



# WICS Newsletter

Widowed Information and Consultation Services

May - June 2012

From Margarita Suarez, Executive Director

Summer seems to be a time for rest and relaxation, to work on the yard and garden, for trips and visits with friends and family... And so this newsletter may be a little different. And keeping with the mood of the summer and support for WICS, we want to have a fun-fund-raising raffle between now and August 20.

## 2012 WICS RAFFLE OPPORTUNITY

You can win!

1. Silver Cloud Inn, at Eastgate -Bellevue. A one night for two with \$30 gift certificate for breakfast; you can go to their website to have your own virtual tour of the hotel.
2. Maple Wood Golf Course: 4 gift cards; two \$31 value each (18 holes, Monday-Friday) and two \$22 value each (9 holes any day of the week). Since you will get all 4 cards you can use them in any combination you may want to use them. That is you can combine the money and be able to play the 18 holes on a weekend. Once you win you can call and get times etc... Address 4050 Maple Valley Highway, Renton, WA 98058; 425.6800
3. Anthony Restaurant: \$50 gift certificate to Anthony Restaurant and you can use it in any of their many locations which are all over: Kirkland, Edmonds, Seattle(several), Des Moines, Bremerton, Tacoma, Lynnwood, Gig Harbor, Everett, Olympia, Bellingham, Richland,, and Spokane:
4. Barnes & Noble: \$25 gift card to one of the favorite book store...

Price: \$2 per tickets

Drawing Day: August 20 ... so you want to enter the raffle soon!

Winners Notification: winners will be notified by phone

Included here you will find ten (10) \$2 raffle tickets, in a WICS return envelope.

You can call the office for more tickets, and for those going to Support Groups check with your facilitators for more tickets.

### Instructions:

1. Please fill clearly on top part of the ticket, name, address and phone number of buyer. This is the part that you will send to us for the drawing.
2. Keep and or give buyer the lower part of the ticket.
3. In the enclosed WICS envelope (a) write your return address;(b) enclose the sold tickets with the part you have filled in the name etc.(c) enclose your check for the tickets.
4. Call office for more tickets or any question: 206 241 5650

**Thanks** to the prize donors, and to all of you who participate in this raffle for your support to the work of WICS.

# 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 celebration of the marriage of **John and Kathy Ashmun** from Lou Ann Tarnow

In memory of **Cliff Logan**

## 2012 Events

### Seabeck 2012

2012 Seabeck was an incredible event for connections, rest and relaxation, and presentations... See brief report on page 3...and stay tuned for dates for 2013...

### Raffle- Starting now till August 20

Act fast in getting your tickets for a chance of special prizes...your chance to have fun by winning prizes for only \$2./ticket...(see p1)

### Facilitators Training- Saturday Oct. 20

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 a very good review and re-learning for all of us... For more information call the office 206.241.5650.

### Fall Fun-Fund Raising Event: November 17 Time: 11:30 am to 4:30 pm

Event: Luncheon- Auction- Bingo! We will continue to keep you informed...remember summer is a good time to start collecting items...

Place: St. Andrew's Lutheran Church, Bellevue

Contact Tally R. Reynolds for more information and to help with the event: [ibtally22@gmail.com](mailto:ibtally22@gmail.com); Cell: 425.681.0241



[www.windermere.com](http://www.windermere.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.

This is all for now. Stay tuned and check our website, [www.kcwics.org](http://www.kcwics.org), for updates.

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

## **WICS a place for mending broken hearts**

This quote: a place for mending broken hearts comes from J.A. Jance  
As you all may know we had the Annual Retreat at Seabeck on June 1-2-3. And also as we announced earlier we had as presenters again Betty McLain and for the first time mystery writer J.A. Jance. What is interesting about this is that both of them had connected with WICS in the first years of WICS...and to top this we had Diane Bingham (WICS cofounder) attending on Saturday. So we had three of the people from the early years, some people that have been with WICS for several years and then other newer to WICS and who were attending Seabeck for the first time!

We believe that Seabeck was a very successful experience and we are still high about how well it went. There will be more information and details, once we review the evaluations. This experience Seabeck showed us the life line/ continuity of WICS, and in celebration of WICS work, we want to use one of Dorothy Hanley articles:

### **Sounds Crazy to Me!** **By Dorothy Hanley (1991)**

“That’s what someone in a doctor’s office said to me seventeen years ago when WICS was getting under way. “What’s the matter with people who can’t deal with their own problems- they are just lazy and stupid!”

Seventeen years ago when Wendy Morgan and Diane Bingham decided to take the leap toward establishing a support group for widowed men and women, there was only one name in the field, Phyllis Silverman in Boston. She pioneered the idea of widowed people supporting one another as a way to somewhat smooth the path of grief. Virtually no books on grief and bereavement existed- it was an area that was totally unexplored. It’s difficult enough to talk to people about death now- then it was virtually impossible.”

(Dorothy then shared about the upcoming conference of World Gathering on Bereavement coming up that year and how that symbolized the progress WICS has made; and the success of this conference because of the large number of presenters and participants...)

“Well we’ve come a long way. We’ve watched people begin to realize that support for the grieving can be extremely helpful- that the old stiff upper lip doesn’t work, but sharing and openness does. We’ve come from no books to whole rooms full; from snickers to recognition and appreciation. (Has this field become an industry?) Not bad for *some* crazy widows (and a therapist) who apparently couldn’t deal with their problems...”

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**2012-** So we wonder what Dorothy would say if she could see WICS now at 2012:

The six support groups	Facilitators
Volunteers	Training
Seabeck	Fundraising events
And the many people who have benefited from WICS	

# 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.

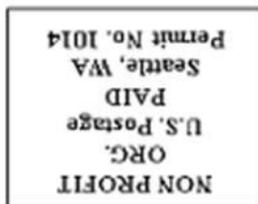
The most frequent inquiries at WICS are for clarification of the grief process (are my feelings normal or am I losing my mind?), and for help dealing with loneliness.

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

Phone: 206-241-5650

Website: [www.kcwics.org](http://www.kcwics.org)

**Return Service Requested**



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P.O. 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



### 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](mailto:dwarne3400@aol.com)

**BELLEVUE:** 7 p.m. Mondays  
10420 S.E. 11th St. – Pilgrim Lutheran Church (Corner 11th St. & Bellevue Way)  
Contact: Kathy ([clancyKa@comcast.net](mailto:clancyKa@comcast.net)) at 425.653.7209 - best to call M. W. F. during the day - or Holly at 425.999.6300

**COVINGTON:** 7 p.m. Tuesdays  
25810 – 156th Ave SE, St. John the Baptist Catholic Church  
Contact: Le ([saraacree@comcast.net](mailto: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. Please join us at the Bellevue meeting or contact Amy via email at [wiljar2006@yahoo.com](mailto:wiljar2006@yahoo.com). You can also call Holly at 425.999.6300

**RENTON:** 12:30 p.m. Wednesdays.  
211 Burnett North, Renton Senior Center  
Contact: Burnie ([burnie@comcast.net](mailto: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*