

Comforting Friends

Published by Friends for Survival, Inc.

A NATIONAL OUTREACH & SUPPORT ORGANIZATION
FOR THOSE AFFECTED BY A SUICIDE DEATH

2023
JANUARY



JANUARY - A NEW YEAR BEGINS

We are marking our 40th Anniversary this year. Friends for Survival was formed in February of 1983 by me and Chris Moon. Our very first newsletter was published in August of 1983.

To kick off the start of this year, we are putting together a special 40th Anniversary Lifekeeper Memory Quilt. Over the years, the Friends for Survival families have created six quilts. We want to create a seventh to honor 40 years of service. We provide all the materials and instructions for a suggested donation of \$10. If you would like to participate, please order your quilt packet now. Visit our website for more information here: Support Resources > Memorial Quilts (or give us a call at 800-646-7322).

It is amazing when I look back on 40 years; all of the wonderful people that have lifted me up, guided me and gave me the ability to help others. I am humbled every time I facilitate a support group meeting and see the shared compassion that we have for each other. This organization has been my calling and I am dedicated and honored to continue to serve. At my age of 84, it is easy for me to look back with nostalgia. The world is a completely different place than it was in 1983. Many things have changed just in the last ten years. For four decades, one thing has not changed and remains constant: the mission of this organization – to provide bereavement support after a suicide death.

On behalf of our Board of Directors, staff, volunteers, and collaborative partners in our community, we wish to honor and acknowledge our past; we will continue to strive to provide our best service to you in the present; will listen to your feedback to plan for the future.

WE HAVE SPECIAL
EVENTS AND
ACTIVITIES
PLANNED TO
COMMEMORATE
FOUR DECADES OF
SERVICE.



MARILYN
KOENIG,
EXECUTIVE DIRECTOR

GROUP MEETINGS

Go to our website, click on **Upcoming > Meetings**. Find your virtual meeting date and time, click on **"Register."** On this same page, you can also check for updates regarding in-person meetings.

VIRTUAL MEETINGS:

Second Monday

January 9 @ 3pm PT / 6pm ET

Third Wednesday

January 18 @ 4pm PT / 7pm ET

Fourth Wednesday

January 25 @ 7pm PT / 10pm ET

Grieving Moms Groups (2)

#1 Thursday, Jan 5 @ 6:30pm PT / 9:30pm ET

#2 Thursday, Jan 19 @ 3pm PT / 6pm ET

Grieving Spouse & Partner

Thursday, January 12 @ 6pm PT / 9pm ET

IN-PERSON MEETINGS:

Cameron Park, CA

Tuesday, January 10 @ 6:30pm

Faith Episcopal Church

2200 Country Club Dr., Cameron Park CA

Carmichael, CA

Tuesday, January 17 @ 7pm

Carmichael Presbyterian Church

5645 Marconi Ave., Sacramento, CA

Lincoln, CA

Thursday, January 12 @ 6pm

Lincoln Public Library

485 Twelve Bridges Drive, Lincoln, CA

Modesto, CA

Monday, January 15 @ 7pm

The Bridge Covenant Church (Riverbank)

2201 Morrill Road, Riverbank CA

Legacy Survivors, UT

Wednesday, January 11 @ 6pm MST

Weber State University - Ogden Campus

Merrill Allied Health Building, Room 327

BE KIND TO YOURSELF

DRINK MORE WATER

LIGHT A SCENTED CANDLE

JOURNAL HOW YOU'RE FEELING

GO FOR A WALK

LISTEN TO A PODCAST

READ A BOOK

DO NOTHING BUT REST

DECLUTTER A SPACE

GET 7+ HOURS OF SLEEP

WRITE 3 TO 5 THINGS YOU'RE GRATEFUL FOR

TAKE A NAP

PRACTICE MEDITATION OR YOGA

TAKE A RELAXING BATH

CREATE A PLAYLIST

GO OUT WITH FRIENDS

TRY SOMETHING NEW

TAKE A BREAK FROM ALL SOCIAL MEDIA

forgiveness

Forgiveness may seem simple until we need to forgive following the death of someone dearly departed. A sea of unfamiliar emotions can make forgiveness impossible for a very long time. Until we forgive, as long as we harbor anger and resentment toward another, that person has power over us, preventing us from moving forward. Anger, until it is transformed into forgiveness, can fester into bitterness that corrodes the vessel that contains it and disfigures all that it touches.

