



WICS Newsletter

Widowed Information and Consultation Services

April/March 2012

From Margarita Suarez, Executive Director

Introduction

We, those of us planning the time at Seabeck, have been working on how to let people know about this incredible, healing weekend, how to encourage people to come, and support others to come too. For this reason we are dedicating this Newsletter to Seabeck. I also wanted to have something from Dorothy Hanley, (who was the heart of WICS for 25 years and who wrote the WICS Newsletter for many years) that could have a message for everyone. So I found an article that could be an invitation to Seabeck and at the same time has a universal message ...

Well

By Dorothy Hanley

“Did you realize that for some folks, it’s scary to consider getting well?”

If the grief has been resolved, the next move is to get back into LIFE! And that’s scary. Isn’t it.

We may have known someone who just ‘didn’t get over it’ when someone died...and of course, all circumstances are different. But especially, if that person was a spouse, the time comes when the thought arises...”there’s the world out there, am I willing to risk getting my feet wet...or am I going to spend the rest of my life dabbling around the edges where it’s easy and safe”?

Is it better to go on grieving (so people won’t push so hard) or actually work through it? (Then there’s no excuse to continue hanging back where life can’t get too close.)

There are difficult decisions to grapple with... it takes time and growth to be able to face the world as one, after years of being part of a ‘two’. It takes, at times, the greatest will power to ‘get out there’ and take the chances that are

necessary in order to find a place, where one will fit in...in this different world of singleness.

It can be discouraging ...no doubt about it, but keep that support system going...don’t neglect for a moment those who gave strength and caring when they were most needed and who will be there with tea /coffee and sympathy if you need to rush back to safety after being tripped up by the uneven path of change and growth...”

Again this can apply to different times in the journey and for this Newsletter we want to also use her encouragement to our invitation to Seabeck...

WICS Retreat and R&R Our Annual time at Seabeck

June 1, 2, and 3, 2012

Theme for this year: **Honoring the Past; Rebuilding the Future**

We have decided to use “rest and relaxation” because it reflects what happens at our time in Seabeck and the opportunity use this weekend to rest and relax in a safe and supportive environment. The program is a mixture of presentations and activities to support widowed people in their journey. Because Seabeck is such a special place and there is flexibility of the program, participants can:

Walk on the beautiful ground or the beach by self or with others;

Attend practical presentations that are diverse and stimulating;

Attend activities that are fun and allow for individual and group participation;

The opportunity for massage; self care; connections, and paying attention to their own preferences; needs and healing...



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

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Sara Acree, Director
Larry Dixon, Director
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Gifts of Love

In memory of **Sally Morgan** from Wendy Morgan

In memory of **Dick Hale and Anne Hallman** from Darlene

2012 Events:

Fall Fundraiser of Luncheon-Auction-Bingo Afternoon

(No theme yet, but will have one soon.)

November 17, 2012, 11:30 am - 4:30 pm.

Mark your calendar **November 17th, 11:30-4:30 pm at St. Andrew's Lutheran Church, Bellevue.** This new location is immediately off I-90 in Eastgate, (east of the 405 interchange) near the Mormon Temple, easy access for all. The kitchen, two large rooms for auction and dining, handicapped access (elevator), and plenty of parking make this location perfect for this function.

Remember the changes and addition have come from your feedback "Finding driving at night difficult, membership requested a daylight event." You got it. (Already checked sunset time: 4:36 pm on Nov. 17th) Last year, several members asked to bring their teenagers, but couldn't because alcohol was served. Because the church does not allow alcohol, the fundraiser is now open to membership to bring these minor children. Ticket pricing has not been set yet, but it will be less than the \$40 of last year's dinner-auction-bingo.

We will have lunch and Tally is working on a catering group for the lunch. More in this later on, but it will be good! Plan on the similar auction items, buying to support WICS. Get that holiday shopping done at ahead of time. Membership is urged to be on the look-out for auction items, making those connections with businesses and snapping-up deals for baskets contents.

Contact: Tally R. Reynolds ibtally22@gmail.com Cell: 425-681-0241

Seabeck: June 1-3 2012- See pages 1, 3 and enclosed insert.

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.



www.windmererenton.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.



