



WICS Newsletter

Widowed Information and Consultation Services

October 2012

From Margarita Suarez, Executive Director

We want to dedicate this newsletter to the “support” that we have/give at Wics. We want to share with you two personal experiences; one from someone new at WICS and one from one of our first facilitators - Dorothy Hanley. Please note this note is published with permission of the writer.

A Note of Thanks

“Sept.11.2011, at 8:10 am. This morning one year ago, my world was turned upside down...my husband’s last words to me were...”O God...something is happening “. From then my life has changed. He was my rock and my true sole mate. It felt that for the next few months I was walking in a fog...could not figure out why things were happening...I came to WICS in February of this year and began the process of rebuilding my life and trying to heal part of the Big hole in my heart. I still have very tough days, but they are getting less. Some days I feel like I can make it through the day without tears...but I know if I do cry it will make me feel better. I have learned a lot about how things are supposed to work and I am the one to make it happen. Some days things go by without a hitch .At first I was afraid to laugh or smile, but as time is going by, I seem to be able to do this without feeling bad. I think I am going to be able to make it...I am so thankful for all the new friends I have made in 7 months at WICS. In a big part you folks are the ones that helped me get back on my feet and you have always had my back. I am very grateful for what you folks have done to help me. Thank you and God bless. Patty Brown.” PS Patty’s husband name was Charlie Brown, and they called him the “Original Charlie Brown”

Change is Difficult, No Matter when or how!

By Dorothy Hanley

You’ve have suffered the most difficult changes that can come into your life- the death of a prime person. The hole in your heart left by that person won’t fill in easily.

You may (mistakenly) think that the hole can be filled by another person, but it doesn’t work that way. I remembered talking to a man who had remarried-his present wife still worked. He told me that every day when she left for work, he cried- dumb me- I said ‘but you know she’s coming home.’ He replied, ‘not this wife, my first wife’.

Change of any kind is discombobulating-some just more than others. We are creatures of habit. If you’re used to parking in a certain place and that place is not available, when you depart the store, you may still turn in the usual direction. Getting used to new wallet if you’ve lost the old one, or if the powers that be, decide to discontinue a product, for a while you’ll be still looking for the familiar.

When a loved one dies, the world is turned upside down. Everything that is familiar looks different, people appear to be different, and your world is a strange and upsetting place. You frantically look for something familiar, someone who can make it all go away, bring back the life as it was.

The truth is nothing can make life as it was, it is changed forever. At some point, you will reach the conclusion that much as you want to return to way life was, it’s up to you to determine what life will be.

Even though you have suffered the greatest loss, and have found to your horror that this one loss has led to many others, WICS can provide you with proof that life does go on. Difficult as it may be, you are now in the driver’s seat, and you control what your life will become.

WICS has tried to make its transition as painless for you as possible. For many, this is the only rock to cling to, and we want you to know that whatever comes, we will do everything in our power to maintain a steady, reliable course to support you through the storms of grief...

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

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Margarita Suarez

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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.

2012 Events:

Board Meeting: If you want to attend the next Board Meeting, please contact John Hanson, President, at johnh@winest.com for more information.

Raffle: Thank you to all who participated. The total number of tickets sold was 406...The prizes were drawn August 23 and winners have already been notified. We did not ask for permission to publish names so we will not do that. Remember the prizes were: one night lodging and breakfast at the Silver Cloud Inn in Bellevue; Gift Certificates - Anthony's Restaurant (\$50), Maplewood Golf Course Gift Certificates (\$106), and a gift card to or Barnes & Noble Bookstores (\$25).

Facilitator's Training: Saturday Oct. 20th, 2012, By Dr. Bob Baugher, who has taught this class for many years. **Time:** 8:30 am to 3:30pm. **Place:** St. John the Baptist Church in Covington, 25810 156th Ave. SE. Covington, WA. This training is for anyone who wants to learn how to lead grief groups, and also very good for review and re-learning We are also opening the training to others who have interest in the how to work with groups and grief. Please bring a sack lunch. **Fee:** there is no fee; however donations are appreciated to cover training expenses. **RSVP to the office by Oct. 18.** 206 241-5650. Continuing Education Credits: Five continuing education contact hours are available. call the office for more information.

Annual Auction/Fund-raising Event "Singing in the Rain"

Saturday, November 17th, 2012

11:30am - 4:30pm

Cost: \$35 adults, \$20 children under 10

Location: St. Andrew's Lutheran Church
Bellevue - Just off I-90 in Eastgate

We need your support getting items, by **November 1st** and please make **reservations by Nov. 5** so we can have number for the event. For more information contact Tally R at ibtally22@gmail.com or via phone at 425.681.0241. **See insert for registration form.**

This is all for now. Stay tuned and check our website: www.kcwics.org for updates...

If you are no longer interested in receiving the newsletter through standard mail, please contact our office to be removed from the list.