If we are to achieve healthy measures of healing, we must eventually deal with forgiveness. We may need to forgive ourselves for not being able to protect the beloved person or prevent their death. We may need to forgive our loved one because of the way he or she died. We may need to forgive doctors or counselors for failing to properly diagnose, cure, or save our loved one. We need to forgive anyone—ourselves, our child, husband, wife, parent, sibling or any other person—who intentionally or unintentionally contributed to events that led to the death of our loved one.

We need to forgive those who fail to support us in our grief, those who make clueless or insensitive remarks, avoid mentioning our beloved's name or their death, or just stay away. Forgiveness does not come easily or quickly but there is no time frame for forgiving.

Forgiveness does not change what has happened but it lifts a burden from our heart. It has been said that forgiveness is a gift we give ourselves. Forgiving frees us to heal, to love without fear, to live without bitterness and to know true peace in the future.

Source: Finding Peace Without All The Pieces After A Loved One's Suicide by LaRita Archibald



**THERE IS SACREDNESS IN TEARS. THEY ARE NOT THE MARK OF
WEAKNESS, BUT OF POWER. THEY SPEAK MORE ELOQUENTLY
THAN TEN THOUSAND TONGUES. THEY ARE MESSENGERS
OF OVERWHELMING GRIEF...AND UNSPEAKABLE LOVE.**

~WASHINGTON IRVING

Surmounting Holiday Grief

by Jaletta Desmond

It's mid-January and bank tellers, store clerks, friends and family living far away are still asking the dreaded question: "How were your holidays?"

You don't really want to know. And I don't really want to tell you.

At first I automatically answered, "Good" but it gradually declined to "Fine" to "OK" to "Eh."

I discovered there were others around me who offered a "humph," groan, or heavy sigh when the question came up. I was not alone. We were not alone.

So I've decided to come clean for the rest of you. For those who didn't take down their tree Christmas Day afternoon, weary of the pretense and resolved to pack up the merry holiday and put it away until next year.

I don't want to ruin it for others, really. In fact, I hope to celebrate with you next year with a renewed merry spirit — or, maybe, some year. But I consider it a public service for those who struggled during the holiday season to share with the rest of you what it is like and to offer some suggestions to help us all better manage the lack of merriment. And to remind us that it isn't just Christmas or Hanukkah that cast a sad shadow on a portion of the population.

I don't know if it will ever truly be a very Merry Christmas for a family missing a member. Decorating the house and tree may become a chore rather than an annual pleasure. The cherished family of birch tree snow people is over-populated for the family of four who is now a family of three.

"We went from a family of six to a family of four," said a young person to me who lost a sibling and has another who is estranged. I nodded knowingly. Yes, the holidays are hard because they are measured by the missing.

A stocking hung by the chimney with care remains empty Christmas morning, except for a few notes placed in it as tribute. There's a space in the family pictures that will never be filled, even as the family may grow and expand over the decades. There's an empty place at the table no matter how many guests gather.

But death isn't the only Grinch that spoils holidays. Comedian and actress Amy Poehler writes about her divorce in her half-life memoir "Yes Please." She read

numerous books about dealing with divorce and joked that she wanted to submit some suggested titles to her editor, such as "I Want a Divorce! See You Tomorrow!" (for co-parents). The final one was "The Holidays Are Ruined" with this summary: "This book is one page long and just contains that one sentence."

People often feel chagrined comparing grief from divorce to grief from death, but divorce is a death, of a kind, of the marriage and family that once was. Holidays hopefully aren't ruined forever but they are altered forever.

That's why Valentine's Day may be even worse for someone recently separated or divorced. I'm not a fan of this contrived holiday but maybe this year I'll throw a party for my friends who consciously uncoupled this past year.

I imagine St. Patrick's Day will be particularly difficult for friends who lost an adult son last year, one half of an "Irish Twins" set who is sorely missed. I imagine many of his friends and loved ones will raise a green-dyed pint in his honor, remembering very fondly a funny and spirited young man.

