



# mayday

Volume 37• Issue 7



July 2020

Sharing and Discussion | Aurora, Illinois

**Next Meeting: July 13, 2020**



**Survivors of Suicide** meets the third Monday of the month, 7:00 PM - 9:00 PM, at the Advent Christian Church, 905 N. Edgelawn Drive, Aurora.

**Directions:** If you are coming from the east or the west, take I-88 to Illinois 31. Go south on 31 to Sullivan Road. Turn Right. Take Sullivan to Edgelawn Drive. Turn left and continue to **905 N. Edgelawn Drive**.



## NEW TIME FOR SOSY

**When:** Every Third Monday of the Month, 7:00 PM - 9:00 PM

**Where:** Advent Christian Church, 905 N. Edgelawn Drive, Aurora.

**Who:** Youth Third Grade to age of 17 years of age.

**Questions:** Contact Megghun at 630-482-9699 or [megghun@spsamerica.org](mailto:megghun@spsamerica.org)

## Tough day? Here are some people to call:

*Loss of a Parent:*

**Kari Frantzen**

Father died July 22, 1991

① 815.498.2257

*Loss of a Sibling:*

**Wendi McKenzie**

30 Year old Brother died  
January 18, 2009

① 815.341.8856

*Loss of a Child:*

**Dean Hufsey**

Son died August 16, 2001

① 224.402.2266

*Loss of Friend:*

**Mary Wolff**

Friend Died January 18, 2011

① 630.450.3880

*Loss Connected to Military*

**Service: Andy Weiss**

Soldier died 4 MAR 2012

① cell: [630.235.7260](tel:630.235.7260)



## Other Important Meetings

### Survivors of Suicide Naperville

Bereavement Group for those that have had someone die by suicide. Meets the SECOND and FOURTH Saturday of each month from at Fox Valley Institute 640 North River Road Suite 108 Naperville, IL. Questions or registration (not required) email [group@fvinstitute.com](mailto:group@fvinstitute.com) or call 630.718.0717 ext O <https://fvinstitute.com/services/survivors-and-bereavement-support/>

### Mourning After Support Group

Support Group for young widows, widowers or other adults grieving the loss of a partner. This group meets at 7pm on the first Thursday of the month in room 10 of the Elburn Community Center, 525 N. Main St. in Elburn <https://conleyoutreach.org/adult-support-groups/>

### Grieving Parent Support (GPS)

Provides drop in support for parents who have suffered the death of a child. It meets on the second Thurs. of the month at 7pm in room 10 of the Elburn Community Center, 525 N. Main St. in Elburn. Pre-registration required <https://conleyoutreach.org/adult-support-groups/>

**NAMI Dupage County Suicide Loss Connection Group:** For anyone who has had a friend or family member die by suicide. Discussion facilitated by Sherry Bryant, LCSW and Patty Johnstone, Nami Dupage Resource Support Director. 2nd and 4th Tuesday of every month. from 7:00 to 8:30pm at the NAMI Dupage Community Center. 115 N. County Farm <http://namidupage.org/resources/support-groups/suicide-lost-connections/>

**Catholic Charities:** Many meetings throughout the suburbs, call for locations. 312-948-6797 <https://www.catholiccharities.net/GetHelp/OurServices/Counseling/Loss.aspx>

**Compassionate Friends:** The 2nd Friday of each month at 7:30pm At Presence Mercy Center Hospital Behavioral Health Building Dunleavy/Walsh Conference Room 1325 N. Highland Avenue, Aurora. Park in the east parking lot and enter through the three story Behavioral Health Building facing Lake Street. Chapter Leader: Sherry Stewart 630-779-7756 <https://www.compassionatefriends.org/chapter/fox-valley-chapter-1/>



**Survivors of Suicide (S.O.S.)** is a self-help support group for anyone who has lost a friend or relative to suicide. We believe healing and resolution come through the support and strength of others who have been there.



## Other Up & Coming Events



### Don't Miss it Here for Life Walk 2020!

Join us. To register go to

[www.spsamerica.org](http://www.spsamerica.org).

Registration 8 am.

