

# WICS Newsletter

Widowed Information and Consultation Services

Winter 2014-15

## ***When Grief During the Holidays Is New***

By Pat Schwiebert, R.N. pat@tearsoup.com



As we officially enter the holiday season those who grieve enter into a quagmire of emotions.

Is it okay to experience joy when your loved one is dead?

Can you be grateful for the time you had with your loved one while being overwhelmed with missing that person?

Will you give yourself permission to join in the festivities of the season or not gather with family and friends depending on how you feel in the moment?

For those in their first season, you may be surprised at how challenging this time of year may be. Friends and family may or may not be aware of what this may be like for you. Because holidays are more intense, and hold more expectations than other times in the year, they are a set-up for those who grieve. Holidays tend to be family time. You would think it should mean that family will be around supporting each other and remembering holidays past and those no longer present. Some will do it well. Others will deny there's someone missing, while the atmosphere will be like there is an elephant in the room, but everybody's pretending that nothing special is going on.

People will mean well. But their tendency may be to want to fix you. They want the old you back. They want you to be happy in order to reduce their discomfort. But there is no fixing a broken heart. Your heart will never again be without blemish. The scar from your sorrow will remain, and the healing that you will go through will make you a different person. That's not a bad thing. But it's helpful to know that part of you will be changing.

To simplify the holidays it may be helpful to assess just what is important to you. Here are a few questions to ask yourself about the holidays:

1. What kind of celebration do I want to have this year?
2. Do I really have to put up all those decorations?
3. Can meals be more simply prepared and be just as filling with a few less calories?
4. Who is it important for me to see and visit with during the holidays?
5. Who makes the rules about who I must give presents to and how much I must spend?
6. Must I attend every event that I am invited to during the holiday season?
7. Can I give myself permission to create some new traditions?
8. Can I believe that people are coming to visit me and that they are not there to check on my housecleaning abilities or lack thereof?
9. Can I be kind to myself and plan some quiet times during the holidays to provide myself with enough rest?
10. What does this time of year mean to me personally and how do I wish to celebrate it. For example, will I attend or not attend church services, etc.?
11. What traditions do I want to hold onto and which are important to others in my family?
12. Am I willing to let others know what will help me feel safe at gatherings and to ask what their needs may be?
13. What rituals could I create around the holidays to help me remember my loved one?

There is no right or wrong way to celebrate the holidays. Set out with the intention to do the best you can, given the circumstances. Whether you stick to old family traditions or change the pattern, it's all OK. You will not be able to please everyone. Next year you may have more energy and more interest in participating in holiday routines than you do now. This year you may have to figure out how to get through the season and not set yourself up for what you're not ready for. Try to recognize that the holiday is just another day of the year filled with all sorts of activities, not just dreaded memories.

*The staff at Grief Watch hope for a soft holiday season for you... one that allows you to just be in the moment, appreciating memories of holidays past, and being grateful for those who can hope for you when you yourself can't experience hope.*

# WICS

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## **WICS Contact Information**

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Website: [www.kcwics.org](http://www.kcwics.org).

  
**Windermere**  
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425-235-7777

WICS would like to thank  
**Windermere**  
**RE/Renton, Inc** and **The**  
**Windermere**  
**Foundation** for their  
generous donation to our  
children's program.

**PLEASE NOTE: If you are no longer interested in receiving the newsletter via USPS mail, please contact our office to be removed from the list**

## Gifts of Love

**In honor of DIANE BINGHAM**  
from Darlene Munroe

**In loving memory of JACK WITTE**  
from Joan Witte

**In loving memory of ALBERT G. MUNROE**  
from Darlene Munroe

**"Celebrating WICS and the vision of its founders."**  
from Audrey Armstrong

Please consider sending a donation to WICS as a

## ***Holiday Memorial*** and **40<sup>th</sup> Anniversary Commemoration**

***Are You Looking for A Special Way To Memorialize Your Loved One for The Holiday?***

or

***A Way To Acknowledge and Thank WICS for 40 Years of Serving the Widowed and Their Families?***

We invite you to send a gift in memory of your loved one or to commemorate WICS' 40<sup>th</sup> year of making a difference in the lives of the widowed and their families in our community.

WICS relies on your donations. Your gift allows WICS to continue supporting grieving families.