Veterans Day, Memorial Day, Fourth of July — those are holidays packed with picnics or parades. Yet families who lost a warrior or a veteran are remembering their personal patriot.

Flip to almost any month in the calendar and there's a family or friend mourning in the midst of the celebration — not even including birthdays, anniversaries, or the day of death.

Many organizations or websites offer suggestions on how to deal with grief during the holidays but I found the most complete, practical list at aarp.org. I've paraphrased it here:

1. Only do what feels right. You are very vulnerable right now, so all you need to do is get through the day, week, or season in a healthy way. You decide which activities, traditions or events you can handle.
2. Accept your feelings. You may feel peaceful one moment and gut-wrenchingly sad the next. Try to stay in tune with your own highest truth.
3. Call on your family and friends. Be honest about how you'd like to do things this year.

RESOURCES

Friends for Survival

www.friendsforsurvival.org

Phone: (916) 392-0664

Toll Free: (800) 646-7322

If you are in crisis and need immediate help, call the 24-hour National Crisis Line:

"988"

Alliance of Hope

Survivor services including a 24/7 on-line community forum
www.allianceofhope.org

American Foundation for Suicide Prevention (AFSP)

Extensive lists of available meeting support www.afsp.org/find-support

Bereaved Parents of the USA

www.bereavedparentsusa.org

Suicide Awareness Voices of Education

www.save.org

Tragedy Assistance Program for Survivors (TAPS)

For service members, veterans, and their families: www.taps.org

The Compassionate Friends

For bereaved parents of a deceased child: www.compassionatefriends.org

The Nat'l Center for Grieving Children & Families

The Dougy Center
www.dougy.org/grief-resources



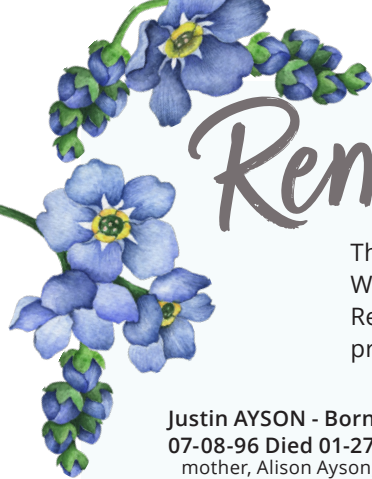
This program is funded in part by the Division of Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA).

4. Focus on the kids. Many holidays place special attention on children and it often helps to focus on their needs.
5. Plan ahead. Create comforting activities in the weeks approaching a holiday so that you have something to look forward to rather than dread.
6. Scale back. You might opt for minimal decorations at home, not send holiday greetings, or limit holiday parties to small gatherings with your closest friends and family. Do whatever feels safe and comfortable to you.
7. Give. It's amazing how in times of grief, sometimes the biggest comfort is to give to others.
8. Acknowledge those who have passed on. Some ideas: lighting candles for them, talking about them, donating toys or books in their name, planting a tree, writing a letter, or placing an item of theirs among holiday decorations.
9. Do something different. Acknowledge that the holiday will not be exactly the same ever again. Accepting this will help manage expectations.
10. Skip it. If you feel that it will be too much for you and you'd like to simply opt out of participation in a holiday, let family and friends know. Plan alternative comforting activities for yourself and let someone know what you will be doing. Make sure someone checks in with you on that day.

I would add not to have expectations of what it will be like next year, either. Don't expect it to be better or worse. Time may not heal this wound —holidays may make it tender and raw. Don't judge yourself or anyone else in that regard.

Nonetheless, I refuse to surrender the holidays to a season of sorrow forever. This season, and every season, I hope none of us are defined by death but by love and compassion. I hope we are defined by hope.

About the author: Jaletta Albright Desmond is a freelance writer/former weekly columnist, peer support specialist and group facilitator. She lives in North Carolina with her family. Contact her at hopeafterws@gmail.com (Editor's note: This column was originally published several years ago.)