8:45 Memorial Names to be read

Memorial Walk to directly follow launch

CDC Covid-19 prevention directives will be strictly followed for your safety.

## love gifts

A Love Gift may be given to S.O.S. in the name of, or memory of, a loved one who has died.

### Love Gifts were received from:

Carrie Radon in memory of her husband, Ben Radon, who lived from April 7, 1961 to February 16, 2004.

Janice M. Wolff in memory of her granddaughter, Anna Marie Smith, who lived from February 20, 1996 to September 3, 2014.

Love Gifts ensure future mailings and brochures. Love gifts may be designated for the purchase of books on grief or suicide to be added to the library. We would also like to give books to each family we visit as part of our outreach.

### WE NEED VOLUNTEER`S

This is a major fundraiser for the agency and our goal is \$50,000. If you want to see how this helps us, go on our website [www.spsamerica.org](http://www.spsamerica.org) and look at our annual report. This walk depends on volunteers. Pay it forward to help other survivors. Contact one of the three below today. We need you to lighten the hearts of other survivors.

Stephanie: [Stephanie@spsamerica.org](mailto:Stephanie@spsamerica.org)

Megghun: [Megghun@spsamerica.org](mailto:Megghun@spsamerica.org)

### COMMITTEES

PUBLICITY – help distribute posters & postcards to businesses, mail postcards to friends and family

DONOR SOLICITATIONS – Sponsor letter taken to businesses

T-SHIRTS – Need people to come help fold them according to size the day prior to the event.

FOOD – ice, coolers, water, paper products and clean up

PINWHEELS/BUBBLES– Day of event. Help collect money and set up

TRAFFIC SAFETY

REGISTRATION – Day of Registration

SET UP & TAKE DOWN

## June Recap

### Thank You!

**Sharon Schule and Cheryl Wetherholt** for opening up and setting up the June meeting.

**Sharon Schule** for bringing Kleenex and hand sanitizer to the June meeting.

**Cheryl Wetherholt** for bringing butterflies to the June meeting.

**Elizabeth Schule** for offering to set up the July meeting room.

**Attendance in June: ..... 8**

### Financial Update

SOS is now a line item with it's own budget under SPS. We will continue to list all income and expenses as we always have. This move insures the perpetuity of SOS... (July 1, 2013– June 30, 2014

Starting Income: \$4100.00

Projected expenses: . \$189/month—\$2268

Newsletter printing ..... \$810

Stamps..... \$67.50/month

Books.....\$1072.00



## Remembering...

### July 13th to August 9th

Birthdays, death dates and wedding anniversaries are especially trying days for those who are survivors. This section acknowledges those important dates. A \* symbol denotes the first anniversary since death, an especially painful time when cards and calls could help so much. Our hearts and prayers are with those listed below and for others who have dates this month

\*Please also note the dates that these are printed. You may have a loved one, for example, who have a birthday or Heaven date in July, but because of the way the newsletter printing falls, it may be listed the month prior or the month after.