**Please help us help others by sending a LOVE GIFT today.**

**~ An envelope is enclosed for your convenience. ~**

**All donations are tax deductible.**

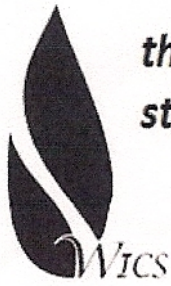
*(Workplace "Matching Gift" programs can increase your donation. Check to see if your employer will match your gift.)*



**December 7, 2014**

**BUS TRIP to LEAVENWORTH** for the  
**ANNUAL HOLIDAY TREE LIGHTING**

See page 5 for more information and the registration form. (Limited space – register now.)



*the flame  
still burns*

## Support Group Meetings

*For all widowed men and women who would like to share their concerns and experiences and discuss coping skills.*

**BALLARD:** 7 p.m. Tuesdays

Please contact Doug for details.

Contact: **Doug** 206.441.9490

**BELLEVUE:** 7 p.m. Mondays

10420 S.E. 11th St. — Pilgrim Lutheran Church (Corner 11th St. & Bellevue Way)

Contact: **Kathy** 425.653.7209 (best to call M, W, F during the day) or email at:

[clancyKa@comcast.net](mailto:clancyKa@comcast.net)

**COVINGTON:** 7 p.m. Tuesdays

25810— 156th Ave SE, St. John the Baptist Catholic Church

Contact: **Le** 253.630.0324 or email at: [saraacree@comcast.net](mailto:saraacree@comcast.net)

**FEDERAL WAY:** Currently, this group is not having meetings, but are looking for a new place and time. They are continuing to give support, information and connection.

Contact: **Molly K.** 253.839.4560

**KIRKLAND:** Currently, this group is not having meetings. But, they are offering support, information and connection.

Contact: **Holly** via email: [hlfinkbeiner@gmail.com](mailto:hlfinkbeiner@gmail.com)

**RENTON:** 12:30 p.m. Wednesdays

211 Burnett North, Renton Senior Center

Contact: **Burnie** 425.255.1888 or email at: [burnie@comcast.net](mailto:burnie@comcast.net)

### Memorial and/or 40<sup>th</sup> Anniversary Gifts of Love

Amount: \$ \_\_\_\_\_ From: \_\_\_\_\_

40<sup>th</sup> Year Celebration message: \_\_\_\_\_

In Memory of: \_\_\_\_\_

Send Acknowledgement to (name): \_\_\_\_\_

Address: \_\_\_\_\_

*An Envelope is ENCLOSED for your convenience.*

## North

### **Every Friday**

Dinner at 4:30pm

For more info contact:

**Delina Bardon**  
**206.789.8852**

## Federal Way

### **2nd Monday**

of each month  
Dinner at 5:30pm.

For more info contact:

**Carole**  
**253.927.0404**  
**bzeebee@msn.com**

## East

### **Bellevue**

Dinner at 5pm before  
Monday group meetings.

For locations call:

**Kathy Clancy**  
**425.653.7209**

*All WICS members welcome.*

## For the New Year

Ruth Eiseman, Louisville, KY

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.

## WICS Weds

A support group for those who  
have remarried or are in a  
coupled relationship.

For info re: monthly  
meetings of WICS-Weds  
please call:

**Diane at 253.839.5453**

## NEW YEAR'S WISH

I wish you gentle days and quiet nights.  
I wish you memories to keep you strong.  
I wish you time to smile and time for a  
song.  
And then I wish you friends to give you  
love, when you are hurt and lost and life  
is blind.  
I wish you friends and love and peace of  
mind.

~ Sascha Wagner ~



## Holiday Hints

Dorothy Hanley



A few ideas for getting through the holidays more easily. It is a difficult time for anyone who has lived through a life change. Perhaps these hints will make the holiday blues a little easier to deal with.

**DO SOMETHING FOR YOURSELF** – get as much rest as you can and attempt to keep the stress level low. Buy yourself a present. Take a leisurely bath, light candles, read a good book. Eat at least one good meal a day and be careful with liquor consumption.

**SURROUND YOURSELF WITH LOVING SUPPORTIVE PEOPLE** – you know who they are. Don't let people push you to do things you don't want to do or go places that will add to your discomfort.

**ALLOW TEARS** – holiday times are emotional times and particularly difficult if this is your first (or other years) big holiday without your loved one. Express your feelings without worrying that you will make others uncomfortable.

**REMEMBER YOUR LOVED ONE** – do something special like a memorial gift to a charity, take a wreath or flowers to the cemetery. If you put up a tree, buy a tree ornament as a memorial or light a candle.

**DON'T GO OVERBOARD** – Expensive gifts won't make up to the children the loss of a parent. Sometimes we feel we must do something to fill the void in their lives, but bankrupting the family won't help.

