



STEPPING STONES



Our mission is to bridge the gaps in the availability of information and resources that impede and discourage victims/families trying to deal with the aftermath of violent death, undetermined deaths, questioned suicides, and attempted murders, by taking one step at a time from vulnerability to informed decision making and toward resolution & be a place where it is s OK to smile again.

DECEMBER 2016

SNOWFLAKE MEMORIAL

JOIN US WEDNESDAY, DECEMBER 14TH, 2016 6:00 pm – 8:00 pm



“Every memory is like a snowflake, unique in beauty and design. Each sparkles in a different way – some are playful, some refined. But, unlike fragile snowflakes that fade when the sun appears, memories can grow even more beautiful with every passing year”

In the coming year, we will be featuring the value of “**SELF-CARE**” - *you can't take care of others unless you take care of yourself.* On December 14th, 2016, at our 5th annual, **Snowflake Memorial** *we want to take care of you,* with music and by serving you dinner as you share a table with family or with others remembering like you are.

After dinner we will have our snowflake candle lighting remembrance ceremony. You get to take your snowflake candle home with you to remember the light your loved one added to your life.

Note: This event will be next door in the Atrium building at 10801 Lomas NE – There are no stairs - which will help accommodate those with mobility issues

For those who can't be here in person, your loved one will have their name read out and posted on the remembrance board.



Please call 505-243-2222 to let us know you will attend and what special song or music you would like played.



❧ SELF-CARE FOR THE HOLIDAY SEASON ❧

As we once again head into the jovial, and quite often difficult holiday season for many of us, I felt that reprinting the following hints for the holidays would be a good reminder of coming up with good coping skills and to give our newer survivors/victims some solid hints on how to survive their 1st holiday season without their loved ones. As always, remember that Pat and I are here if you would like to talk, have a home visit, want more information about the Snowflake Remembrance on Dec. 16th, need court support or anything else that might make your life easier during this holiday season; we are here for you. I wish that someone would have given me this list when I was struggling for years during the holiday season; it sure would have helped me and my family with ideas of how to care for ourselves. Remembering you, your family and your lost loved one and wishing you the best holiday season you can have this year, Joan

Here are some tips for you to consider and may even help you enjoy moments, if not the entire holiday season...

- ❖ ***DECIDE WHAT YOU CAN HANDLE COMFORTABLY AND LET FAMILY AND FRIENDS KNOW.*** *Can I handle the responsibility of the family dinner, etc. or shall I ask someone else to do it? Do I want to talk about my loved one or not? Shall I stay here for the holidays or go to a completely different environment?*
- ❖ ***MAKE SOME CHANGES IF THEY FEEL COMFORTABLE FOR YOU.*** *Open presents Christmas Eve instead of Christmas morning. Vary the timing of Chanukah gift giving. Have dinner at a different time or place. Let the children take over decorating the house, the tree, baking and food preparation, etc.*
- ❖ ***RE-EXAMINE YOUR PRIORITIES: GREETING CARDS, HOLIDAY BAKING, DECORATING, PUTTING UP A TREE, FAMILY DINNER, ETC.*** *Do I really enjoy doing this? Is this a task that can be shared?*
- ❖ ***CONSIDER DOING SOMETHING SPECIAL FOR SOMEONE ELSE.*** *Donate a gift in the memory of your loved one. Donate money you would have spent on your loved one as a gift to charity.*

Adopt a needy family for the holidays. Invite a guest (foreign student, senior citizen) to share festivities.

- ❖ **RECOGNIZE YOUR LOVED ONE'S PRESENCE IN THE FAMILY.** Burn a special candle to quietly include your loved one. Hang a stocking for your loved one in which people can put notes with their thoughts or feelings. Listen to music especially liked by the deceased. Look at photographs.
- ❖ **OBSERVE THE HOLIDAYS IN WAYS WHICH ARE COMFORTABLE FOR YOU.** There is no right or wrong way of handling holidays. Once you've decided how to observe the time, let others know.
- ❖ **TRY TO GET ENOUGH REST.** Holidays can be emotionally and physically draining.
- ❖ **ALLOW YOURSELF TO EXPRESS YOUR FEELINGS.** Holidays often magnify feelings of loss. It is natural to feel sadness. Share concerns, apprehensions, feelings with a friend. The need for support is often greater during holidays.
- ❖ **DON'T BE AFRAID TO ENJOY YOURSELF.** Laughter and joy are not disrespectful. Give yourself and your family members' permission to celebrate and take pleasure in the holidays.

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 <p>The Atrium Building 10701 Lomas NE, Suite 118 Albuquerque, NM 87112 (just east of Eubank on Lomas) Daily drop in hours: Mon – Friday Noon – 3pm - or call for an individual, home, or after-hours appointments</p> <p>SUPPORT GROUPS MEET: 2nd Tuesday Noon-2pm – Lunch and Learning 3rd Wednesday 6pm-8pm – in Albuquerque Last Wednesdays 6pm-8pm – in Los Lunas Last Thursdays 6pm-8pm - in Rio Rancho</p>	 <p>505-243-2222 & 855-430-2232 (toll free) or Pat Caristo – 505-299-8712 Joan Shirley – 505-238-1663 Aussy Levi – 505-505-6278</p> <p><i>Consider doing a conference call or Skype visit if you can't get into Albuquerque.</i></p>	 <p>E-mail: pacnia@usa.net</p> <p>Website: bridgesforvictimsofviolentdeath.org</p> <p>We are a 501 © (3) organization.</p> <p>You can donate by PayPal on our website. Your donations are tax-deductible. Thank you, in advance.</p> <p><i>The Resource Center for Victims of Violent Death receives funding support from NMCVRC (2015-VA-GX 0053)</i></p>
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