Remembrances

JANUARY 2023

These Friends would be most appreciative of your prayers, love and support during this month. We encourage you to hold them in your thoughts. If you wish to include your loved one in our Remembrances column, please return the form on Page 7. All submissions must be received 40 days prior to issue date.

Justin AYSON - Born 07-08-96 Died 01-27-22
mother, Alison Ayson, Rocklin, CA

Dan DARROW - Born 09-07-64 Died 01-12-01
parents, Richard & Janet Darrow, Corning, CA

Rebecca BAIZA - Born 05-20-55 Died 01-31-17
son, Aric Baiza, Roseville, CA

Greg LANEY - Born 03-01-53 Died 01-18-08
sister, Lynne Laney, Auburn, CA

Martin Donald JUST - Born 08-13-56 Died 01-31-96
sister, Dorothy Sherrard, Sacramento, CA

Craig M. LOCKE - Born 01-07-63 Died 08-11-17
mother, Gretchen McCarthy, Lincoln, CA; brother, Steven, who took his life 04-27-95

Becky DAVIS-MAY - Born 01-23-62 Died 10-20-96
sister, Beth Davis, Sacramento, CA

Jill Renee THIEL - Born 01-11-75 Died 06-24-05
parents, Rick & Caroline Thiel, Modesto, CA; children, Ryon, Geanner; siblings, Brian, Julie, Kristine

Joseph Anthony SMITH - Born 06-15-55 Died 01-04-07
sister, Naja Sorella, Mendocino, CA

ERIC GRIMBLE - Born 07-25-71 Died 01-23-95
mother, Alma Grimbale, Sacramento, CA

Brian Bert MILIUS - Born 05-01-68 Died 01-03-00
mother, Kay Russell, Sacramento, CA; sister, Cindy; brother, Chris

Clayton McDONNELL - Born 01-25-90 Died 01-27-13
mother, Diana Bell-Curtis, Truckee, CA

Adam GILZEAN - Born 01-08-91 Died 05-11-19
mother, Mary Gilzean, Lincoln, CA

Lucas A. HECK - Born 08-17-69 Died 01-30-98
parents, Tim & Jennifer Heck, Chico, CA

Keith NICHOLSON - Born 01-08-62 Died 09-12-10
wife, Julia Nicholson, Folsom, CA

Hector GONZALEZ - Born 01/1959 Died 04/2006
daughter, Anna Gonzalez-Cifuentes, Citrus Heights, CA

Daniel C. BROOKS - Born 01-18-61 Died 09-26-17
partner, John Alford, Gold River, CA

David JOHNSON - Born 02-25-52 Died 01-09-18
son, Elliott Johnson, Sacramento, CA

Kelly M. ALDRED - Born 02-12-62 Died 01-24-15
wife, Pam Aldred, Folsom, CA

Terry O'NEIL - Born 01-11-44 Died 03-16-85
wife, Ellen O'Neil, Cameron Park, CA

Gary COMBS - Born 01-28-54 Died 09-12-88
sister, Karen Stribling, Galt, CA

Robert TOSCHI - Born 01-1947 Died 09-1986
wife, Carole Toschi Ward, San Andreas, CA

John ITO - Born 01-03-74 Died 01-30-91
parents, Ken & Midori Ito, Sacramento, CA

Bill POWERS - Born 01-22-72 Died 07-11-01
parents, Roger & Nancy Powers, Dana Point, CA; sister, Pamela Lugos

Eric Vaughn BROWN - Born 03-19-68 Died 01-11-02
mother, Emma Brown, Yuba City, CA; sisters, Amy & Becky

Robert MELTZER - Born 05-16-70 Died 01-06-10
parents, Jon & Robin Meltzer, Elk Grove, CA

Ted DUREN - Born 01-02-87 Died 06-04-09
parents, Wayne & Julie Duren, Tracy, CA

Victor ORTIZ - Born 05-29-61 Died 01-11-10
wife, Marina Ortiz, Stockton, CA; children, Javonni & Alyzsa

Forest WAX - Born 11-12-91 Died 01-21-10
father, Jeff Wax; siblings, Olivia & Sophia Wax, Ryan Oberhansly, Auburn, CA

Seth D. Jamison TUTTLE - Born 06-18-86 Died 01-02-08
parents, Steve & Gaye Brown, San Andreas, CA

