



mayday

Volume 37 • Issue 1



January 2020

Sharing and Discussion | Aurora, Illinois

Next Meeting: January 20, 2020

Tough day? Here are some people to call:

Loss of a Parent:

Kari Frantzen

Father died July 22, 1991

☎ 815.498.2257

Loss of a Sibling:

Wendi McKenzie

30 Year old Brother died
January 18, 2009

☎ 815.341.8856

Loss of a Child:

Dean Hufsey

Son died August 16, 2001

☎ 224.402.2266

Loss Connected to Military Service:

Andy Weiss

Soldier died 4 MAR 2012

☎ cell: 630.235.7260

Loss of Friend:

Mary Wolff

Friend Died January 18, 2011

☎ 630.450.3880



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**.

When: Every Third Saturday of the Month at 10 AM

Where: Suicide Prevention Services of America 528 S. Batavia, IL. 60510

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

Questions: Contact Megghun at 6304829699 or
megghun@spsamerica.org

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 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

SAVE THE DATE

A Timed 5K Run

Join us for this event on



Saturday
May 9, 2020

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:

No Love gifts received this month.

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.

December Recap

Thank You!

Emily and Daniel DeLuna for opening up and setting up the December meeting room.

Emily and Daniel DeLuna for offering to set up the Jan meeting room.

Cheryl Wetherhot, Sharon Schule, Sue Moritz, Susie Chapple, Daniel and Emily Deluna, for bringing food to the Dec. meeting.

Please feel free to bring treats in for the January Meeting

Attendance in December:..... 24

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
Love Gifts.....	\$125.00
Projected expenses: .	\$189/month—\$2268
Newsletter printing	\$810
Stamps.....	\$67.50/month
Books.....	\$1072.00



Remembering...

January 13th to February 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.

Mary Jane and Arthur Aagesen, whose daughter, Carla Sue Carey, lived from September 21, 1961 to January 18, 2002.

Jade Boczek, whose mother, Laura Boczek, lived from January 14, 1963 to October 11, 2005.

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

* **Ellen Bruce**, whose husband, Don, lived from June 13, 1960 to January 31, 2018.

Delbert & Alta Bush, whose son, Jeffrey Bush, lived until January 25, 1998.

Nick Cabral, whose daughter, Silvia Cabral, lived from February 1, 1977 to April 21, 1997.

Patti Cichon, whose mother, Barbara Jager, lived from September 18, 1927 to January 21, 2011.

Linda and Jerry Dalton, whose grandchild, Chass Dunahoe, lived from March 27, 2002 to January 28, 2014.

Daniel & Emily Deluna, whose daughter, Mariah Michelle Deluna, lived from January 22, 1998 to September 11, 2018

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

Janet Duran, whose daughter, Danielle Duran, lived from November 24, 1984 to February 8, 2013.

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.

Elizabeth Fredrick, whose daughter, Stephanie, lived from June 5, 1997 to February 9, 2017.

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

Jaclyn Harwey, whose uncle, Bill Moscoff, lived from January 16, 1952 to February 4, 2010.

Rachel Hathaway, whose friend, Ben Wilkinson, lived from April 12, 1993 to January 18, 2011.

Anthony Hellem, whose sister, Mary Milanesi, lived from December 9, 1956 to January 26, 2005.

Rich and Kathy Hess, whose daughter, Samantha (Sammy) Hess, lived from August 11, 1989 to January 25, 2012.

Chris Holt, whose sister, Laura Boczek, lived from January 14, 1963 to October 11, 2005.

Bruce Irwin, whose husband, Duane D. Larson, lived from August 29, 1961 to February 8, 2016.

Kathleen Iszotic, whose son, Matt, lived from January 31, 1991 to December 8, 2011.

Devyn Johnson, whose best friend, Bianca Acosta, lived from January 16, 1992 to November 24, 2008.

Jackie Jungemann, whose grandson, Matthew Jungemann, lived from January 13, 1995 to March 24, 2013.