**Jan Adelman**, whose husband, Tom Adelman, lived from August 14, 1958 to July 24, 2005.

**Henry and Paula Ales**, whose son, Joshua Ales, lived from July 3, 1975 to July 15, 1998.

**Debbie Austin**, whose father, Al Goodman, lived from December 29, 1941 to July 31, 2004.

**Don Babcock**, whose son, Brad Babcock, lived from July 24, 1991 to December 8, 2011.

**Mary and Al Bailey**, whose son, Alaric (Trey) Bailey III, lived from January 11, 1967 to July 13, 2015.

**Ellen Ball**, whose husband, Ronald Ball, lived until August 2, 1999.

**Carol Bolt**, whose son, Mike Bolt, lived from July 21, 1980 to February 7, 2006.

**Kara Brown**, whose sister, Erin Brown, lived from July 14, 1982 to December 3, 1999.

**Russ Brown**, whose daughter, Erin Brown, lived from July 14, 1982 to December 3, 1999.

**Tara Brown**, whose step-father, Wally, lived from August 7, 1943 to September 29, 2008.

**Laura Clark**, whose friend, Kyle Buckman, lived from March 30, 1982 to July 24, 2003.

**Jose Luis Cepeda**, whose son, Jaime, lived from July 8, 1997 to December 22, 2011.

**Doris Ann Dornberger**, whose son, Jeff Tankersley, lived from August 8, 1976 to November 18, 1992.

**Heidi Drejas**, whose sister, Andrea Navarro, lived from July 18, 1974 to May 31, 2018.

**Nancy Ducharme**, whose brother, Dave Gingrich, lived from January 23, 1945 to July 15, 2002.

**Jennifer Ensign**, whose husband, Carl Ensign, lived from August 1, 1964 to January 22, 2008.

**Lori Ferrell**, whose brother, Brian Leden, lived from August 4, 1963 to January 30, 2004.

**Dawn Fleming**, whose brother, Jake Ellefsen, lived from August 1, 1963 to July 16, 2000.

**Kari Frantzen**, whose father, Stanley Hake, lived from July 10, 1937 to July 22, 1991.

**Ann Fultz**, whose husband, Glen Fultz, lived from July 29, 1934 to June 13, 2015.

**Deb and Scott Fultz**, whose father, Glen Fultz, lived from July 29, 1934 to June 13, 2015.

**Krisy Godfryt**, whose father, LeRoy Tank, lived from September 9, 1948 to July 22, 2014.

**Sue Grag**, whose brother, Paul Wilczynski, lived from July 18, 1962 to January 20, 2004.

**Pat Graham**, whose son, Tom Woods, lived from February 16, 1962 to July 29, 2010.

**Lisa Hake**, whose father, Stanley Hake, lived from July 10, 1937 to July 22, 1991.

**Sandra Hake**, whose husband, Stanley Hake, lived from July 10, 1937 to July 22, 1991.

**Alice Hecox**, whose son, Randy Reed Hecox, lived from January 7, 1969 to July 23, 1999.

**Bill and Sandy Henry**, whose son, Jerry A. Henry, lived from July 15, 1968 to August 7, 2000.

**Rosanne Hodge**, whose husband, Chas, lived from July 30, 1963 to April 11, 2007.

**Verna Hodges**, whose son, Reggie Milen, lived from January 3, 1992 to July 27, 2012.

**Dean & Dorothy Hufsey**, whose son, Jonathan Hufsey, lived from July 21, 1964 to August 16, 2001.

**Jerry and Susie Hughes**, whose grandson, Nicholas Weaver, lived from March 15, 1986 to July 27, 2009.

**Caryn Jaroch**, whose brother, Bill Neradt, lived from August 12, 1961 to August 4, 1997.

**Diana Jeskie**, whose son, Andrew Rios, lived from August 3, 1987 to August 16, 2002..

**Bill and Pat Johnson**, whose son, Michael, lived from December 30, 1965 to July 8, 2006.

**Chrissy Kite**, whose nephew, Matty, lived from July 23, 1990 to October 3, 2013.

**Annette Kopecky**, whose husband, Jim Kopecky, lived from July 15, 1977 to May 7, 2017.

**Nancy Kucienski**, whose father, Louis Fuller, lived from February 17, 1941 to July 8, 2005.