**IT WILL BE DIFFICULT, BUT YOU WILL GET THROUGH** – Anxiety and anticipation are often much worse than the holiday itself. You've had many bad days since the death of your loved one, you know you can get through a few more. Take heart, next year will/could be easier.

## Subscriber Form

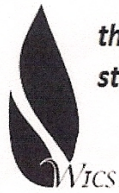
Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Return to: WICS P.O. Box 66896 Seattle, WA 98166

Subscription: \$25 per year



# WICS CELEBRATES 40 YEARS of COMMUNITY SERVICE



## BUS TRIP to LEAVENWORTH HOLIDAY LIGHTING FESTIVAL



Over 80,000 people have received services from WICS since it began in 1974. In celebration of our 40 years we invite all WICS, WICS WEDS and their FAMILIES and FRIENDS to join us for a day and evening of seeing the sights and lights of Leavenworth.

### Sunday, December 7, 2014

### 8:45am – 9:00pm (estimated time of return)

Spend the day in Leavenworth shopping, having lunch, seeing the sights. Lighting Ceremony at 5:00pm. ~ Dinner at King Ludwigs following the ceremony.

Meet at 8:45am at:

**Albertson's**  
Eastgate Parking Lot  
15100 SE 38th St  
Bellevue, WA 98006

Bus leaves at 9:00am sharp!

Cost:

**\$50** - Transportation & Gratuity only

Transportation provided by MTR Western Bus Company

~ Meals not included. ~

(Lunch on your own. Dinner reservations for the entire group at King Ludwig's Restaurant – cost is not included. Bus leaves for home following dinner.)

### Limited Seating ~ Register early!!

Reservations close when 52 seats are reserved by payment to the WICS office.

**For more information contact:**

**Ann Thorpe @ 425-830-8415 or e-mail her at [annthorpe@me.com](mailto:annthorpe@me.com)**

Please Name: \_\_\_\_\_  
PRINT Address: \_\_\_\_\_  
clearly: City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_  
Number of tickets @ \$50 each. Total: \$ \_\_\_\_\_  
I am not able to attend, but here is my Donation of \$ \_\_\_\_\_

#### Methods of Payment

By Check: Check #: \_\_\_\_\_ **Please make checks payable to "WICS"**

By Credit Card: PLEASE print clearly the information below. Circle one: **Visa** **MasterCard**

Person's Name as it appears on card: \_\_\_\_\_

Billing Address for this card: \_\_\_\_\_ Billing Zip code: \_\_\_\_\_

Card Number: \_\_\_\_\_ V code (3 digits on back of card): \_\_\_\_\_

Expiration date: (Mo/Yr) \_\_\_\_\_ Phone number: \_\_\_\_\_

Signature: \_\_\_\_\_

Mail This Form and Your Payment to: **WICS PO Box 66896 Seattle, WA 98166 206-241-5650**

PO Box 66896  
Seattle, WA 98166

**WINTER 2014-15**



**RETURN SERVICE REQUESTED**

**Save the Date**  
**Annual SEABECK RETREAT**  
**May 29-31, 2015**

### **40<sup>th</sup> Anniversary Fall Auction-Luncheon-Bunco Fundraiser**

We had a great time at our Annual Auction and 40<sup>th</sup> Anniversary Celebration held Oct. 4th at Saint Andrew's Lutheran Church in Bellevue. A big *Thank You* to Ann Thorpe for organizing the event and to all who had a part in making it a success. We appreciate those who donated items and all who prepared those items to be auctioned. A special thank-you to all who bid often and purchased the many items. We also thank those unable to attend, but sent their well-wishes and donations. A special Memory Album was presented to Diane Bingham and Wendy Morgan in appreciation of their vision, courage, and dedication to organize a group (WICS) that continues to provide support to the widowed and their families.

## **Widowed Information and Consultation Services (WICS)**

- WICS is non-sectarian and is not affiliated with any other agency.
- WICS is a program that offers group support to men and women who are coping with the death of their spouse/partner. Since its beginning in 1974, WICS has served more than 80,000 men, women and families.

Phone: **206-241-5650**

Website: [www.kcwics.org](http://www.kcwics.org)

- The most frequent inquiries at WICS are for clarification of the grief process, such as "Are my feelings normal?" or "Am I losing my mind?" and also seeking help for dealing with loneliness.
- When a widowed person telephones or visits a WICS support group, he or she can be sure to find other widowed people who will listen and understand. A warm and supportive atmosphere is provided for those who call on the service.