



WICS Newsletter

Widowed Information and Consultation Services

January/February 2012

From Margarita Suarez, Executive Director

Welcome to 2012!

As a new year comes we are working on trying some new things and one of them is to have the Newsletter every other month so this one is for January and February.

We will have a monthly Bulletin that will be published on our Website and that will also be emailed to the contact people for each support group.

The Newsletter format will be similar to the previous formats with page one for general information, and at times, the beginning of special articles. Page 2 will have gifts of love (which will also be posted on the monthly bulletins) and events; then page three for articles.

The Board has changed its meetings to every other month, on even months, and has changed the place to a more central location. We hope this will encourage others to become Board Members. The next meeting will be Saturday, Feb 11, at 9am at the Denny's in Renton on NE Lake Washington Blvd. For more details, please see the January Bulletin.

Seabeck dates have been set for June 1, 2, 3, and our Auction/Fund-raising date will be Saturday Nov. 3. It will probably be 11:30am to make it easier for people to drive, etc. For more details read page 2 and/or go to the Website for the January Bulletin.

Articles: We have been using articles from Dorothy Hanley who used to write the WICS Newsletter for many years. She used her own wisdom and understanding of the journey of widowhood. In the two articles here for this Newsletter, about New Year's and Valentine's Day she shows her understanding of the process. She also encourages each of us to take on the responsibility of the journey. At the same time Dorothy also knew the importance of the support needed for this journey "There

are no road maps for this journey through pain. Everyone to his/her own road, and in his/her own time. It's frustrating that there's no specific way to make this trip, but we each must find our own way. WICS is here to help, not to tell you how, just to guide a little and be there with a hug when the going is rough and you need encouragement."

New Year

What does 'new year' mean to you? Somehow, we've developed the idea that January means clean slate - everything will be different - the trials and tribulations of the old year will disappear, and things will magically become better.

That magic 'new year' is somewhat akin to 'the first anniversary in widowhood. Many think that's the magic time when everything will fall into place, there will be no more tears, and life becomes beautiful.

Sorry! There is no magic; if anything is to happen in our lives we must be the moving force. It's making the decision to live through the most difficult period of your life - that's the basic step, and then realizing that hiding or running won't make things better, then making the decision to recognize that it's up to each of us to make our lives what we want them to be.

A heavy load? Certainly, it can be. Once more - attitude has much to do with how difficult rebuilding your life will be. If you decide you don't want the responsibility, if you want someone else to be the deciding factor in whether or not your life will be satisfying, you can wait for someone to come along and make things right. You may wait for a long, long while though. If instead you decide to assume responsibility for your life, you may be surprised to find that it's not what others do that makes your life good, it's what you do!

(Continued on page 3)

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 **James Hudelson** from Diane Hudelson Bingham

In memory of **Jeff Keller** from Bob & Kris Baugher

2012 Events:

Board Meetings: Will be held on even months starting in February on the second Saturday of the month and have been moved to a more central location.

Next meeting: Saturday, February 11th

Time: 9:00am

Location: Denny's in Renton – 4750 NE Lake Washington Blvd, Renton

Directions: Exit 7 from I-405

Phone: 425.226.7052

Seabeck: June 1-3...Stay tuned for more information. Please save the dates and encourage others to come.

Fund-Raising: We have plans in the works for two fund-raisers this year. So far we have an **Auction/Meal Committee** and Tally Reynolds is the chair. Although it is early, Tally R has already sent the following information:

Date: Saturday, November 3rd

Time: probably 11:30am (due to feedback we have decided to make it earlier in the day in an effort to make it easier for more people to come)

Location: The auction committee is looking for a new location on the Eastside.

Contact Tally for more information or to offer assistance:
ibtally22@gmail.com or 425.681.0241

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.

February: Valentine's Day

“Valentine's Day...oh yuk! Everywhere you look there are hearts and flowers. Advertisements with pictures of couples holding hands, touching, kissing; How dare they? Don't they know that hurts? Don't they know that there are people out here who would kill to hold hands or be kissed by the person who is gone? I think I'll just go to bed and stay there till Feb 15th so I won't have to see any more of that stuff!”

Well, it isn't just Valentine's Day, you know. In this day and age, nuzzling is everywhere; you can't escape it! I feel a twinge of envy every time I see gray haired people holding hands as they walk. Bill and I used to hold hands (or little fingers) everywhere we went and I miss it. I had planned to grow old holding his hand, but it's not going to happen.

Short of hiding away forever, not watching TV and avoiding people, there is no way to insure never seeing shows of affection. Regardless of what happens to us life goes on. There will always be something out there which will strike a nerve. It takes time to develop a little thicker skin, to be able to look at life all around us calmly and with the understanding that it won't stop because of our problems so it is up to us to adjust. The world won't change just because we want it to! Take heart!

As stated on page 1, this article and the New Year excerpt on page 1 were written by Dorothy Hanley

Health Tip:

Imagine growing old without arthritis, back pain, cataracts, osteoporosis or memory loss.

Imagine knowing the best way to reduce your risk of cancer, type 2 diabetes and heart disease indefinitely.

Imagine being able to remain active, enthusiastic and young at heart well into your 70s, 80s and 90s... without turning your life upside down, without crazy health regimes, without pointless dieting or exercise programs.

Speed up weight loss by sniffing.

Research shows that smell may influence your sense of fullness more than the amount of food you eat. To accelerate your weight loss:

- Smell your food.
- Chew it slowly to appreciate the flavor and texture.
- Eat hot food while they are hot to maximize the aroma vapors, but skip the vinegar pills. There's no good evidence that apple-cider vinegar supplements marketed for weight loss work.
- Cutting calories at breakfast to lose weight doesn't work. People who skip breakfast to save calories actually increase their risk of weight gain. Studies have found that people who habitually missed the morning meal were four times more likely to be obese.
- Eat apricots, tomatoes and watermelon to reduce cancer risk but don't waste your money on shark's cartilage. This fishy remedy doesn't work for treating cancer, and it can cost \$1,000 a year.

Borrowed from Lake Burien Presbyterian Church December 2011 Newsletter

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.

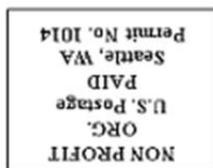
The most frequent inquiries at WICS are for clarification of the grief process (are my feelings normal or am I losing my mind?), and for help dealing with loneliness.

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

Phone: 206-241-5650

Website: www.kcwics.org

Return Service Requested



Jan/Feb 2012
WICS Newsletter
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.

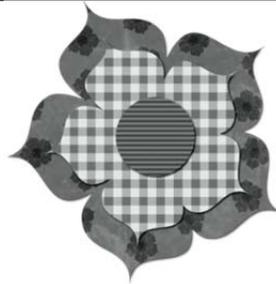
Kirkland - Dinner at 5 p.m. on the fourth Monday of each month. For more info please contact:

Deena Chavez:
425.643.8081

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



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 applies 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

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