Suzanne Larson-Kolomyjec, whose brother, Bradley Johnson, lived from January 30, 1962 to April 29, 2000.

Sylvia and Michael Kurtz whose first husband & father, Arnold "Bud" Kurtz, Jr., lived from October 19, 1964 to January 18, 1998.

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

Denise & Cody Lewis, whose husband/Father, Gerald E. Lewis, lived from January 31, 1953 to June 24, 2009.

Rachel Long, whose boyfriend, Curtis Glen, lived from February 3, 1980 to September 24, 1996.

Jordan Martner, whose close friend, Ben Wilkinson, lived from April 12, 1993 to January 18, 2011.

Wendi McKenzie, whose brother, Chad Stead, lived from March 21, 1978 to January 18, 2009.

Scott Mitzel, whose sister, Linda Bakken, lived from December 19, 1950 to January 31, 1987.

Joyce Mohr, whose brother, Carl Ensign, lived from August 1, 1964 to January 22, 2008.

Constantina Muñoz, whose brother, Gerardo Valle, lived until January 22, 1998.

Karen O'Brien, whose partner, Tony Rogulic, lived from January 19, 1947 to November 28, 2003.

Pat O'Hara, whose brother, William Moscoff, lived from January 16, 1952 to February 4, 2010.

Jeannie Owen, whose best friend's husband Duane D. Larson, lived from August 29, 1961 to February 8, 2016.

Debra Payton, whose son, Phillip Payton, lived from January 25, 1990 to January 22, 2013.

Carolyn & Joe Panozzo, whose son, Michael Panozzo, lived from September 6, 1979 to January 22, 2007.

Pat and Elaine Phillips, whose son, Lee Phillips, lived from May 1, 1971 to January 29, 2004.

Continued on Page 4—Remembering...

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



days of thanks

In a year when much
was given,
much was taken too.
So we pause and give
thanks
for what now is.
Think, too, of what once
was,
and we are grateful.
For the threads of lives
gone by,
threads that enrich the
fabric of this the life we
know.

~Lois Wyse
Lifted with Love
SBS, Portland, OR
Nov. 2008

Remembering...

Continued from Page 3

George & Diana Poulos, whose daughter, Danielle Marie lived from January 1, 1988 to January 14, 2007.

Cindy Reid, whose daughter, Michelle Gipson, lived from April 20, 1986 to January 31, 2014.

Emily Roberts, whose friend, Ben Wilkinson, lived from April 12, 1993 to January 18, 2011.

Jeff and Jill Roberts, whose son, Ben Roberts, lived from January 22, 1992 to August 26, 2011.

Mary Saur, whose son, Sean, lived from June 22, 1977 to January 22, 2006.

Sharon Schule and Elizabeth Schule, whose son and brother, John M. Schule, lived from August 26, 1992 to January 27, 2013.

Janet Sosa, whose son, Andrew Sosa, lived from January 18, 1969 to September 12, 2013.

Rick and Leticia Stark, whose son, George Terrazas, lived from February 20, 1980 to January 29, 1999.

Jessica Valdespino, whose partner/father of children, Casey Erik Banas, lived from January 31, 1977 to June 10, 2017.

Gracieta Vargas, whose husband, Javier Vargas, lived until February 1, 1999.

Debi Weidner, whose father, Paul Brewer, lived from January 21, 1931 to August 25, 2001.

Mike Weiland, whose son, Christopher, who lived from October 24, 2002 to January 30, 2015.

Tim & Debbie Wilkinson, whose son, Ben, lived from April 12, 1993 to January 18, 2011.

Erica Wolff, whose father, Frederick Carl Wolf, lived from January 25, 1980 to April 23, 2001.

Mary Wolff, whose friend, Ben Wilkinson, lived from April 12, 1993 to January 18, 2011.

Vickie Wurtz and Family, whose sister, Carla Sue Carey, lived from September 21, 1961 to January 18, 2002.

Bob and Karen Wych, whose son, Ryan Wych, lived from January 25, 1980 to April 23, 2001.