**Otto & Shari Leden**, whose son, Brian Leden, lived from August 4, 1963 to January 30, 2004.

**Todd Leden**, whose brother, Brian Leden, lived from August 4, 1963 to January 30, 2004.

**Marnie Liestman**, whose brother, David Burns, lived from December 21, 1969 to July 31, 2008.

**Jean McDonald**, whose brother, Tom McDonald, lived from July 23, 1960 to May 30, 2013.

**Andrea Molkentine**, whose daughter, Jordan "Joi" Molkentine, lived from January 11, 1993 to July 31, 2017.

**David Mugnaini**, whose father, Bob Mugnaini, lived from July, 28, 1955 to February 11, 2008.

**Chelsea and Jeff Mumm**, whose brother, Andrew Popp, lived from February 19, 1987 to July 15, 2005.

**Cindy Tank-Murphy**, whose father, LeRoy Tank, lived from September 9, 1948 to July 22, 2014.

**Gregg Navarro**, whose wife, Andrea, lived from July 18, 1974 to May 31, 2018.

**Kathleen Newcomb**, whose daughter, Julie Newcomb, lived until July 15, 1998.

*Continued on Page 4—Remembering...*

**Please let us know if any dates/spellings are incorrect, so that we may correct them.**



## To Our Loved Ones

**Because of you,**  
I love a little more.

**Because of you,**  
I take time to give  
an extra kiss good-bye.

**Because of you,**  
I have a new  
favorite song.

**Because of you,**  
there may be dust  
on the window sill,  
and I don't care.

**Because of you,**  
I live today,  
before I worry about  
tomorrow.

**Because of you,**  
I don't give up  
quite as fast.

**Because of you,**  
I still believe  
in rainbows.

**Because of you,**  
now I can help  
or listen more.

**Because of you,**  
today I am me.

By Jean-Jaques Goldman & Phil  
Gladston  
Reprinted from  
Survivors of Suicide Newsletter

## Remembering cont'd

### *Continued from Page 3* Remembering...

**Kathy Oberle**, whose husband, Will Hacker, lived from July 17, 1969 to May 17, 2016.

**Sandi Patterson**, whose son, Drew Patterson, lived from July 28, 1995 to July 18, 2010.

**Pam Perron**, whose husband, David, lived from July 25, 1963 to July 8, 2010.

**Betty Piotrowski**, whose son, Marc Piotrowski, lived from August 6, 1968 to July 5, 1990.

**Donna Plesner**, whose brother, Michael Bertz, lived from July 12, 1974 to July 22, 1993.

**Debbie and Ed Ramsey**, whose son, James H. Ramsey, lived from July 13, 1961 to November 28, 2009.

**Michelle Rook**, whose brother, Jeremy "J. Beatie" Hubbard, lived from October 25, 1982 to July 19, 2008

**Mark A. Senn**, whose 1st wife, Amy L. Senn, lived from April 4, 1970 to July 31, 2008.

**Laura Soderberg**, whose nephew, Drew Patterson, lived from July 28, 1995 to July 18, 2010.

**Felicia Stanford**, whose sister, Phyllis McCullough, lived from August 2, 1956 to April 28, 1998.

**Todd and Margie Sweet**, whose son, Josh Sweet, lived from November 20, 1995 to August 1, 2013.

**Sandy and Jenny Tank**, whose father/husband Leroy Tank, lived from September 9, 1948 to July 22, 2014.

**Kim Tarver**, whose daughter, Erin M. Brown, lived from July 14, 1982 to December 3, 1999.

**Kelly Truckenbrod**, whose sister, Kristine Markowski, lived from July 18, 1968 to January 13, 2004.

**Victor Vasauskas**, whose father, Alexander Vasauskas, lived to August 9, 2000.

**Susan Wagoner**, whose son, Stephen Panella, lived from July 19, 1974 to November 26, 2008.

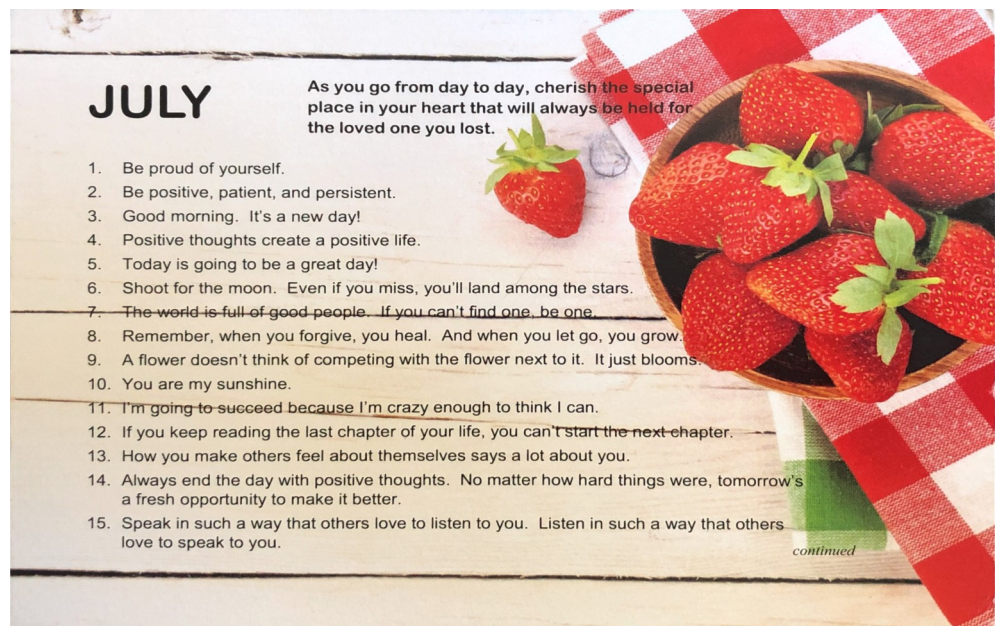
**Heather Weaver**, whose brother, Nicholas Weaver, lived from March 15, 1986 to July 27, 2009.