WICS Retreat and R&R

(Continued from Page 1)

The Place

Seabeck Conference Center is located on picturesque Hood Canal on the east side of the Olympic Peninsula. It is a peaceful and serene with beauty surrounding the entire area. If you have never been there check it out at www.seabeck.org

Program

We have had this retreat/R&R now for several years in coordination with The Compassionate Friends, allowing both groups to have their own events, like ritual and sharing groups; while at the same time sharing some of the activities and presentations. The program is simple and there is no pressure to attend activities. There is also a program for families and children with their own accommodations and activities.

Schedule

We start on *Friday*, with registration at 4:00pm; time to settle in; orientation for new people; dinner, and welcome activities. *Saturday* is the day for most of the presentations, time together; activities; free time. And massage...*Sunday* is time for transition, say goodbye to the place and people, special ritual-ceremony and prepare to go home. Lunch is available on Sunday as well as the option for a sack lunch to take with you.

Workshops/Presentations

Presentations are diverse and stimulating, addressing issues of grief; life in general, help and ideas to enhance our life. We add and or keep presentations as suggested by participants; presenters donate their time. They are professionals who have worked in the area of grief and or wellness for many years.

Meal

Meals are served at the Historic Inn, which is a renovated, 1869 vintage hotel. The lobby, at the Inn, is a comfortable public area available to all guests with a large stone fireplace, bathrooms and coffee service available 24 hours a day. The Dining Room is a windowed room where meals are served family style and the proportions are very generous.

Espresso and other amenities

Although meals/food at the center are plenty, for those who want they can go across the street where there is small convenience store, a restaurant with an ice cream parlor, a pizza place and yes an **espresso** coffee shop.

Accommodations

The building reserved for WICS is Spruce. It is a two-story unit with 13 sleeping rooms and a large carpeted meeting room. In this meeting room we have our WICS get together and it becomes like our own living room. In the evening before bed time we have board games, a puzzle for those who want to work putting it together, and a place to relax and visit. There are 12 rooms that have three beds each, while one room on the meeting room level is wheelchair accessible and has two beds. All rooms feature private bathrooms. They provide linens, towels and soap...so this is not sleeping under a tent or using sleeping bags...

Self care; massages; fun activities

As suggested by participants there will be the opportunity for receiving professional massage which is a "chair massage" like you may have seen at the airport. Last year we had Betty McLain (author and dance teacher) come and teach us group/line dancing and as some one shared: "Line dancing was awesome; Betty was so much fun; she was very accepting; all of us had a lot of fun and excellent stress releaser." Betty has agreed to return again this year and teach/guide us again in this fun activity.

Fee

The cost for 2012 is \$200 per person and this covers the program as well as 6 meals and 2 nights. WICS had kept the fee the same for several years; however we had to increase the fee this year for about \$5 per person.

Driving/Directions

If you need help with getting there please call the office (as soon as possible) we will work in getting you a ride and or some one you could follow to the Center. You can check directions at www.seabeck.org. We will also send directions with the acknowledgement of your registration.

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



Mar/Apr 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.

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



Seabeck R&R

June 1, 2, 3, 2012

For more info:
www.kcwics.org or call the office: 206.241.5650

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

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: 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. 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

**Annual R&R (Retreat) at Seabeck, WA
June 1-3, 2012**



At the beautiful **Seabeck Conference Center** on Hood Canal.

"Honoring the Past...Rebuilding the Future"



Costs:

See Registration on the back for details

\$200 per person (shared room)

For Children/Family Program see registration on the back.



✿ **Registration begins at 4pm on Friday afternoon** ✿ **Friday evening supper is at 6:30 pm** ✿



Your program...your retreat...your own R&R

Walk on the beautiful grounds or the beach by yourself or with others;

Attend practical presentations that are diverse and stimulating;

Attend activities that are fun and allow for individual and group participation;

There is opportunity for massage; make this time your own R&R by paying attention to your own preferences, needs and healing...



**We will send directions with the acknowledgement of your registration and/or
you can check with Seabeck www.seabeck.org**



Registration Due By: **May 15, 2012.**



For more information, call WICS at 206.241.5650 or email at wicsoffice@qwestoffice.net

There will be a WICS/TCF Children's grief support program for children ages 6-17
And their parents. If you are interested in bringing your children to the retreat,
Call **206-241-5650** for more information. See back for registration.