Trevor Troy HOGUE - Born 01-24-85 Died 06-03-09
mother & sister, Donna & Tracey Hogue, Granite Bay, CA

Daniel MUSSETTER - Born 01-28-69 Died 08-12-98
mother, Sue Graue, Yuba City, CA

Nadette "Niki" DAVIS - Born 03-27-43 Died 01-27-90
loving daughter, Cyndi Sbranti, Pollock Pines, CA and granddaughters Camryn and Grace

Mike LEMBKE - Born 07-29-67 Died 01-12-11
parents, Carl & Donna Lembke, Roseville, CA

Barry McIntYRE - Born 07-20-67 Died 01-31-94
mother, Norma McIntyre, Auburn, CA; brother, Aaron

Kim SPRUILL - Died 01-01-91
friend Cheryl Priest, Canon City, CO

John RUMLER - Born 03-09-72 Died 01-09-02
mother, Donna Rumler, Fort Collins, CO

T. Chris ALDERTON - Born 09-02-55 Died 01-23-00
wife, Glenda Novinger, Bonners Ferry, ID

Lisa Marie HALL - Born 01-29-69 Died 12-01-91
parents, Ronald & Ursula Hall, Chicago, IL

Randy Reed HECOX - Born 01-07-69 Died 07-23-99
mother, Alice Hecox, Louisburg, KS; sisters, Debra Lynn, Barbara Ann & Donna Reyna; brothers, Fred, Frank, Jeff & Donald

Scott Paul FONTE - Born 06-28-65 Died 01-02-90
parents, Jim & Jeannette Fonte, Metairie, LA

James LEVINE - Born 01-05-73 Died 08-09-11
mother, Peggy Levine, Raleigh, NC

Michael GEORGE - Born 10-13-73 Died 01-06-94
mother, Cheryl George, Parma, OH

Ben REINBOLT - Born 01-13-81 Died 09-18-03
mother, Jeanne Reinbolt, Sidney, OH

E. Dean TURNER IV - Born 09-16-82 Died 01-10-97
parents, Dean & JoAnn Turner, Nashport, OH

Kevin Louis MILLER - Born 01-19-62 Died 05-18-95
parents, Jerry & Joann Miller; brother Eddie, Huffman, TX

Edward "Ted" Cronin TYSON - Born 01-25-68 Died 01-10-94
parents, Jont & Anne Tyson, Midland, TX

Melissa ISSLER - Born 08-30-76 Died 01-25-99
parents, mother and step-dad, Cathy & Michael Boomhower, Cambridge, VT

Christopher LUU - Born 01-14-87 Died 01-25-22
mother, Katherine Luu, Seattle, WA



I CAN NO LONGER SEE YOU WITH MY EYES,
BUT I CAN FEEL YOU IN MY HEART FOREVER.

~FRANCESCA GUZZI



Gifts of Love

11/01 - 11/30

Alison Ayson
in memory of son, Justin

Alli Frey
in memory of husband,
Obaid

Amit Agarwal
in memory of Maureen
"Mo" Beeby

Donna Hogue
in memory of son, Trevor

Cathy Jones
in memory of daughter,
Paula MacCormack

Cecilia Stricklin
in memory of son, Gage
Harper

Chris & Dave Beeby
in memory of daughter,
Maureen "Mo" Beeby

Christine Weston
in memory of father,
Thomas Weston, Jr.

