



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**

June 21st, 7-9:00 pm

** (3rd Tuesday of every month)

Visalia

Rainbow/Sawyer Industries
Conference Room,
536 S. Lovers Lane

WHEN: WEDNESDAY

June 15th, 6:30-8:00 pm

** (3rd Wednesday of every month)

Information: Carla Sawyer, 786-1525

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

June 19th: Happy Father's Day!



SOUP FOR THE SOUL

We all experience fragility and resiliency. To cope best with this life, acknowledge both your limits and your possibilities. Recognize that limits and possibilities play off one another and that to live fully one must be open to tearfulness as well exhilaration.

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.

*Alone time, in depth therapy, and meditation,
can each play a vital role in the cultivation
of a life of balance.*

Kirk J. Schneider, Ph.D.



Leann Gouveia
Executive Director

SOS LOCAL GROUP NEWS

What's Coming Up:
9th Annual Run/Walk

We are now organizing our 9th Annual Run/Walk: Spirit of Hope, Spirit of Healing...One Step at a Time. It will be Saturday, September 24th, 8:00 a.m. at Woodward Park's Mt. View Shelter. **Pre-registration and tee shirt pick up** is Saturday, September 17th at Sports Authority, River Park, next to Ross, 10:00 a.m. to 2:00 p.m. The registration fee is \$18.00 for adults (18 and older) and \$13.00 for those under 18 years. Please contact Leann.

At this time, we need silent auction items. If you have an item or know where we can get items, please let us know. We are also in need of event sponsors. Sponsorship packets are available through our website or by contacting the office. They are available electronically. Sponsorships start at \$175.00.

As in the past, we will have an opening ceremony, dove release, lots of food, D.J. entertainment, silent auction and a resource fair.

We also need volunteers to help us the day of the event. If you would like to volunteer for the event, please contact Leann at Leann@fresnosos.org

Happy Graduation, Seniors!

Happy Graduation to Class of 2011 high school students. We are more than happy to continue to provide our Sober Graduation goodies to students. It gives us the opportunity to get our materials into the hands of those students who may not have heard our message.

We provided 2,400 goody bags to various high schools in Fresno County this year. Thank you to Fresno Rotary, East Fresno Rotary, Fig Garden

Rotary, and WestAmerica Bancorporation; they helped fund this project. Our resource specialist, Melissa Watkins, worked for several months writing grants and organizing everything to insure the success of this project.

Our SOS Board

I would like to take a moment to recognize our board members:

- President: Judy Wathen-Farris
- Vice **President:** Kimberly Bird
- Secretary: Marilyn Dunlap
- Treasurer: Linda Ginise

General Members:

- John Martinez
- Crystal Soto, Psy.D.
- Donna Nunes-Croteau
- Nicole Ozburn
- Brian Rogers
- Judy Cottom
- Haley Rogers
- David I. Margolin, M.D., Ph.D.
- Doreen Silva-Gutierrez

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. We have received over \$5,000 to date from this program!

We are very grateful for their dedication to our mission. We could not do our work without their support.

Donations

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

- Sarah Meyer
- Judy Wathen-Farris
- Susan Basmajian
- Leann Gouveia
- Dick & Sandy Gallagher
- Connie Hanson
- Larry & Judy Cottom
- Renee Robles
- Leann Gouveia
- Margery Toll, in memory of Mark W. Henry Anderson
- Marilyn Dunlap
- Nicole Ozburn
- Crystal Soto Ph.D.
- Carol Fiorentino
- Calvin & Pat Coley
- Sandy Stubblefield
- Scott & Charlyne Jones
- Larry & Maci Davila
- Mike Hogan
- Dennis & Elaine Queen
- Sam & Linda Lucido
- Richard & Frances Knipper
- Celia Perry
- 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.)



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:

Sean Shayestel (June 1, 2007), husband of Lori Shayestel

Alexandre Tshimika (June 3, 2000), uncle of Annie Tshimika

Brittney Kelly DiPinto (April 16, 1984 to June 3, 2003; 19 years of age), daughter of Kelly & Janet DiPinto

Steven Butler (June 4, 2004), husband of Julie Butler

Steve L. Potter (June 5, 2008), father of Drew Potter

Victor Alfonso (June 5, 2008), son of Monica Ramos

Doreen Jones (December 10, 1947 to June 6, 1996; 48 years of age), aunt of Diane C. Luna

Glenn Jones (November 24, 1945 to June 6, 1996; 50 years of age), uncle of Diane Luna

Lisa Nishimura (June 16, 1983 to June 6, 2000; 16 years of age), daughter of Allen & Shirley Nishimura

Richard McLeod (June 6, 2003), husband of Mona McLeod; son of Sue McLeod

Christopher Daqniel (June 7, 2006), son of Peggy Skinner

Gina Zhou (June 9, 2010), wife of Warren Kessler

Troy M. de la Torre (June 29, 1971 to June 10, 2002; 30 years of age)