LOVE NEVER DISAPPEARS

Love never disappears...for death is a non-event
I have merely retired to the room next door.
You and I are the same; what we were for each other,
We still are.

Speak to me as you always have; do not use a different tone, do not be
sad.

Continue to laugh at what made us laugh.
Smile and think of me.

Life means what it has always meant.
The link is not severed.

Why should I be out of your soul if I am out of your sight?
I will wait for you; I am not here, but just on the other side of this path.
You see, all is well.

- St. Augustine (354 a.d. -430 a.d.)

Encouraging Words

Some People Say

I wouldn't go to one of those grief meetings. It's morbid— people sitting around talking about the dead. How wrong those people are!

In so many ways, those who attend are saying, "I am hurting now, but I want to go on with my life." They are saying, "I am crying now, but I want to laugh again." They are saying, "I am sick in body and soul; help me get well." I see these things as healthy, not morbid.

It is not easy to walk into a meeting of any kind alone, especially one where the subject is very emotional. But once there, it takes only a few minutes to find out we are not alone—that there are those who care about us and want to help us. We see others hurting and suddenly we want to help them. I don't see that as morbid.

A grieving person wants to talk about their loved one who is no longer physically part of their life. That person died with a tragic suddenness. We want to know why or find a reason or some meaning in that person's death.

Memories of our loved one are all we have left. We have a driving need to hang on to those memories lest we lose that small bit of him/her. It is not morbid to want to keep that small part alive forever, at least in our hearts and minds.

To walk into an SOS meeting is a loud shout— "I want to live and be happy again." It is a cry that "My loved one is dead, but I know he would want me to go on and be a better person for the suffering." It is a confirmation that "Even though part of my life is gone, there is a reason to go on." There is nothing morbid about doing what is necessary in order to re-enter the mainstream life.

~Margaret Gerner

BP/USA Chapter, St. Louis, MO

Edited and lifted with love from The Compassionate Friends Fox Valley IL Chapter.

Scholarship Opportunities

The Todd C. Bryant Memorial Scholarship | \$1,000.00

A \$1,000 scholarship to any college, university, vocational school or community college available to all graduating high school seniors who have lost a parent or sibling to suicide during their high school career and who live in the funding district of The Community Foundation of the Fox River Valley.

The deadline to apply is January 15, 2020.

To apply, call (630) 896-7800 and ask about the Todd C. Bryant Memorial Scholarship #26 or Ellen and Robert Weber #147



From Stephanie



"The mind has a dumb sense of vast loss-that is all.

It will take mind and memory months and possibly years to gather the details and thus learn and know the whole extent of the loss."

-Mark Twain

it is amazing

It is amazing that today
it's all gone.

Today I will answer the
phone, say how bad it is,
That I wonder how long
it will take until it doesn't
hurt so much, but I really
know the answer...

This day on the calendar
will never be just another
day for me.

Grief is like weeding a
flower garden in the
summer.

You have to do it over
and over again till the
season changes.

"When will this be over?"

This is a question that I've been asked hundreds of times over the 40 years since Mom died. I've been asked at SOS meetings, asked by clients, and asked by friends of friends. My answer may vary in words from time-to-time but the meaning remains the same: "It's 'over' never and the intense pain hangs out for around 2 years. The question itself, I believe, focuses on the intense pain, the constant recycling of "what could I have done to change this", and when will life return to "normal."

I've likened grief to an old friend or a friend we no longer want to hang out with but who won't disappear and go away. Grief is patient; it has more time than you have.

Forcing grief away, eliminating the process of active grief, isn't possible. Yes, you can block out the incident, the pain, and pretend you're fine. The facts, however, irrefutably tell us that the patience of grief is non-ending. Shove it away....it will return with a force and vengeance worse than it was had we dealt with it head on.

