorothy Hanley

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.

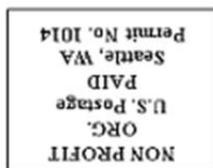
The most frequent inquiries at WICS are for clarification of the grief process (are my feelings normal or am I losing my mind?), and for help dealing with loneliness.

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

Phone: 206-241-5650

Website: www.kcwics.org

Return Service Requested



Cruisin' Through the Tropics

Auction, BINGO! and Dinner

Nov. 5th 2011, 5-9pm

St. John the Baptist Church: 25810 - 156th Ave SE, Covington



*Ever visited a tropical paradise?
Ever been on a cruise?*



Enjoy getting together with friends and family for the annual WICS auction, dinner, and bingo night on Nov 5th. This year's theme is "Cruisin' Through the Tropics." This is one of WICS most successful fundraisers. Last year, WICS supporters raised over \$7,000! This year's goal is \$10,000, but we can only do it with YOUR help!

The call-out right now is for people to start thinking about basket items and themes. Garage sales are great places for picking up items, which are new or nearly new, putting together into baskets or ecological, re-usable containers. It's also the start of "End of Summer" sales, too, for great bargains. It will be the same format as last year: completed baskets, not sending parts and pieces to Tally to package.**

Stuck for ideas? Think outside the "basket."

1. Donate a "gift" magazine subscription.
2. Ask services providers you know and use, i.e. manicurists, hair stylists, chiropractor, housekeeping, handyman/woman, window washing, junk hauling, yard/gardening maintenance, auto mechanics if they would donate. (See #5 below, too.)
3. Donate time at your cabin or time-share.
4. Ask your favorite restaurant providers if they would give a discount (e.g. \$5-25 off bill) or a "2-for-1" price.
5. Donate money to pay for hourly service providers, so we can pre-pay them.
6. Fully stamped espresso cards, which are worth one free drink, can be attached to another basket to enhance its value.

****If you have any questions, ideas, items ready for donation, contact auction chairperson, Tally Reynolds (an Eastsider) 425-681-0241 or ibtally22@gmail.com**

For more information about BINGO! or dinner please contact Sara at saraacree@comcast.net

The price will be the same as last year: \$40 (\$25 of which is a tax-deductible donation), which includes dinner, BINGO! and the opportunity to bid on all of our wonderful auction items!

Please RSVP by Nov 1st so we have an accurate count for dinner.

Payments can be made via cash, check or credit card:

Name: _____

Address: _____

City _____ State _____ Zip code _____

Phone number: _____

I want to make # _____ reservations, at \$40 each, for a total of \$ _____

I can not come, but here is my donation for \$ _____

Enclosed is a check made payable to WICS for _____

I want to use my credit card: (circle one) Visa MasterCard

Credit card number: _____

Name as it appears on the card: _____

Expiration date: _____

Zip code of the billing address on the card _____

Three digit code from back of card: _____

Signature: _____

Please mail this form to WICS at P.O. Box 66896 Seattle WA 98166

North

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

Aug 5 - Wedgewood Broiler
8515 - 35th Avenue NE
206.527.2676

August 12 - 125th Street Grill
12255 Aurora Avenue N
206.363.8950

August 19 - Greenwood Senior Center
525 N 85th Street
206.297.0875

August 26- Las Margaritas
14356 Aurora Ave N
206.362.7527

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

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:

Pancake Chef
152nd & International Blvd
206.431.9411

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

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 Al &
Darlene Munroe on Sunday,
August 28th, at 1pm.**

**To RSVP and sign up for pot-
luck menu choices please
phone Darlene at 360.893.2125
or Kathy at 425.454.2981**

Hope to see you there.



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: _____

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