



SOS

Survivors of Suicide Loss

a publication of Fresno Survivors of Suicide Loss, Inc.

Survivor support and suicide prevention education programs

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SOS

Linda Ginise, Newsletter Editor

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SURVIVOR SUPPORT GROUP MEETINGS

Fresno

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

WHEN: TUESDAY**

September 17th, 7-9:00 pm

** (3rd Tuesday of every month)

Visalia

210 Connect

210 E. Center, Visalia

WHEN: THURSDAY

September 19th, 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 28: Run/Walk 2013

September 8-14: National Suicide Prevention Week



SOUP FOR THE SOUL

When we honestly ask ourselves which person in our lives means the most to us, we often find that it is those who, instead of giving much advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a gentle and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief or bereavement, who can tolerate not

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.

knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.

Henri Nouwen from "Out of Solitude"



Leann Gouveia
Executive Director

SOS LOCAL GROUP NEWS

Run/Walk 2013 Update:

Event Pre-registration:
Veterans: Friday, 9/13/13, Vet-

erans
Ad-
min-

istration Central
California Health Care
System, 2615 E. Clinton
Ave., Fresno, Main
Lobby, 9:00 a.m.-12:00
p.m. FREE to Veterans
and military with ID!
T-shirts for Veter-
ans/military will be dis-
tributed day of the event
only.

All others pre-reg-
ister and tee shirt pick up
at Sports Authority, next
door to Target at River Park, Saturday, September
14th, 10:00 a.m. to 2:00 p.m. Printable registra-
tion form at www.fresnosos.org, events page.
\$20.00 adults 18 and over; under 18, \$15.00. Build
your team and get a discount. Register 6 members
of your team and get the 7th free. We have a few
scholarships available for financial assistance
to register. Email Leann for more details,
Leann@fresnosos.org. Don't forget your memorial
sign, \$30.00 each.

Register online with PayPal on our website or
in person.

Tee shirts are first come, first serve! When
they are gone, they are gone!

This year you have three opportunities to win
a prize!!! Team Captains, here are your opportuni-
ties:

1. Largest Team
2. Best Team T-shirt
3. Best Bivouac (yes, Bivouac: Temporary military shelter . . . decorate your event shelter and win a prize. Sky's the limit. Be creative!!!). See our website for explanation.

Event: September 28, 2013

Time: 8:00 a.m. (you can register at the event by 7:30 a.m.)

Place: Woodward Park's Mt. View Shelter

Venue: Military presentation of colors, dove release, D.J. entertainment, silent auction, memorial walkway, free food! Walk in memory of your loved one and for suicide awareness.

One hundred per cent of the funds raised at this event stay right here in our community.

Our silent auction has nearly \$20,000 worth of goods and services! Lots of great

deals for you and your family. Silent auction pay-
ment day of event cash or credit card only.

Please remember to follow us on Facebook:
www.facebook.com/fresnosos

Board of Supervisors

Fresno Survivors of Suicide Loss, Fresno County Behavioral Health (CalMHSA), Kings View, CSUF Suicide Prevention Programs and Veteran's Administration Fresno will be accepting a proclamation before the Fresno County Board of Supervisors on Tuesday, September 10th.

Donations

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

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:

\$13,353.22!!

- *Judy & Larry Cottom, in memory of Nicolas Cattelan*
- *Ladies Auxilliary, VFW 2814*
- *Aero Lite Plastics*
- *Nick & Marijane Troiani*
- *Dick & Sandy Gallagher*
- *Richard & Frances Knipper, in memory of daughter Patty L Keefe*
- *Rae Rosetta, in memory of Stephen S.E. Beals*
- *Judy Wathen Farris*
- *Michael Delollis, MD*
- *Sue Pipes, in memory of Josh & Kit Pipes*
- *Patricia Mitchell*
- *Brad & Chris Searby*
- *Ray Falkenberg, in memory of Bryan*
- *Kings View Behavioral Health*
- *Mary Egoian, in memory of my father*
- *Sue Pipes, in memory of Josh & Kit Pipes*
- *Stan & Darlene Spano*
- *Carolyn Brown, in memory of Kari Jorgensen*
- *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.)



OUTSIDE EVENTS

Please remember that September 8-14 is National Suicide Prevention Week - AND

Sunday September 10th is World Suicide Prevention Day. Materials and LOTS of informa-

tion are available on the website at <http://www.iasp.info/wspd/index.php>.



FROM OUR LIBRARY

We have a large collection of books on a variety of different approaches to grief and the grieving process. Some books are written by mental health professionals, but there are a large number of books written by survivors as well.

If you would like to check out a book, or just check out our collection to see what might interest you, please call the office. And do, please, call before you go; we do not have full-time office personnel.

SOMEONE MAY NEED THE BOOK YOU HAVE PLEASE RETURN ALL BOOKS IN A TIMELY MANNER



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 Lowell Barnett &
Elaine Callahan**

**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 (September 10,
1998), 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
Sherry Chavez, Kim Gobel, & Kathleen
Vernon Demas**

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

**Don Angwin (July 4, 1966 to September 14,
2011; 45 years of age), husband of
Nancy Angwin**

**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),
brother of Pam Economides**

**Rodney Jay Chin (September 22, 2003), son
of Henry & Rosemary Chin**

**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), son of Eileen Burgess; father of
Melanie Richard**

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

**Justin Brian Lacey (October 4, 1991 to
September 24, 2010; 18 years of age),
son of Brian Lacey**

**Corby Yates (May 1, 1981 to September 24,
2012; 31 years of age), son of Bruce &
Gail Hart; father of Jim Yates**

**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**

Support SOS!