Sean Patrick Craig (June 13, 2007), husband of Lupe Craig

Lance White (June 14, 2007), husband of Shari White

J. Guadalupe Ortiz (June 19, 2005), husband/father of Josephina & Adriana Ortiz

Brent Ernest Walker (June 23, 2003), son of David & Mary Jo Walker

John Danisi (June 24, 2000), brother of Irene Rosato

Dallas D. Jaramillo (June 25, 2004), son of Joe Jaramillo; brother of Kelly Jaramillo

Lawrence Williams (June 26, 2010), husband of Agnes Williams

Mike Ross (June 28, 2004), husband of Michelle Ross

Amy E. Almeraz (January 13, 1988 to June 28, 2010; 22 years of age), daughter of Cathy Almeraz



ARTICLES

I've Learned

by Nancy Ludt

Huntington Beach, California

Note: When Nancy Ludt asked the families of the Huntington Beach, California, Bereaved Parent Support Group what they had learned since the death of their child, she reported that their

comments were “moving and eye-opening,” and she offered to share these pearls of wisdom with us. No two comments she received were alike, and “the names of the contributors were left out because this is a group effort, and we can all benefit from this list.” While these “lessons” are from bereaved parents, they can easily apply also to almost any other kind of bereavement, as well.

I'VE LEARNED . . .

- To take one day at a time.
- Not to say, “if only,” “I should have,” etc.
- To appreciate what I've got and not moan about what I “don't got.”
- To appreciate life and not take it for granted.
- If today is bleak, tomorrow can be better.
- To appreciate the moments when I can laugh.
- That without my support group, I would be lost.
- How very much I need my “new” friends.
- How much I treasure and love my daughter's friends.
- Not to take my health for granted.
- What is trivial.
- That if my energy level is low, I don't push myself.
- The importance of exercise.
- That grief is not time-bound.
- That no one grieves like me; everybody grieves differently.
- That the pain never goes away, but it does get “softer.”
- To allow the grief, pain and loss to become a part of me.
- That there is a reason to keep on living (and loving).
- That joy does return . . . only in a different way.
- To turn “it” over to the God.

- That someday we will be together again.
- Not to let Satan steal my happiness.
- To ride “the wave” of denial, anger, depression and acceptance.
- To accept that I may never know why.
- It’s okay to say, “No.”
- Not to blame people when they don’t understand.
- The ability to face adversity (courage).
- To be strong and resolute.
- The importance of support and encouragement.
- That there is friendship and family, OR, family and friendship!
- That to lose a child is the “ultimate tragedy.”
- That I need others who have been there to help me through this journey.
- That love never dies.
- That time is an ally.
- That every moment really matters.
- That eventually you do want to go on and live again.
- That I must create a “new normal” for myself.
- That my daughter’s love of life continues to give me the strength to go on.
- That I must re-invest the energy I gave to my child into something or someone else.
- That over time, I have more control over my grief.
- That I will always have tears on my heart.
- That it is so important to keep my daughter’s name and memory.
- That only in the articulation of grief does it diminish.
- That making new traditions helps.
- How the soft glow of a candle helps to warm my heart again and bring my daughter near.
- That it doesn’t matter how our children died, just that they have.
- That over time, the cemetery brings peace and solitude . . . not just tears.
- How the pain and grief I feel one day isn’t necessarily the way I will feel the next day.
- That some of the things I thought I’d never do again since my daughter died—I have.
- That I can laugh again and not feel guilty.
- That along with all the pain and despair, joy and happiness have found a place in my life again.
- People who have not lost a child can’t possibly understand what I went through.
- That not only does one lose a child, but they can also lose their belief system, some family members and some friends in the process.
- Our society is deficient in death education and really doesn’t know how to respond to the grieving person.
- Some people want to see and be around “happy” people and only have so much to give for those who are grieving.
- Everyone grieves differently, and there is no “right” or “wrong” way to grieve.
- There is no time frame for “getting on with your life” after the death of your child.
- Strangers can give more than some relatives.
- You don’t always have until tomorrow.
- Being among nature helps to bring some softness to my heart and brings my daughter closer to me.
- The world does not stop when your child dies.

- That as unbelievable as it is to me, I have come to reconcile my daughter's death. A "settling" has taken place within myself.
- You don't have to have money to be rich.
- A broken heart will mend . . . almost.
- Many times we are touching lives and helping each other in time and space that we don't even realize.
- The support of family and friends is invaluable.
- The phone becomes an object of anxiety sometimes. (Child's death notified by phone.)
- That "normalizing" the sense of being totally insane is helpful.
- There may be difficulty when people say we are "coping so well."
- After three years, I don't want to talk about the loss of my son a lot, although he is rarely absent from my consciousness.
- It may help to focus on the very small things, because you will not be able to make sense of the larger picture.

- To attempt to feel comfort in the warmth or scent of a cup of hot tea in my hands, the smell of a flower, the proximity of someone who cared.
- The daily searing pain gets less raw, and sometimes I can have moments of joy.
- To watch the sunset every day.
- My son will always be alive as long as I am also alive.
- I can smile when I remember him.
- I had to go with my feelings and trust in our love.
- It takes years of baby-stepping and falling.
- To be humble, grateful and a little more selfish, aware, honest and looking forward to my life, rather than living my son's death.
- What I would give for just ONE more day!
- It feels awfully good typing this into the computer

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**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: _____