



WICS Newsletter

Widowed Information and Consultation Services

December 2011

From Margarita Suarez, Executive Director & Tally Ann Reynolds

You make it happen--we are at the end of 2011 and we have had a good year. We continue with our support groups that are a life line for so many people. We had support in and from the office through the year. We had a Seabeck Annual Retreat that gave support, connections and rest/relaxation to the participants and for the children program. We had the facilitators training with Dr. Bob Baugher. We have our monthly Newsletter and our website for information and connections; we had our fund raising in the spring and now in November we had our fall "Cruisin through the Tropics," and so we want to end the year with this Auction/dinner/Bingo report from Tally Reynolds...

Post Auction 2011

"Cruisin' Through the Tropics" was a wild and successful ride for the attendees of the fall auction-dinner-bingo fundraiser in Covington on Nov. 5. Attendees had over 160 possible silent auction items upon which to bid. It was a time that people learned, "Ask and you shall receive," when soliciting contributions from businesses, family, and friends. Over 27 business contributed services or gift certificate/cards.... Live Auction brought forth week stays in Matzatlan (Claudia Jacobus, Covington), Puerto Vallarta (Holly Finkeiner, Bellevue), and Ocean Shores (Gaylen Roseberg, Renton). Thanks to Skippers Craig Ashcroft, Tom Johnson, and Alex Weinert for the sailing trips, New & Not (private gift basket making group) for 10 completed baskets, and Donna Gentry-Hayward for donating the night stay in La Conner. Besides the Auction we had the wonderful meal from Apogee Pub & Restaurant (Renton) and

again the fun with Bingo and the poker hand game...

The goal was \$10,000 (gross). With money/paperwork still trickling in, at the last count, membership raised \$9,479 (gross)...Truly, the people of WICS answered the call to "Give Back and Sustain WICS" by richly contributing to this fundraiser. Updated total will be posted on the website and in the next newsletter. And you still can join the effort to reach the goal of \$10,000 by making an end of the year contribution, a gift of love...

"There are so many individuals who gave baskets, time, energy, and assistance to this fundraiser," From those who helped to get things ready, to those who helped at the event itself..Tally Reynolds, Auction Chair, remarked, "that I could be writing 'thank-you'd' well into December." So many people made this evening a success, many in the background. Special thanks to basket donators, solicitors of business gifts, set-up, front desk, and take-down help, attendees who bid often and purchase many items, and friends who helped put baskets and paperwork in order at Tally's home. Finally, a note of appreciation for the well-wishes and cash donations to WICS. Some of you were not able to attend, yet we felt your energy and support. (And thanks for listening to auction presentations for so many weeks. ☺)

We are asking all of you to please support the businesses which generously supported the auction this fall. When calling or shopping, let them know you are a part of WICS and appreciate their contribution. (Please see web newsletter for more details)

Ivar's Restaurant – Seattle Waterfront
Dr. Kosnoski – Auburn Vision Clinic
Igor Teslenko – Handyman & Remodeler
Marlaina Mohr – Saks Salon (Bellevue)
Kate Casey – Yoga Instructor (Bellevue)
Anthony's Homeport – Shilshole
Zoëyogurt – Seattle
Coho Café – Issaquah & Redmond
Gilbert's on Main – Bellevue
The Ductologist – Renton
Reber Ranch – Kent
Great Clips – Federal Way
Premier Moving Company

The Redhook Ale Brewery – Woodinville
Craig Faulkner – Maintenance Support Systems
Lori Birnie – House Cleaning (Eastside)
Spooners Famrs – Puyallup
Tutta Bella – Issaquah, Columbia City, Seattle
Anthony's Restaurants – All Locations
Pogacha Restaurant – Bellevue
Brix Wine Café – Kirkland
Greg's Japanese Auto Repair Shops
Immaculate Concepts Cleaning Services
Nail & Hair Creation – Federal Way
Sunsational Tanning & Spa – Kent
Rottles Clothing & Shoes

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

Gifts of Love

In memory of **Donald Kazama**: 25th Anniversary when cancer won the fight, Sept. 21, 1986; from Sally who was helped by WICS in 1987 to stand tall again.

In memory of **Vic Armstrong** – It was an honor and privilege to know him. He will be missed. – Molly and Arnie Sitton

In loving memory of **Vic Armstrong** honoring the many years of love and support from Vic and Audrey Armstrong from your many loving friends at WICS-WEDS

In memory of **Judy Bardeleben, Don Hay, and Jim Cone**
From Damon ("Bart") and Nancy Bardeleben.

Keeping with the spirit of giving back to WICS and the goal of \$10,000 for this year's fund-raising, please consider sending a contribution to WICS as the end of the year 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.**


Windermere
REAL ESTATE

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.

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

We all know that the holidays can be difficult so here are two articles from the collection of Dorothy Hanley's book. Here are several hints for the holidays in general.

This is the the dread 'holiday season'; It stretches before you like the Sahara- there seems to be no end in sight- how can you possibly get through this time of 'joy and good will'-when you'd like to get in bed and pull the covers over your head and not come out for a couple of months.

You have already made it through some of the toughest times you've ever seen - didn't really think you'd get this far, did you? Seemed impossible to live once this nightmare began - yet, here you are. So you've proved one thing - while you're not as strong as your friends would like to believe, you are stronger than you thought at the beginning of the process.

Getting through the holidays is hard, there's no denying it, but you can make it. We've all had to struggle through the first year of those special days, yet we made it, and so can you.

