



SOS

Survivors of Suicide Loss

a publication of Fresno Survivors of Suicide Loss, Inc.

Survivor support and suicide prevention education programs

2585 East Perrin Avenue #102, Fresno, CA 93720

Telephone: (559) 322-5877/FAX (559) 322-1140

www.fresnosos.org

SOS

Linda Ginise, Newsletter Editor

IN THIS ISSUE

Soup For The Soul	1
SOS Local Group News	2
“Like” us on Facebook!	2
World Suicide Prevention Day	2
Fresno County Proclamation	2
Other Happenings	2
Fresno County Crisis Line	2
Annual Run/Walk: September 22nd	2
Build Your Run/Walk Team.	3
Donations.	3
Call If You Need to Talk	3
In Loving Memory	3
Did You Know?	5
Articles	5
Our Misunderstandings About Suicide	5

SURVIVOR SUPPORT GROUP MEETINGS

Fresno

Hope Lutheran Church Conference Room
Northwest corner of Fresno & Barstow
(Enter parking lot from Fresno Street)

WHEN: TUESDAY**

September 18th, 7-9:00 pm

** (3rd Tuesday of every month)

Visalia

210 Connect

210 E. Center, Visalia

WHEN: THURSDAY

September 20th, 6:30-8:00 pm

Information: Carla Sawyer, 786-1525

** (3rd Thursday of every month)

If you have children you feel would benefit from meetings, you are welcome to bring them. However, if your child is under 15 years of age, you may want to consider the Footsteps Program at St. Agnes, or Hind’s Hospice, 248-8579; 12-week sessions include services for children as young as 3 years old.

OTHER EVENTS

September 22nd: Annual Run/Walk--don’t miss it!



SOUP FOR THE SOUL

Not everyone who suffers a tragic loss or stressful change in life develops an illness. The deciding factor seems to be how one copes with the problem. Those who can give vent to their feelings yet continue with their lives conversely stay well.

Bernie Siegel, M.D

Ever wish you had back copies of the newsletter? They are now available for \$10, including issues back to 2002, on a CD in Adobe Acrobat format. Contact the office.



Leann Gouveia
Executive Director

SOS LOCAL GROUP NEWS

“Like” us on Facebook!

We are encouraging our computer saavy friends to “Like” us on Facebook. If you are on Facebook, please go to our page which is www.facebook.com/fresnosos. There you will find updates on our daily activities. You might find it interesting to learn of all the things we do.

Association of Independent Life Brokerage Agencies); many thanks for the contact provided by Den Stubblefield, former president of SOSL and current board member. These funds are to be used specifically for a community forum bringing youth together to brainstorm ideas, establish a youth suicide prevention council, and develop and design a suicide prevention plan for youth in our community. The planning process for the forum will begin in November; we hope to have the event after the first of the new year.

World Suicide Prevention Day

World Suicide Prevention Day is 9/10/12. The theme is Suicide Prevention Across the Globe: Strengthening Protective Factors and Instilling Hope. We are encouraging everyone to spread the word on that day through Facebook, Twitter and other social media outlets. Please be part of the movement by visiting www.take5tosavelives.org. Be ready to take action on that day. You too can take part and make a difference.

Fresno County Proclamation

Fresno SOSL is part of a collaborative effort in accepting a proclamation before the Fresno County Board of Supervisors on September 11, 2012, acknowledging the importance of suicide prevention in our community. Partners include: Department of Behavioral Health, Kingsview, CSUF, and Veteran’s Administration. This activity falls in line with suicide prevention week.

Other Happenings

We are very pleased to have received a grant in the amount of \$7,331 from NAILBA (National

S.H.A.R.E.S Card

If you have the S.H.A.R.E.S Card for SaveMart, Smart Foods, Food Max, and Lucky, please don’t forget to use it! If you don’t have one, please call the office and we will mail one to you.

This card costs you nothing, but if you use it when you purchase groceries at the above stores, we will receive a donation of 3% of your purchases. **DON’T FORGET TO USE YOUR CARD.** Donations to date from this program:

\$10,456.02

Fresno County Crisis Line

Did you know that Fresno County will be opening a crisis line? Yes, Kingsview is managing the efforts and we are hoping it will be up and running next month. I will keep you posted on the developments. This will not be a “warm line” but only for crisis situations.