Annual R&R (Retreat) at Seabeck, WA

June 1-3, 2012

"Honoring the Past...Rebuilding the Future"



SPACE IS LIMITED!! SEND IN REGISTRATION FORM & FEE EARLY!

WICS REGISTRATION FORM

Cost: \$200 per person, this includes the retreat program 2 Nights (Shared Room) & 6 Meals: (Fri. supper thru Sun. lunch) (Lodging includes all bedding, towels and soap) this also helps to pay for the presenters expenses. Presenters donate their time.

Waiver: WICS and Seabeck Conference Center assume no responsibility for injury to guests, loss or damage of personal property. Participants are responsible for safeguarding their persons and possessions during the retreat.

Please print clearly, thank you...

Name: _____

Address: _____

City____ State _:_____ Zip: _____

Phone: Home (_____) _____

Alternate(_____) _____

Email: _____

Signature: _____

Make Check to WICS and mail with your registration

_____ I would like to contribute to scholarship fund, to make it possible for some one else to attend the retreat.

Please check all that apply:

I want to room with: _____

Special Diet Needs: _____

Interested in massage _____

Sunday: you can have lunch at Seabeck Center

Or you can ask for a sack lunch to take with you

Select one: On Sunday I will stay for lunch _____

I prefer a sack lunch _____

CREDIT CARD

Please print clearly, thank you!

The Exact name (person's name) on the card: _____

Card Number: _____

Card Expiration date: Month _____ Year _____ V code three digets on the back _____

Phone number: _____

Zip code of the mailing address for this card: _____

Your signature: _____

WICS/TCF PARENTS AND CHILDREN PROGRAM REGISTRATION

Please print clearly, thank you!

Remember: sturdy or tennis shoes must be worn any time children are playing outside.

Parent(s) Names: _____

Child (ren)'s name/(s) and age(s) _____

Phone number and easiest way to reach you _____

Email _____ Cell phone number while at camp _____

Allergies/physical limitations: _____

Your signature(s) _____

Cost: \$140 adult; \$95 for 12-17 years old; \$75 for 6-11 years old. Maximum per family \$360

Please make checks payable to WICS or use the form above to pay with credit card; and send complete form to WICS PO Box 66896, Seattle WA 98166.

Directions To Seabeck

From North End via Edmonds/Kingston Ferry: Go South on I-5, take Exit 181 West on Route 524 to the Edmonds Ferry. After departing the ferry in Kingston, follow Highway 104 to the point where it turns right to Port Gamble. Instead, continue straight on Bond Road (follow signs to Bremerton/ Poulsbo). At the Bond Road stoplight for Highway 305 turn right onto Highway 305 and follow the signs onto Highway 3 southbound. Exit Highway 3 at the Newberry Hill Road exit and then follow the signs to Seabeck

From Seattle Area via Seattle-Bremerton Ferry: After departing the ferry turn right on Washington Avenue, left onto 11th Avenue, and right onto Kitsap Way. From Kitsap Way turn right onto Highway 3 northbound. Exit Highway 3 at the Newberry Hill Road exit and follow the signs to Seabeck.

From Tacoma and South End: From I-5 take Highway 16 westbound to Highway 3 northbound. Exit Highway 3 at the Newberry Hill Road exit and follow the signs to Seabeck.

From North Olympic Peninsula: Cross Hood Canal going east, and turn right to go south on Highway 3 to Newberry Hill Road exit. Exit and turn right on Newberry. Then follow signs to Seabeck.

From Fautleroy-Southworth Ferry: Turn left onto Highway 160 through Port Orchard and onto Highway 16 westbound, then follow Highway 3 northbound. Exit at the Newberry Hill Road exit and follow the signs to Seabeck.

Map to Seabeck

What makes Seabeck relaxing:

Steeped in history and beauty, it is easy to find yourself transported back to a simpler time.

Generous portions of food are served family style in the dining room.

You can bring games, books, your favorite pillow or any item that will help you feel comfortable and make this a more relaxing time for you.

We suggest you bring comfortable clothes and dress in layers so as to be comfortable both inside and outside

You can bring your cell phones or use one of the two public phones at the center.

Phone numbers for emergencies are: 360-830-5010 and 206-842-0346.