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

Singin' in the Rain

Saturday, November 17th 11:30a-4:30p

Please contact Tally R at ibtally22@gmail.com or via phone at 425.681.0241 to arrange to donate items, or with questions.

Please see page 2 and the insert for additional info and registration form



We want to provide more details for our upcoming annual fund-raiser: BINGO! and Auction. It is important that everyone remember **this is the only major fundraiser that WICS will have this year**. If you are unable to attend, we ask that you please donate extra at this time. If you are still working, please check with your company to see if they match funds. **Our goal for the event is \$10,000** and it is important that we reach this goal in order to help us get through until this time next year.

Because there is no alcohol served this year, **minors can attend**. Invite the family and friends that you know outside of WICS. A new idea is brewing to have a "Kids' Table," with items for a \$1 that kids can buy. **Look for items to donate for kids to buy.**

There will be a bake sale table, which will sell quart-size baggies of baked goods for \$1. If you are interested in **contributing baked goods**, let Gera McGuire of the Covington group, (gera.mcquire@gmail.com) know you will be bring some baggies of goodies.

If you have **unused gift cards**, think about donating them to the event. Prizes are needed for the Bingo and another game activity. Plus, gift cards make any basket extra special. Think about buying one or more and donating it. (All grocery stores make this an easy purchase.)

We need **local restaurants and business' coupons/gift cards/great deals** for selling at the auction. Key: if you know a business person, ask him/her to donate. It is the personal connection that makes all the difference. Think neighbors, friends, children...people want to support their friends. ASK, ASK, ASK! The answer is often "Yes." If they are unwilling or unable to donate, consider **purchasing a gift card** and donating that instead.

We need **recommendations for house cleaners, yard maintenance, handymen** AND people to pay for an hour or two of their time. This way, they are "pre-paid" and do not have to work for free. **Sponsors are needed for these helping hands.**

Check-out garage sales or season clearance bins for items that will make the start of a fabulous basket.

For those of you who use "**groupon**" please consider purchasing some great buys with extended expiration dates so that our bidders can win some of these.

Also, just like last year, we are asking people to **donate a bottle of wine for our "Instant Wine Cellar."** This will be a live auction event and the highest bidder gets all of the wine brought in. Any wine will do.

Our newest idea: **WSU Cougars of WICS**, family and friends are challenging the **UW Huskies** to put together the best basket and win the honors of "**WICS Apple Cup**". The winner will be determined by which basket raises the most money at the live auction. Tally R will be the Cougars team leader. **Any volunteers to lead the Huskies group??**



*Finally, don't forget that this is a **fun day for the whole family** to enjoy some BINGO! and have fun socializing with friends and neighbors. Lunch will be catered by Renton Technical College's Culinary Arts Program, who will serve a pasta dish with salad, veggies, fruit and dessert.*

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.

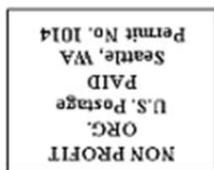
When a widowed person telephones or visits a WICS support group, he or she can be sure to find other widowed people who will listen and understand. A warm and supportive atmosphere is provided for those who call on the service.

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



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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.

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

*Facilitator's Training – Sat, Oct 20th, 8:30a – 3:30p
Place: St. John the Babtist Church in Covington
25810 156th Ave SE, Covington, WA*

Singing in the Rain Auction/Bingo/ Lunch and lot of fun!

Saturday November 17th; 11:30am - 4:30pm

Place: St. Andrew's Lutheran Church Bellevue - Just off I-90 in Eastgate

Want to help? Have baskets for auction? Items will be accepted until **Nov 1**. Contact Tally Reynolds (h: 425.949.8400, c: 425.681.0241 or ibtally22@gmail.com), with questions or for ways you can help.

Please make your reservation by **Nov. 5th**, so we can plan for number of people.

RESERVATION *Please print clearly:*

Name _____

Address _____

City _____ State _____ Zip _____

Phone Number _____

_____ Number of tickets at \$35 each/total _____

_____ Number of tickets for children under 10 at \$20 each/total _____

_____ I am unable to attend but here is my donation for _____

Note: Table reservation for 8 tickets only _____

Method of payment

___ Check No. _____ Please make check payable to WICS

Circle one: Visa / MasterCard

Card Number _____ Exp. Date _____

Name as it appear in the card _____

Billing ZIP Code _____

Signature _____

Mail this form with your payment and/or donation to: WICS, PO Box 66896, Seattle, WA 98166
Phone: 206.241.5650



***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

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

COVINGTON: 7 p.m. Tuesdays
St. John the Baptist Catholic Church - 25810 – 156th Ave SE
Contact: Le (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.
Contact: Amy via email at wiljar2006@yahoo.com

RENTON: 12:30 p.m. – 2 p.m. Wednesdays.
Renton Senior Center - 211 Burnett North
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