



*the flame
still burns*

WICS Newsletter

Widowed Information and Consultation Services

February 2011

From Margarita Suarez, Executive Director

February is the month when we start to be aware of how we are doing with the resolutions and plans we made in January. February also brings its own special celebration – Valentine’s Day; a celebration that has evolved with the giving and receiving of cards to friends, children, grandchildren, and others we love. We will talk about all of this later.

I want to start by thanking Jeanie Burns who has been our Newsletter Layout Editor and welcome Alisha McFadden-Kaniu as our new Layout Editor. There is a lot to tell you about our Alisha so I will be interviewing her for our March Newsletter and once she has gotten more used to working with us, she share some of her ideas for the Newsletter.

Now, on to Valentine’s Day and Resolutions...

How did Valentine’s Day get started?

According to the Catholic Encyclopedia, a long time ago, there were at least three saints named “Valentine.” Very little is known about the first two, and nothing about the third one. What we know about them is mixed with legend, but what is important is that both showed love and caring for others. Even if we may never know the whole truth we do know that February 14th has become

the month for showing caring, love and friendship. This day may bring past memories and increase the feelings of loneliness; just as with other special days and anniversaries it seems to help to be aware of your feelings and to celebrate in a “new” way the gifts you gave and the gifts you have received from that special person who was and continues, but in a different way, to be a part of your life...

Resolutions:

I want to share some of the ideas I found for how to keep our resolutions and plans for 2011. The first step is to make just a few resolutions; one of the writers suggested 3-4 at the most. Here are the top ten steps to keeping your resolutions:

- 1) **Plan:** break the resolution(s) into steps...one step at the time.
- 2) **Write them down:** this will help to make them clear and to focus on the steps
- 3) **Post them:** this allows you to have them in front of you; one suggestion was to read them early in the morning.
- 4) **Reward yourself:** give yourself something special when you cross a milestone or survive a particularly difficult period in your journey for achieving your resolution.
- 5) **Don’t do it alone:** it is ok to ask for help and support; this could be a friend or, at times, you may want to check with an expert, or a coach. The importance of this person is that he/she can encourage you while at the same time gently holding you accountable.
- 6) **Visualize success:** spend time visualizing the end results and the success of each step, as well as how it will feel once you have accomplished your goals.
- 7) **Give it time:** according to one writer it takes about 21 days to create a habit and about six months for it to actually become part of your life. Sometimes it takes longer.
- 8) **Take action:** do this every morning; ask yourself “What can I do today?”
- 9) **Review your goals and be open to flexibility:** this idea was a surprise to me; but it suggests that your goals may be different in April than they were in January.
- 10) **Keep a journal:** this is easy for some, but for many is it difficult. It will help to identify what you feel is blocking you as well as recognize your positive steps. Celebrate your achievements as you work on your resolutions.

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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Larry Dixon, Director

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Gifts of Love

In memory of Kathy Tarabochia from Richar Tarabochia

In memory of Eleanor Albrecht from Jack B. Albrecht

In memory of my mom Mom, Anne Halleman, from GERALYN Topalanchik

2011 Events:

Spring Fundraising Event:

This event has been tentatively scheduled for **April 2, 2011**. The idea is a dinner and Bingo. Please contact John at johnh@winest.com or Le at saraacree@comcast.net if you are interested in helping and or have ideas and questions.

November Auction/Bingo fundraising:

We continue to work on this successful event. Tally Reynolds is working as the chair for the Silent Auction, and Margarita has started a committee to handle all of the details. If you want to support and join us in this fun fundraising project, please contact Tally at ibtally22@gmail.com or Margarita at wicsoffice@qwestoffice.net.

Seabeck

It is not too early to start planning to come to Seabeck, **June 3, 4, and 5, 2011**. Margarita and Yola have started to work on this, and are already working with Marge Tomlinson from *The Compassionate Friends*, on the program. If you are interested in helping, or for more information, please contact Yola or Margarita at wicsoffice@qwestoffice.net.

Training for Facilitators

We will have another inspiring and practical training with Dr. Bob Baugher this year. He will be on a sabbatical from HCC, but has agreed to do this for us. The training will probably be in September or October, so let us know about your ideas or questions, or if you plan to come. Remember this is for anyone who may be new and want to become a facilitator, for someone who wants a review, and or for someone who is not yet sure if he or she wants to be a facilitator.

Website

Please continue to check our www.kcwics.org for additions and update.

Remember...

...our new email address is wicsoffice@qwestoffice.net.

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



www.dignitymemorial.com

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

Forest Lawn Funeral Home & Cemetery

Yarrington's Funeral Home

Acacia Memorial Park & Funeral Home

DVD Resource: Men and Grief DVD

Dr. Bob Baugher was able to put the video of *Men and Grief*, an interview of eight men and their grief, in a wonderful easy to use DVD. It is for sale through WICS for \$25 plus applicable tax. Bob was the one who interviewed the eight men.