There are choices:

- you can pretend they are days just like any other and scrub the floor or clean the oven- ...
- ask some close friends or family to spend the day, or accept an invitation to be with family or friends (the ones you can be yourself with)
- you can run away to another place (the ocean or the mountains or whatever).
- Regardless of what you decide you can handle, there's every possibility you will/could fall apart at some point - and that is ok. Remember that crying is part of the healing and that can't be wrong, even if it makes other people uncomfortable.

Take heart, nothing lasts forever - it sometimes just seems that way! On January 2nd, you will breathe a sigh of relief and say, "I made it through...oh damn the next thing is Valentine's Day"...and you will make it through that, too.

Holiday Hints

Taken from Dorothy Hanley's book: Seasons of Grief

A few ideas for getting through the holidays more easily. It is a difficult time for anyone who has lived through a life change. Perhaps these hints will make the holiday blues a little easier to deal with.

DO SOMETHING FOR YOURSELF - Get as much rest as you can and attempt to keep the stress level low. Buy yourself a present; take a leisurely bath, light candles, read a good book. Eat at least one good meal a day, and be careful with liquor consumption.

SURROUND YOURSELF WITH LOVING SUPPORTIVE PEOPLE - you know who they are. Don't let people push you to do things you don't want to do or go places that will add to your discomfort.

ALLOW TEARS - Holiday times are emotional times and particular difficult if this is your first (or other years) big holiday without your loved one. Express your feelings without worrying that you will make others uncomfortable.

REMEMBER YOUR LOVED ONE - Do something special, like a memorial gift to a charity, take a wreath or flowers to the cemetery, If you put a tree, buy a tree ornament as a memorial or light a candle.

DON'T GO OVERBOARD- expensive gifts won't make up to the children the loss of a parent. Sometimes we feel we must do something to fill the void in their lives, but bankrupting the family won't help

IT WILL BE DIFFICULT, BUT YOU WILL GET THROUGH - Anxiety and anticipation are often much worse than the holiday itself. You've many bad days since the death of your loved one, you know you can get through a few more, Take heart, next year will/could be easier.

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.

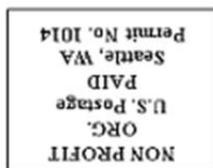
The most frequent inquiries at WICS are for clarification of the grief process (are my feelings normal or am I losing my mind?), and for help dealing with loneliness.

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

Phone: 206-241-5650

Website: www.kcwics.org

Return Service Requested



North

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

December 2 - *Wedgewood Broiler*

8515 - 35th Avenue NE
206.527.2676

December 9 - *Las Margaritas*

14356 Aurora Ave N
206.362.7527

December 16 - *Greenwood Senior Center*

525 N 85th Street
206.297.0875

December 23 - *IHOP*

10002 Aurora Avenue N
206.517.4467

December 30 - *Colonial Pantry*

9627 Firdale Ave, Edmonds
206.546.8155

January 6 - *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:

Black Bear Diner
32065 Pacific Hwy So
Federal Way, WA
253.945.8332

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.

WICS Weds

For information on this month's
meeting of **WICS-Weds** (a
support group for those who
have remarried or are in a
coupled relationship) please
call

Diane 253.839.5453

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

*Wishing you a
meaningful
and peaceful
Holiday Season*

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

We, at WICS would like to send out a HUGE thank you to the following businesses. Please show them your support the same way they have shown us theirs!

- Ivar's Restaurants: (Ms. Bonnie Sanchez, Seattle waterfront Ivar's)
- The Redhook Ale Brewery (Ms. Sheri Stark, Woodinville): 14300 NE 145th St., Woodinville, WA 98072-9045
- Dr. Kosnoski, Auburn Vision Clinic, 604 E Main Street, Auburn, WA 98002, www.kosnoskieye.com
- Craig Faulkner, Maintenance Support Systems, 206-406-3232, 739 N. 103rd, Seattle, WA 98133
- Igor Teslenko, Handyman & Remodeler, 253-820-4241
- Lori Birnie, House Cleaning (Eastside), 206-355-2563
- Marlaina Mohr, Hair Stylist, Saks Salon, Bellevue, 425-466-2814
- Spooner Farms, Ms. Andrea Spooner, 9710 SR 162, Puyallup, WA 98374 (253-845-5519)
- Kate Casey, yoga instructor,(Bellevue) 425-643-0420
- Tutta Bella, Issaquah, Columbia City, Seattle
- Anthony's Homeport, Shilshole, manager John Smart
- Anthony's Restaurants-any location
- Zoëyogurt, owner Donna Hudson,6900 E. Green Lake Way, N., Seattle, WA 98115
- Pogacha Restaurant, 119-106th Ave NE, Bellevue, WA 98004, Manager Brad Cassidy
- Coho Café, Issaquah and Redmond, Manager Kara Szgeti, Redmond
- Brix Wine Café, 9749 NE 119th Way, Kirkland, WA 98034
- Gilbert's on Main, Bellevue
- Greg's Japanese Auto Repair Shops
- The Ductologist (duct cleaning) 207 Lyons, Ave NE, Renton, WA 98059, 206-397-6336
- Immaculate Concepts Cleaning Services, Owner Michelle Minnert, 425-828-6942
- Reber Ranch, Kent
- Nail & Hair Creation, 1105 South 348 St., Federal Way, 98003
- Great Clips, Federal Way, Darla Sylte-Jorgenson
- Sunsational Tanning and Spa, Kent
- Premier Moving Company, owner Diane Boutcher, 425-482-9667
- Rottles Clothing and Shoes