

Skagit Widowed Support Services Newsletter

Summer 2019

From your SWSS President

The future of this organization is coming to an end unless we are ALL willing to do something about it. The Board of Directors is in dire need of some new participants willing to join and give their input and ideas for moving forward into the coming years.

We have successfully made it through 30 years of service to the widowed population throughout the Skagit and Island Counties and are praying to be able to continue for years to come. But to be able to do so we are going to need your help to grow, both physically and financially.

When you became a member of SWSS you made this organization YOUR organization and the success of it depends upon everyone of you. Member dues are \$25 per year. Member Sponsor Dues are \$25 plus Sponsorship of \$100 per year.

The bottom line is this: if we are to continue to operate after the end of this year we are going to need more individuals coming forward and joining the board and giving of their time and voice and help.

Please think hard about it, and where you would like to see this organization go in the future.

Thank You

John RixBlackburn
President & Social
(360)610-2102

Note:

The next **free** 6-week Grief Workshop will be September 3rd through October 8th, held at the Burlington Senior Center. To register or for more information, call Robin at 360-333-9973 or email her at tamacn3@mac.com

SWSS serving the Skagit County community since 1989.

Like and follow us on Facebook

2019 Board Members

President: John Rix-Blackburn

360-610-2102

VP Patricia Morgan 360-630-9368

Secretary: Terri Heuterman

360-336-3037

Treasurer: Sylvia Rose 360-299-9156

Membership & Newsletter: Bert Stubbs

206-819-4706

Social: John Rix-Blackburn

360-610-2102

Sunshine/Ticket Sales: June Logsdon 360-757-3642

Publicity: John Rix-Blackburn

360-420-4336

Grief Group Coordinator: Robin MacNeal 360-333-9973

Funeral Home Coordinator: Suzanne Wassom 501-605-2691

Members at Large

Ron Dudeck 360-424-8885

Vicki Johnson 360-848-9504

Penny Stubbs 360-941-9938

Judy Nichols Dawson 360-856-6299

Larry Rose 360-299-9156

Patricia Seaman 360-424-6784

Bonnie Borden 360-419-0272

Chuck Wilke 360-336-6827

Orriel Allen

Join us at a board meeting! The board meets every 2nd Wednesday at 10 AM in the Skagit Publishing building Community Room.

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SWSS Annual Summer Potluck Picnic

Saturday, July 20, 2019 at the Sedro-Woolley Riverfront Park. **Plan now to attend and mark this date on your calendar!**

At the large shelter. Beverages, cutlery, napkins, all furnished. Simply bring your favorite dish to share and bring a friend or someone that may be interested in our organization.

Please arrive around 11:30 am so that we will be able to start eating at 12:00 noon. Any questions please contact John RixBlackburn (President/Social) at (360-610-2102) or email: irforever@msn.com



Carolyn Forbes wishes to thank everyone for their continuing support during her recovery. She does enjoy receiving cards and letters. If you wish to send her something mail it to:

Carolyn Forbes
Evergreen Healthcare
17603 91st Ave NE
Bothell, WA 987011



Congratulations to Suzanne Wassom and Brandon Powers for their June Wedding. All of us in SWSS wish them a bright and happy future together.

Coping with grief

Here are some tips to help anyone who is struggling with grief in summer:

1. Know that for most people, grief is a common reaction to loss, and it does pass with time. The second year may be easier, and people usually begin to enjoy again the activities that were special to them before their loss.
2. Try the things you enjoyed previously in summer and see if they're a good fit—or are still too painful. If you once liked to kayak or play cards or go out for a fish fry in the summer, give it a go. You may be surprised to find that it's comforting.
3. Go outside, if possible. A dose of sunshine and vitamin D helps people cope with stress.
4. Try doing your favorite activities in a new way that honors or remembers the person who died. Be intentional and purposeful. If you loved fishing with your dad who has passed away, plan a fishing trip in his memory this summer.
5. Try new summer activities and create new traditions—if you are ready.
6. When a child is grieving, they may feel guilty about enjoying summer break; remind them it's OK to have fun and enjoy life after a death. It can also be helpful to stick to a routine so there's less unstructured time in their day, and do things that bring happy memories to mind, such as making their loved one's favorite meal.
7. Find others who share your experience. Many churches, hospices and other health care agencies offer free grief support groups that may help.

By Cheri Milton, MST, Hospice Counselor
Agrace Hospice Care
Madison Wisconsin

Member Sponsors

Jack Sands, John Rix-Blackburn, Sally Wirtzfeld, Lanny Bergner, Sharon and David Varnell, David Dormans, Richard Loe, Jim Bonholzer, Patricia Morgan, Kathy Brown, Carolyn Forbes, Vicki Johnson, Suzanne Wassom, Bert Stubbs.

Corporate Sponsors

Evans Funeral Home, Kern Funeral Home, Hawthorne Funeral Home, Hulbush Funeral Home, and Lemley Funeral Chapel

Legal Council Steve Schutt

Birthdays

<u>July</u>	<u>August</u>	<u>September</u>
Pat Cain-Mulkins LouAnn Curtis	John Rix-Blackburn Robin MacNeil Orriel Allen Gerald Olmstead Tom Heuterman Bill Nelson	David Dormans Denise Nakayama Marilyn Floodeen Marguie Kivett Walt Muller Norma Smith Penny Stubbs

Member dues and donations are what fund SWSS activities including our quarterly newsletter. Please support us and mail your dues and donations to **SWSS, P. O. Box 156, Mount Vernon, WA 98273**

SWSS Social Functions

For more information contact **John Rix-Blackburn** at **360-610-2102**



1st Monday of the month is at the Royal Star located in Mount Vernon at 2300 Freeway Dr, Mount Vernon



2nd Monday is at the Curious Chef in the Burlington Outlet Mall at 232 Fashion Way, Burlington



3rd Monday at Lorenzo's Mexican Restaurant located at 2121 East College



4th Monday is at the Skagit Casino located in Bow at 5984 N Darrk Ln, Bow



5th Monday (if the month has 5 Mondays) is at the Farmhouse Inn located at 13724 La Conner Whitney Rd, Mount Vernon



NEW- Summer Dinner- 3rd Thursday in July, August, and September. 5 PM at the Four Seasons Buffet across the street from the Cascade Mall in Burlington. The street address is 1216 South Burlington Blvd.