Christy Satfield
in memory of husband,
Garret

Cindy Iseley
in memory of husband
and father, Craig

Cynthia E. Durfee
in memory of son,
Richard Gardner

Debbie Anderson
in memory of brother,
Danny

Diane Saslow
in memory of daughter,
Emily

Donna Hagen
in memory of son, Eric

Eileen Chandler
in memory of, Chris
Tonstad, Stephanie
Chandler's husband

Elinor Anklin
in memory of partner,
George Harsch

Francis Bain
in memory of son, Rody
A. Murray

**Gary and Susan
Reynolds**
in memory of cousin,
Wes Lincoln

Glenda Novinger
in memory of T. Chris
Alderton

Hazel Bright
in memory of my son

Heather & John Harper
in memory of son,
Nathan

Heidi Howell
in memory of my only
son, Matthew

Helaina Taylor
in memory of son, Kian

Holly Chafey
in memory of son, Rob

Ian Howard
in memory of father,
Charles "Chris" Howard,
From Ian & Stefan

Iva Lou Woodring
in memory of husband,
Jim

**Jeanne (Karen)
Reinbolt**
in memory of son, Ben

Jeanne Brosius
in memory of son,
Thomas E. Brosius

Jeanne Tickle
in memory of brother,
John Rumler

Jeanne Zisman
in memory of my only
child, Liam

Jim & Sandra Gregg
in memory of grandson,
Kelly Carlson

John & Kathleen Burke
in memory of son,
Andrew Burke

John Alford
in memory of partner,
Daniel C. Brooks

Jonathan Meltzer
in memory of son,
Robert Meltzer

**Joseph & Elizabeth
Papa**
in memory of children,
Ethan & Elise

Katherine Luu
in memory of son,
Christopher Luu

Linda Spies
in memory of son, Jake
Spies

Linda Sullivan
in memory of grandson,
Trenton Hiatt

M. Kelly Guerrero
in memory of son, Josh

Marilyn Koenig
in memory of son,
Steven

Mark & Toni Groth
in memory of son, Ben

Mary Varco
in memory of my
beloved son, Joe

Mike McKeon
in memory of best
friend, Jim

Nancy Hiestand
in memory of brother,
Rob Hiestand

**Norm & Nancy
Andrews**
in memory of son, Eric
Andrews

**Norma & Aaron
McIntyre**
in memory of son &
brother, Barry McIntyre

Patricia Sholberg
in memory of husband,
Dee

Paul Cox
in memory of son, Heber

Perri Jones
in memory of son,
Andrew Duclos

Phillip Cypret
in memory of wife,
Georgette Snell

Phyllis Rogers
in memory of son, Chris
Alan Rogers

Rebecca Reimers
in memory of son, Ray
Carey

Renee Marciari
in memory of brother, Ira
Silverzweig

Rita Waterman
in memory of husband,
Michael Woliner

Roger & Carol Louthan
in memory of son, Doug

Ronnie Walker
in memory of step-son,
Chan

Sharron Holmstrom
in memory of son-in-law,
Travis

Sherry Whetstone
in memory of Shaun
Foster

**Stephen & Pamela
Trask**
in memory of sons,
Bradley & Cameron

Susan Wilson
in memory of brother,
Fred Squires

Susie Johnson
in memory of husband,
Eric

Teresa Young
in memory of friend,
Sandy

Terry & Mary Gilzean
in memory of son, Adam

Victoria Watson
in memory of son,
Theodore Thomas
Watson, Jr.

DONATE & REMEMBER

Enclosed is my donation of:

\$

Please use it as follows:

- ☐ Where Most Needed
☐ Legacy Friends

In memory of: _____

From: _____

Name and relationship

☐ Please include my loved one in
Remembrances. My loved one's name is:

DOB: _____

DOD: _____

My name and relationship:

☐ Please send me this newsletter via
email instead. My email address is:

Please detach and mail to:

Friends for Survival
P.O. Box 214463
Sacramento, CA 95821-4463

Victoria Skutley
in memory of son-in-law,
Justin

**William & Barbara
Diemer**
in memory of son, Paul

Thank you Sharon
Bennett for creating a
Facebook Fundraiser
benefitting Friends for
Survival.

Donations have also
been received from:
Candice McCarty,
Cathy Campbell,
Daniel Reidenberg,
Psy.D., Deborah
Debechevet, Debra
Oppenheim, Katherine
Edel, Katherine
Remhof, Mary
Sodergren, Stacey
Divine, Tami Cisneros

THANK YOU

Friends for Survival, Inc.
P.O. Box 214463
Sacramento, CA 95821-4463

Non-Profit Org.
U.S. Postage
PAID
Sacramento, CA
Permit No. 230



No longer reading our newsletter?

Please discontinue by contacting
us: info@friendsforsurvival.org or
916-392-0664



Comforting
Friends