**Pam and Wayne Weaver**, whose son, Nicholas Edward Weaver, lived from March 15, 1986 to July 27, 2009.

**Sandra Wilcox**, whose nephew, David Gill, lived from February 24, 1964 to July 11, 2016.

**Robert Woods**, whose brother, Tom, lived from February 16, 1962 to July 29, 2010.

**Robert and Lynn Zambreno**, whose son, Billy, lived from April 8, 1969 to August 04, 2004.



# From a Daughter

By: Shannon Brown

Each Day I try to understand  
Why you're not here to hold my hand.  
You left with no hug and no goodbye  
And for that I only wish to know why

You strived for goodness, love and peace.  
But I never thought you would soon cease.  
You taught me about loving and growing,  
And you never stopped your love from flowing.

I never thought I could pay this cost  
For all the love and time we've lost.  
You and I were so wonderful together,  
And your love and life will live forever.

Thank you for your guidance and light,  
Your love in my heart will always burn bright  
Your heart will always live in mine.  
I guess it can only get better in time.



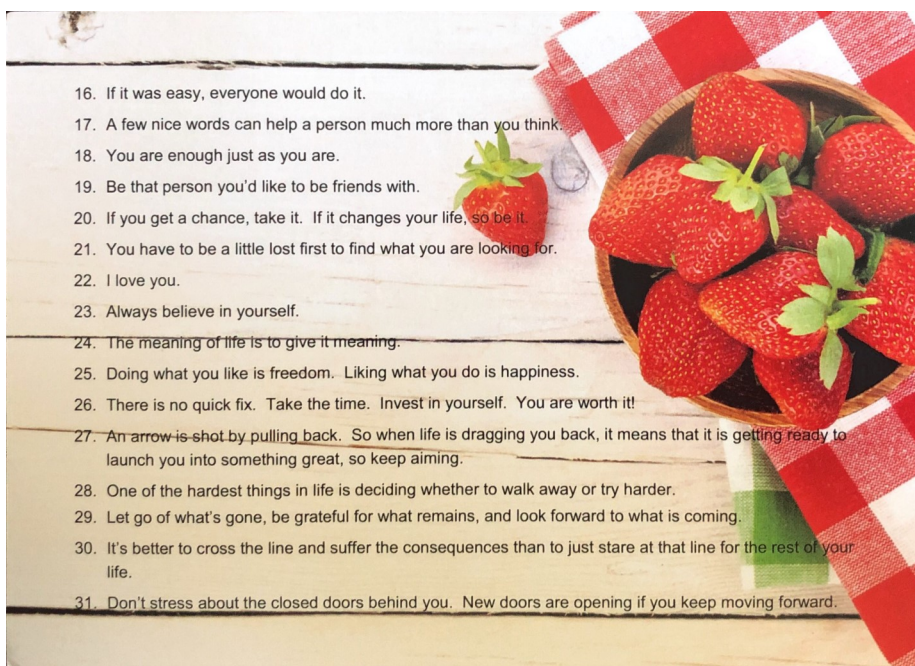
## From Out of Solitude

Those who can sit in  
silence with their  
Fellowmen not  
knowing what to say but  
Knowing that they  
should be there, can  
bring  
New life in a dying  
heart. Those who are  
not

Afraid to hold a hand  
in gratitude, to shed  
tears

In grief, and to let a  
sigh of distress arise  
Straight from the  
heart, can break through  
Paralyzing boundaries  
and witness the birth of  
A new fellowship, the  
fellowship of the broken.