In addition to your registration you can help SOS by acquiring sponsors, here is how!

STEP #1:

Talk to your family and friends –ask if they are willing to support you and Fresno SOS by making a donation of any amount.

STEP #2:

Collect your sponsor's contact information on the enclosed sponsor sheet by tracking their name, contact information, and amount donated.

STEP #3:

When you have collected all of your donations, bring the total amount collected to the Fresno SOS office by 9/13/2013

*This applies to raising sponsorships only.
Other donations not included.*

Prizes Include:

Raise \$500-749: 2 free event registrations, t-shirts included.

Raise \$750-999: 4 free event registrations, t-shirts included.

Raise \$1,000+: 5 free event registrations, t-shirts included. 2 memorial signs.



The transition from active duty service to civilian life is not seamless for many Veterans. The challenges Veterans face in numerous areas in life can place Veterans at higher risk for mental illness. Depression is one of the most common mental health disorders in the United States. In the Veteran population, depression is especially high, accounting for 14 percent of the total quantity of depression diagnoses. From 2000-2007, of the 206,000 Veterans entering the VA Health Care System, 1 in every 3 were diagnosed with at least one mental health disorder. Like their active duty counterparts, Veteran suicide is alarmingly high. It is estimated that 22 Veterans take their lives every day, with Veterans over the age of 50 accounting for 69 percent of all Veteran suicides. Since 2007, every VA hospital staffs a Suicide Prevention Coordinator who is charged specifically to aid Veterans who are at high risk for suicide. Moreover, the Veterans Crisis Line is an asset that is available to both Veterans and civilians 24 hours a day, 7 days a week, and 365 days a year. The VA is committed to reducing the incidence of suicide and its associated stigma.

For more information call:
(559)225-6100



Name _____ **Print** _____ **Team name if Applicable** _____

Address _____ City _____ State _____ Zip _____

Phone _____ E-mail _____

T-Shirt Size: **Kids:** S ___ M ___ L ___ **Adult:** S ___ M ___ L ___ XL ___ I am unable to run/walk but would like to volunteer ___

Waiver: In consideration for acceptance of my entry, I waive and release forever any and all rights in claims for damages I may have against Fresno SOS and the Courage & Strength...Side by Side Run/Walk, The City of Fresno and all sponsors, Run/Walk officials, the Veterans Administration and volunteers for any injuries suffered by me during or related to this event. I attest to being physically fit to participate and have full knowledge of the risks involved.

Signature: _____ Signature: _____

Signature required for EACH participant!

Additional Participant

Parent's Signature (If under 18) _____

MEMORIAL SIGNS: In memory of my loved one, I would like to sponsor a memorial sign to be posted at the event. I would like to purchase ___ signs @ \$30.00 per sign. My sign should read in memory of _____

Please Print

We will accept Discover, Visa, MasterCard, American Express and debit cards with these logos.

Card Number: _____ Exp. Date: _____

Name on Card: _____ Security Code: (last 3 digits on back of card) _____

Billing Address on Card: _____

Please Sign here to authorize the charge to your account: _____

Please cut and mail your entry along with a check to: Fresno SOS, 2585 E. Perrin Ave., Ste. #102, Fresno, CA 93720

2585 E. Perrin Ave., Ste. #102, Fresno, CA 93720

A limited number of scholarships are available for runners and walkers only. Please call our office for more details.



DID YOU KNOW?

- ➔ The number of lives lost each year through suicide exceeds the number of deaths due to homicide and war combined.
- ➔ According to the WHO and the latest Burden of Disease Estimation, suicide is a major public health problem in high-income countries and is an emerging problem in low and middle-income countries.
- ➔ Suicide is one of the leading causes of death in the world, especially among young people.
- ➔ Nearly one million people worldwide die by suicide each year. This corresponds to one death by suicide every 40 seconds.

- ➔ These staggering figures do not include nonfatal suicide attempts which occur much more frequently than deaths by suicide.
- ➔ In both high-income and low and middle-income countries stigmatized conditions such as mental illnesses and suicidal behaviour receive a much smaller proportion of health and welfare budgets than is appropriate, given their huge impact on the overall health of the community.
- ➔ Unless stigma is confronted and challenged, it will continue to be a major barrier to the treatment of mental illnesses and to the prevention of suicide. World Suicide Prevention Day is an ideal time to inspire people to work towards the goal of developing creative new methods for eradicating stigma.

GOT STUFF?? ANNUAL AUCTION REMINDERS

We have an annual auction in March; we can use just about any type of household item--appliances, electronics, furniture, clothing, bedding, toys, etc. This would also include lawn care items, tools, sports equipment--just about anything! Items should be in good condition; in other words, something someone would be willing to buy at an auction for a reasonable amount of money.

We have the ability to store the items: We can take them off your hands any time during the year and store them until auction time, making it simple for you. After all, when we are ready to clean out our storage spaces, we want to do it NOW!

We did quite well with this fundraiser in 2011--our first. It has the potential to become a very important part of our fundraising efforts, and is pretty easy for everyone to participate in.

Think about the following:

Do you know someone who is moving? Often times items do not fit into the new home, or people just want to buy something new. ASK if they would be willing to donate!

Do you know someone who is downsizing, moving into senior housing, or ?? ASK!

Do you know someone who is getting married--particularly older people who have already established households? Women generally don't want to add those large recliners--and other items--to their decor. ASK!

Are you, or do you know a real estate agent who would be willing to help us? After all, they are in the business where people are constantly moving! ASK if they would be willing to give a flyer to their clients

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: _____