Annual Run/Walk: September 22nd

We are very excited about the upcoming run/walk event. Our sponsors will be posted in next month’s newsletter. We have so much in store for you! Hope you can join us for this, our biggest fundraiser. Spirit of Hope, Spirit of Healing . . . One Step at a Time. We also have a HUGE silent auction with items valued at \$15,000--and some great deals for you!

For an event registration form, please go to www.fresnosos.org. The home page has a link to the events page or you can go directly to the events page from the menu. Scroll down a bit and print out the brochure registration pdf document. Sign up and send in. Pre-registration and tee shirt pick up (to the first 100), is on September 8th from 10:00a.m.-2:00 p.m. at Sport’s Authority

(Riverpark, west side of the street, next door to Ross).

We need volunteers to help us the day of the event. If you would like to help, please call me at 322-5877 for details.

Build Your Run/Walk Team

Last year we had a number of teams who participated in this event--and helped to make it a huge success, not to mention the impact on the team members and the great support of the immediate survivors. This is a great way to remember loved ones in a beautiful setting among those who share a common bond.

My apologies if all totals are not correct; things get a little crazy at the last minute, and I think there were some who walked on a team, but I was not able to verify all of them. These are the numbers to the best of my knowledge.

- Team Bug: 76 team members; walking in memory of Monique Renee Ortiz (May 19, 2009).
- Team Chloe Anne: 56 team members; walking in memory of Chloe Anne Lacey (September 24, 2010). This team included a fairly large group from Indiana!
- Team Josh: 35 team members; walking in memory of Josh Pipes (May 11, 2007).
- Team Kenny: 16 team members; walking in memory of Kenneth B. Young (March 8, 2004).
- Team Joseph: 13 team members; walking in memory of Joseph Roman Silva (August 24, 2005).
- Team Danny: 15 team members; walking in memory of Daniel Dunlap (March 3, 2009).
- Marching for Mon: 9 team members.
- Team John Larson: 7 team members.
- Team Santa Rosa Rancheria Tribal Social Services: 6 team members.
- Team Smoke Breaks: 2 team members—it would be interesting to know what this is about!

- Team Wile, who were not present at last year's event, gathered \$900 in donations just by asking friends to donate.

Remember, there is a team discount--register 6 on your team and you will receive the 7th registration free. Build your team and we'll see you at the park!

Donations

Thank you to the following generous donors this past month—you make our many programs possible!

- *Sarah Meyer*
- *Mike Hogan*
- *Dick & Sandy Gallagher*
- *Linda Ginise*
- *Sam & Linda Lucido*
- *Jeff Lawton, California Quality Printing*

Call If You Need to Talk

If you are not comfortable talking in a group—as at our monthly meetings—and prefer to talk one-on-one, call the office, (559) 322-5877. Leann will arrange for someone to get back to you as soon as possible. (Remember that we do not have full-time staff in the office, so you may have to leave a message.)



IN LOVING MEMORY

In loving memory, and in celebration of the lives of:

**Tony Whitacre (September 1, 2001),
grandson of Joseph S. Whitacre**

Eric Clayton (March 3, 1961 to September 1, 2011; 50 years of age), husband of Christina Clayton

Sam Stockwell (June 22, 1977 to September 1, 2011; 34 years of age), friend of Natalie. Quintero

**Donnie Donnelly (September 2, 2002),
brother of Steve and Jennifer Donnelly;
nephew of Dave and Barbara Donnelly**

Charles Blum (September 3, 2001), husband of Pamela Blum

Michael "Hans" Weber (October 10, 1981 to September 3, 2010; 28 years of age), son of Mike Weber

Henry Vander Ark (September 5, 2003), husband of Jennifer Brooks

Jay Culver (July 21, 1976 to September 6, 1995; 19 years of age), son of Sharon Culver

Nate Price (September 6, 1998), son of Jeanic Price

Louie Scoggins (September 6, 2003), husband of Miriam Scoggins

Elaine Margaret Lloyd-Barnett (September 10, 1969 to September 7, 2001; 31 years of age), daughter of Elaine Callahan and Lowell Barnett