This is what Bob wrote on the back of the DVD:

This is a DVD with eight touching views of grief from men who have walked its path. They talk about how they have painfully lost wives, children, siblings, parent and friends. Through their sharing we get a better understanding of what to expect as our own grief unfolds.

Topics Include:

- **Men and Grief Introduction**
- **Society's Response**
- **Anger**
- **Avoidance vs. Dealing with Grief**
- **Denial and Triggers**
- **Sexuality**
- **Crisis and Crazy's**
- **Similarities and Differences**
- **Credits**

"This is a powerful DVD. Eight bereaved men of extraordinary courage allow us an honest glimpse into their very souls. It takes real guts to break through all of society's grief and 'tell it like it is.' Don't watch this one unless you're truly brave enough to square off against the reality of pain with truth, wisdom, and compassion. Bravo to eight terrific role models!"
Andrea Gambill, Editor, *Grief Digest - A Centering Corporation Resource*.

By the way one of these eight brave men is John Hanson, and remember, the interviewer is Bob Baugher so each of them can give you more information before and after you see the DVD.

How to have fun

- 🔔 Clear your schedule
- 🔔 Clear your mind
- 🔔 Smile and talk to strangers
- 🔔 Appreciate wrinkles
- 🔔 Get out of town in the middle of the week
- 🔔 Go outside in the middle of the night
- 🔔 Skip down the street
- 🔔 Change a rule
- 🔔 Wear bright colors and plaid with polka dots
- 🔔 Learn to tango
- 🔔 Give yourself a party for no apparent reason
- 🔔 Whistle
- 🔔 Paint rainbows and give them away
- 🔔 Say it simply
- 🔔 Forgive freely
- 🔔 Sing with gusto
- 🔔 Laugh loudly
- 🔔 Stand up and speak out
- 🔔 Count miracles
- 🔔 Call your friends by love names
- 🔔 Take a few piano lessons
- 🔔 Fly to Bali to look at the moon
- 🔔 Treat folks gently
- 🔔 Sleep under the stars
- 🔔 Stay in bed for a day
- 🔔 Wonder
- 🔔 Let others do for you
- 🔔 Slow down, sit down, then get up and get going.



North

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

February 4 - Wedgewood Broiler

8515 - 35th Avenue NE
206.527.2676

February 11 - IHOP

10002 Aurora Avenue N
206.517.4467

February 18 - Greenwood Senior Center

525 N 85th Street
206.297.0875

February 25 - Marie Callender

9538 - 1st Avenue NE
206.526.5785

March 4 - 125th Street Grill

12255 Aurora Avenue N
206.363.8950

South

9 a.m. every Saturday.
No reservation, come by and ask For WICS table. Thanks to **Ellen Fawcett** for these arrangements.

February 5 - Denny's at SeaTac

17206 International Blvd.
206.246.6076

February 12 - Wild Wheat Bakery

202 - 1st Avenue S, Kent
253.856.8919

February 19 - I-Hop

810 Rainier Ave S, Renton
425.226.8697

February 26 - Tuscany at Des Moines Creek

21830 Marine View Dr S, Des Moines
206.878.3855

March 5 - Old Country Buffet

31711 Pacific Hwy S, Federal Way
253.941.9860

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 6 p.m. on the fourth Monday of each month. Call **Deena Chavez** at 425.643.8081 for information.

Federal Way

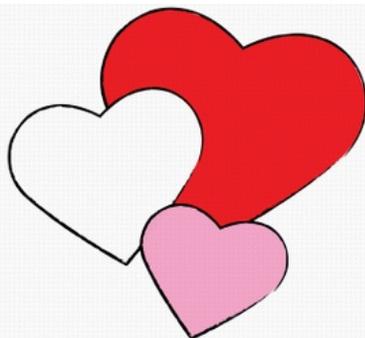
Dinners are on the second Monday of each month at 5:30 p.m.

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 **Valentine Brunch** at the home of **Vic and Audrey Armstrong**, Sunday, February 13th at 1pm.

To **RSVP** and sign up for pot luck menu choices please phone **Audrey** at 206.362.8175. Hope to see you there.



Happy Valentine's Day

Subscriber Form

Name: _____ Phone: _____

Address: _____

Return to: **WICS, P.O. Box 66896, Seattle, WA 98166**

Subscription: **\$25 per year**



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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

35451 - 1st Ave. S – Fairfield Building, Village Green Retirement Home

Contact: Wanda (wcolvin7@comcast.net); 253.874.5452

KIRKLAND: At this time, Kirkland is not having any meetings except for dinner at 6 p.m. on the first Monday of each month.

Contact: Deena (gkondos@comcast.net); 425.643.8081, best to call 3-8 p.m.

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

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.

Website: www.kcwics.org

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