□ Henri Nowen  
Lifted with Love  
SBP, Portland Oregon



16. If it was easy, everyone would do it.
17. A few nice words can help a person much more than you think.
18. You are enough just as you are.
19. Be that person you'd like to be friends with.
20. If you get a chance, take it. If it changes your life, so be it.
21. You have to be a little lost first to find what you are looking for.
22. I love you.
23. Always believe in yourself.
24. The meaning of life is to give it meaning.
25. Doing what you like is freedom. Liking what you do is happiness.
26. There is no quick fix. Take the time. Invest in yourself. You are worth it!
27. An arrow is shot by pulling back. So when life is dragging you back, it means that it is getting ready to launch you into something great, so keep aiming.
28. One of the hardest things in life is deciding whether to walk away or try harder.
29. Let go of what's gone, be grateful for what remains, and look forward to what is coming.
30. It's better to cross the line and suffer the consequences than to just stare at that line for the rest of your life.
31. Don't stress about the closed doors behind you. New doors are opening if you keep moving forward.



## From Stephanie

“He’d begun to wake up in the morning with something besides dread in his heart. Not happiness exactly, not eagerness for the new day, but a kind of urge to be eager, a longing to be happy.”

-Jon Hassier

### Ritual and Remembrance

June 1: Ritual and remembrance are meant just as much for us as they are for our loved ones. Each anniversary of our loved ones passing is yet another opportunity for us to say goodbye, the farewell we didn’t get to say the first time around. Letting go of someone is part of life, just like saying hello to someone new. It’s important to show ourselves and others that we haven’t forgotten those we loved very much. We can show that love through a gesture like laying flowers at the site where her ashes are interred, or it can be asking the church that conducted the original funeral mass to name him in a memorial on the anniversary of his death. The important part is that we show up to respect and honor the person’s life-and our own.

***Rituals are a way to celebrate a life instead of obsessing over the death. Today I employ rituals to gain closure from suicide.***

Excerpt from *Healing the Hurt Spirit*,  
by Catherine Greenleaf  
Lifted with love from *Comforting Friends*, Vol. XVIII, Issue 6

It happens without warning or without much notice. We go from waking up each morning and maybe having a few seconds of peace before IT slams into us again; the realization that someone we loved died by suicide. We experience, yet again, that overall feeling of dread, sickness, and fear.

That first year is one I can remember as being foggy. On some days, I felt like my feet were in such deep mud that I couldn’t pull them out. On other days, I felt as if I were floating. There were times I’d look in the mirror and wonder who that sad woman was staring back at me. My eyes looked back, and they seemed vacant. I can remember being out in public and wondering why I was there and if I looked “normal.” I clearly remember listening to people chatter about what I considered to be nonsense and wanting to shout at them that what they were worrying about was foolish and petty. MY life had turned on a dime. My life was different. I was different. I wondered why people were laughing and moving about in what appeared to be a happy life.

I had a husband, 4 children, and a routine. I can remember going to the grocery store alone for the first time after Mom died. The list in my hand had words that swam before my eyes. I felt a sense of fear and dread as I moved the cart through the aisles.

Each morning, I’d wake up and have just a few seconds of not remembering the horror that then overtook me. I wanted to just stay in bed and sleep my life away; but there were children who needed attention. I moved through each day as a gloomy being even as I thought I appeared as my old self. But I wasn’t, was I? The kids knew it or at least felt it.

What helped me was my friend, Berta, who was dying of ovarian cancer. She wasn’t bedridden until January (Mom died in September) and she was still able to drive, and visit people, carry on as if all was well. I saw her every weekday and we simply talked and talked and talked. With Berta, I felt like I had an anchor. I believe I was also that anchor to her. She died 5 months after Mom. Grief calls to grief. I was thrown even further back.