Thomas Bowers (September 7, 2002), husband of Dawn Argyle Bowers

Jesse Manning (September 7, 2003), cousin of Chanin Selway

William E. Osborne (September 9, 1964), father of Bonnie Smoyer

Robert Lloyd Atchley III (May 25, 1979 to September 10, 1998; 19 years of age), son of Robert & Mary Atchley II; grandson of Robert & Jean Richter

Donald Hilliker (September 10, 2001), father of Don Hilliker

Vernon Jansen (September 11, 2003), friend of Linda Balcazar

Phillip Edward Olson (September 11, 2004), husband of Alicia Olson; father of April Turman

David Eugene Moore (September 12, 2008), brother of Linda Torgrimson

Barbara Welch (September 13, 1998), daughter of Elaine Flynn; sister of Kim Gobel, Kathleen Vernon Demas, and sister of Sherry Chavez

Jack Michael Fiorentino (September 13, 2004), husband of Carol & Janet Fiorentino, father of Christy Ferreria and Karen Christensen

Ezekial Sanchez (September 18, 1983), brother of Abe Sanchez

David John Gallagher (April 5, 1967 to September 18, 1984; 17 years of age), son of Dick & Sandy Gallagher

Sean Richardson (September 18, 2003), brother of Steven Richardson

Rodney Jay Chin (September 22, 2003), son of Henry & Rosemary Chin; brother of Pam Economides

Cassinova Miguel Jackson (June 3, 1987 to September 22, 2010; 23 years of age), nephew of Monique T. Dell

Gerald P. Toner (December 25, 1954 to September 22, 2010; 55 years of age), father of Rita Toner

Dario D. Orlando (November 12, 1926 to September 23, 2006; 79 years of age), son of Marie Orlando

Mitchell Vernon Burgess (September 24, 2007), father of Melanie Richard; son of Eileen Burgess

Chloe Ann Lacey (October 4, 1991 to September 24, 2010; 18 years of age), daughter of Allison Murphy and Brian Evan Lacey; granddaughter of Timothy & Sandra Murphy; niece of Michael Murphy, Ryan Murphy, Sean Murphy; great granddaughter of Russ & Jean Weikle

Cheryl Dumont (September 26, 1987), wife of Paul Dumont

Diane Hicks (December 1, 1954 to September 26, 2002; 47 years of age), daughter of Evelyn Arnold

Chad Witt (September 27, 2000), son of Jill Maled

Magnolia C. Moseley (November 2, 1972 to September 28, 2009; 36 years of age), wife of Diego Valdez

Doua Moua (July 14, 1958 to September 29, 2007; 49 years of age), father of Bila Moua



DID YOU KNOW?

Depression is present if at least five or more of the following symptoms are present during a two-week period; at least one of the symptoms must be either depressed mood or loss of interest or pleasure in usual activities.

- ⇒ Depressed mood
- ⇒ Loss of interest or pleasure in usual activities
- ⇒ Change in appetite or weight
- ⇒ Change in sleeping patterns
- ⇒ Speaking and/or moving with unusual speed or slowness
- ⇒ Loss of interest or pleasure in usual activities
- ⇒ Decrease in sexual drive
- ⇒ Fatigue or loss of energy
- ⇒ Feelings of worthlessness, self-reproach or guilt
- ⇒ Diminished ability to think or concentrate, slowed thinking or indecisiveness
- ⇒ Thoughts of death, suicide, or wishes to be dead



ARTICLES

Our Misunderstandings About Suicide

Ron Rolheiser, July 8, 2012

Every year I write an article on suicide because so many people have to live with the pain of losing a loved one in this way. I rarely go for even a week without receiving a letter, an email, or a phone call from someone who has just lost a family member to suicide. In virtually every case, there is a corresponding sorrow that there really isn't a lot of

material out there, religious or secular, to help console those left bereaved. A friend of mine, who through some very dark years has had to work through the pain of losing her husband to suicide, plans one day to write a book to try to offer consolation to those left behind. There is a desperate need for just such a book.