Deal with it. THAT takes many forms. Cry, scream, be angry, stare into space, recycle thoughts, cry, cry, cry. Your eyes will burn. Grief is exhausting. Continue to push it away and you'll become physically ill. To deal with it, we may just sit with it. There is absolutely no way around, over, or under grief. Grief is the result of love and what is left when the human version of our loved one is no longer visible.

As survivors, we will never have that final piece of the puzzle. I can tell you why mom took her life but what doesn't fit for me is that 4 months after dad died she tried to kill herself. In the ensuing 2 years, she had many losses. The losses of those years make her final decision clear to me. "Okay," I say to myself. "You're one of the lucky ones. You know." Then, BAM, the thought of the first attempt plants itself within me yet again.

Many survivors can and do say, "Well, they were mentally ill", or "they were always in trouble," or....BUT, we also say that many people have a mental illness or are in trouble and they live; why did our person die by his/her own hand?

Knowing this commonality that we survivors share, the next important piece is what do we do to help ourselves? We can attend meetings, see a therapist, talk with other survivors, buy more Kleenex, and try to put their total life, not just their final act, into perspective. Walking is one of the best forms of exercise. Walking also clears the head and allows us to clear away our cobwebby brains. Looking at pictures of happier times may help. Journaling may help. Knowing the stages of grief can help. Know that if you've lost interest in things you found pleasurable prior to the death, that is part of the grief process.

From Songs From The Edge,
by Fay Harden (1989).
Copies may be obtained from
Fay Harden
404 E. Butterfly Circle
Gretna, LA 70056
Lifted with love from SBS newsletter,
Portland, OR

More from Stephanie

Grief will not be cheated. The process will take the time it needs. Every time we tell our story a bit of that grief breaks away from the huge iceberg in our hearts and flows out to sea.

Yet, grief is self-limiting. When it is done with you, it only comes and goes as bits of dust in your eye.

Our brains are amazing. If we had to take the full impact of the horror that befell us, we wouldn't be able to walk. Breathing is difficult but we still breathe.

I recently saw that a survivor celebrated the 25th birthday of her loved one who was 15 when she died. A group of people gathered at the grave and then went out to eat. This is a yearly tradition. Many, many survivors celebrate the life that was this way. Birthdays are celebrated, major events are celebrated, an empty plate is on the table or a candle is lit in memory of them. People get involved in fundraisers, volunteering for boards and other agency opportunities. THIS is how we remember and, in a strange way, thumb our nose at grief. And...know what? Grief winks and nods right back at us as if to say, "You did it and you keep on doing it...I served my purpose."

Keep on doing it....

Stephanie

Year-end... Or Beginning... Thanks!

I used to write year end thanks in December and I'm not quite sure what happened to that. I always hesitate because I know I'll forget someone. If that should happen (and it probably will!) call me and I will make it right. It isn't that I overlook you because you aren't valuable; it's that I'm old and my memory is fragile... and

Kari Frantzen and Kim Tarver stand out most especially as the facilitators of the monthly meetings.

Maureen Anderson, Jill Roberts, Delia Lopez, Sylvia Kurtz, and Laura Soderberg, for writing notes to survivors each and every month. As a 30 plus year survivor, I STILL value them. To all 5 of you...thank you.

The Advent Christian Church who has lent us their beautiful meeting room for 34 years.

To each and every one of you who come month after month to not only receive but to give back...**YOU** are the heart and soul of SOS

To Josefina Chavez who edits this newsletter every month and gets it to the printer. She also gets the online version out and mails the monthly dates to the card writers.



There is a sacredness in tears.

They are not the mark of weakness, but of power.

They speak more eloquently than 10,000 tongues.

They are the messengers of overwhelming grief, of deep contrition and of unspeakable love.

- Washington Irving

for the new year

Where there is pain, let there be softening.

Where there is bitterness, let there be acceptance.

Where there is silence, let there be communication.

Where there is loneliness, let there be friendships.

Where there is despair, let there be hope.



528 South Batavia Avenue
Batavia, Illinois 60510

Phone: (630) 482-9699

Fax: (630) 482-9669

Email: info@spsamerica.org

 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.

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.