I can’t tell you the date that I awakened one day and had a pleasant anticipation of that day. I felt different and...somewhat free. I was free of the deep, deep heaviness. I sat on the edge of my bed and realized that the day felt different. I felt different. I remember recalling the event of the death, the following few days, and thinking, “Yep, that happened. It was horrible. I have suffered. Today I feel sort of like my old self.” I was in awe of it because I didn’t think I’d ever have that feeling again. Gratitude is what I felt as my grief lightened. I was grateful that I made it. I started grief counseling 2 weeks after Mom died. I came back to IL every weekend to work with my sister on cleaning out her house. When I returned to Indiana, when I went back to the place where I’d received the phone call, the heaviness was worse for quite a while.

# From Stephanie

*Continued from Page 6—From Stephanie*

Until it wasn't.

If you are a farther-down-the-road survivor, you know of what I speak. If you are fresh in this journey, with time and work, the day you awaken and feel different will come. Grief work is work. It's work that must be done. Time is on your side. One some days I felt that time was a curse. Then came the day when it didn't feel like that anymore.

Reach out when you need to talk. Reach out to other survivors on this journey you didn't even want to be a part of. You didn't pack a suitcase for a journey you didn't know you were taking but now you are building a toolkit to help you navigate this new course. Survivors helping survivors...

*Stephanie*

## My Memory Library

By: Sarah Blackstone

Imagine if I was given one moment,  
just a single slice of my past.  
I could hold it close forever,  
and that moment would always last.

I'd put the moment in a safe,  
within my hearts abode.  
I could open it when I wanted,  
and only I would know the code.

I could choose a time of laughing,  
a time of happiness and fun.  
I could choose a time that tried me,  
through everything I've done.

I sat and thought about what moment,  
would always make me smile.  
One that would always push me,  
to walk that extra mile.

If I'm feeling sad and low,  
if I'm struggling with what to do.  
I can go and open my little safe,  
and watch my moment through.

There are moments I can think of,  
that would lift my spirits every time.  
The moments when you picked me up,  
when the road was hard to climb

For me to only pick one moment,  
to cherish, save and keep,  
Is proving really difficult,  
as I've gathered up a heap!

I've dug deep inside my heart,  
found the safe and looked inside,  
there was room for lots of moments,  
in fact hundreds if I tried.

I'm building my own little library,  
embedded in my heart,  
for all the moments spent with you,  
before you had to part.

I can open it up whenever I like,  
pick a moment and watch it through,  
My little library acts as a promise,  
I'll never ever forget you

Source: <http://www.familyfriendpoems.com/poem/my-memory-library>



What we share with others  
who mourn is something we  
would rather not,  
yet it allows us to be seers in  
a blind world.

What unites us in sadness  
also connects us in the  
insistence that compassion is  
the ultimate empowerment.

That bond of love,  
in possession of our weary  
hearts,  
can make of us a legion of  
resistance to the unnecessary  
suffering of many.

□ Molly Fumia

Lifted with love  
from Suicide Bereavement Support  
Portland, Oregon

## Life shrinks or expands in proportion to one's courage

□ Anais Nin

Lifted with Love  
Suicide Bereavement Support  
SW Washington and NW Oregon  
June 2003



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Fax: (630) 482-9669

Email: [info@spsamerica.org](mailto:info@spsamerica.org)

 [www.spsamerica.org](http://www.spsamerica.org)

## We're going green—how 'bout you?

Please help us save time and resources by electing to receive future copies of *mayday* in your email box.

*(We pinky-swear promise we'll never spam you!)*

Opt now for an email version of this newsletter so there will be no disturbance or late issues of *mayday* in the future

### Moving? Other changes?

Use this form to help us keep our records up to date and stay in touch, or email us at [megghun@spsamerica.org](mailto:megghun@spsamerica.org).

#### Please complete and return this form to:

Stephanie Weber  
528 South Batavia Avenue  
Batavia, Illinois 60510

#### Subscriber Response Form

- ☐ **Yes, I'm going green, too!** Please email future issues of *mayday* to me at the following address.

**Email:** \_\_\_\_\_

- ☐ **No, not now.** Please continue to snail mail future issues of *mayday* to me at the current mailing address on file.

- ☐ **Heads-up—my info has changed or I'm moving!** Please update your records with the following information.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Please return this entire page, including the upper portion with the mailing label attached, to help us accurately update our records.