When someone close to us dies by suicide we live with a pain that includes confusion ("Why?"), guilt ("What might we still have done?"), misunderstanding ("This is the ultimate form of despair") and, if we are believers, deep religious anxiety as well ("How does God treat such a person? What's to be his or her eternal destiny?")

What needs to be said about suicide? At the risk of repeating what I have been writing year after year:

First, that it's a disease, something that in most cases takes a person out of life against his or her will, the emotional equivalent of cancer, a stroke, or a heart attack. Second, that we, the loved ones who remain, should not spend undue time and energy second-guessing as to how we might have failed that person, what we should have noticed, and what we might still have done to prevent the suicide. Suicide is an illness and, as with a purely physical disease, we can love someone and still not be able to save him or her from death. God too loved this person and, like us, could not interfere with his or her freedom. Finally, we shouldn't worry too much about how God meets our loved one on the other side. God's love, unlike ours, goes through locked doors, descends into hell, and breathes out peace where we can't. Most people who die by suicide will awake on the other side to find Christ standing inside their locked doors, inside the heart of their chaos, breathing out peace and gently saying: "Peace be with you!"

But I also receive a lot of very critical letters every year suggesting that I am making light of suicide by seeming to lessen its ultimate taboo and thus making it easier for people to do the act: Wasn't it G.K. Chesterton himself who said that, by killing yourself, you insult every flower on earth? What about this?

Chesterton is correct, when suicide is indeed a despairing act within which one kills oneself. But in most suicides, I suspect, this is not the case because there is huge distinction between falling victim to suicide and killing oneself.

In suicide, a person, through illness of whatever sort, is taken out of life against his or her will. Many of us have known loved ones who died by suicide and we know that in almost every case that person was someone who was the antithesis of the egoist, the narcissist, the over-proud, hardened, unbending person who refuses, through pride, to take his or her place in the humble and broken scheme of things. Usually it's the opposite. The person who dies by suicide has cancerous problems precisely because he or she is too sensitive, too wounded, too raw, and too bruised to possess the necessary toughness needed to absorb life's many blows. I remember comment I once heard at a funeral. We had just buried a young man who, suffering from clinical depression, had committed suicide. The priest had preached badly, hinting that this suicide was somehow the man's own fault and that suicide was always the ultimate act of despair. At the reception afterwards a neighbor of the man who had died came up and expressed his displeasure at the priest's remarks: "There a lot of people in the world

who should kill themselves, but they never will! But this man is the last person who should have killed himself; he was the most sensitive person I've ever met!" Too true.

Killing yourself is something different. It's how some of the Hitlers pass out of this life. Hitler, in fact, did kill himself. In such a case, the person is not too sensitive, too self effacing, and too bruised to touch others and be touched. The opposite. The person is too proud to accept his or her place in a world that, at the end of the day, demands humility of everyone.

There is an infinite distance between an act done out of weakness and one done out of strength. Likewise there is an absolute distinction between being too bruised to continue to touch life and being too proud to continue to take one's place within it. Only the latter makes a moral statement, insults the flowers, and challenges the mercy of God.

Ronald Rolheiser, a Roman Catholic priest and member of the Missionary Oblates of Mary Immaculate, is president of the Oblate School of Theology in San Antonio, Texas. A columnist, speaker, and author, his columns are available on the Internet at www.ronrolheiser.com.

**WE NEED YOUR HELP: TOGETHER
WE MAKE A DIFFERENCE!!**

Donations: One-time cash gifts, or gifts designated for a special event or project.

Memorial Gifts made in memory of a loved one.

Honor Gifts made to remember a birthday, anniversary, or special occasion.

Planned Giving through your will, trust, stocks, real property, or life insurance policy.

In-Kind Gifts: Valuable personal property such as heirlooms or antiques, arts, vehicles, or personal/business equipment can be donated for our benefit and the benefit of the community.

Our expanded programs—both those planned and those in place—require funding. Our goals include the support of survivors of suicide, and the education of the general public regarding depression and suicide. Our focus is educating the public and saving lives. Contributions of any amount are greatly appreciated, and are tax deductible.

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____