

# *Resource Center for Victims of Violent Death*



## STEPPING STONES



**NEWSLETTER – JANUARY 2013** *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.*



### *- Support*

*Joan Shirley, our certified Victim Advocate leads support groups on the 2<sup>nd</sup> Tuesday of each month from 1 pm - 3 pm and on the 3<sup>rd</sup> Wednesday of each month from 6 pm - 8 pm at our office.*

*You are welcome to attend our group meetings or you may set up one-on-one meetings by appointment – even home visits, if necessary.*

*Others who have lost loved ones to violent death attend and share and support each other.*



### *Victim to victim from Joan...*

**I'll just stay and listen 'til your night turns to morn.  
Yes, the journey is hard and unbearably long,  
And I know that you think that you're not quite that strong.**

**So take my hand 'cause I've got time to spare,  
And I know how it hurts, friend, for I have been there.**

**See, I owe a debt you can help me repay  
For not long ago, I was helped the same way.  
And I stumbled and fell thru a world so unreal,  
So believe me when I say that I know how you feel.**

**I don't look for praise or financial gain  
And I'm sure not the kind who gets joy out of pain.**

**I'm just a strong shoulder who will be there 'til the end.  
Someone who will be your compassionate friend.**

*Steven L. Channing*



**Join us on Wednesday, January 16, 2013 6 pm – 8 pm**

***Gail Feldman, Ph.D, LLC, Psychologist, Author, Speaker, and Coach will present information on the physical effects of grief process.***

***Niki, her daughter, a massage therapist who does body work on survivors of trauma, will talk about massage and body work modalities, and will demonstrate.***



**Information:** *We begin this new year by helping you understand the process of grief and its effects on the body and the mind.*

### ***“G-R-I-E-F - More Than Just a Five Letter Word”***

For years, Dr. Paul T. Clements, PHD, RN, CS, then an assistant Professor at the UNM College of Nursing, provided help to families of murder with his information about grief. He produced a paper entitled “G-R-I-E-F – More than Just a Five Letter Word” which we still use to help families understand and heal from the grief of the loss of someone to violent death. Here are some key points from his article:

**In the beginning:** “Shock and numbness are normal reactions in the very beginning of the grief process. You may feel alone and the grieving and mourning can be a roller coaster ride of emotions. Grief can affect you mentally, emotionally, physically, and spiritually. The only way to get through grief is to go all the way in and to go all the way through it – which can be a frightening thought.” Here are some helpful hints on the path:

- ✓ Set goals for yourself – start with small short ones
- ✓ Accept that what you are feeling is real and painful
- ✓ Know that you must mourn the loss and allow yourself to do just that
- ✓ Cry when you feel like crying
- ✓ Don’t try to do this process alone and don’t avoid those who care for/about you
- ✓ Don’t allow guilt or fear to set you back
- ✓ Experience your thoughts and feelings a day at a time

**Responses to grieving:** “Each person grieves differently and at his/her own speed”.

It is important not to try to rush through your grief. Don’t be too hard on yourself by thinking you should be feeling well and be “over it” in a month or two. Grief related symptoms are typical for at least the first year, and may be considered normal for up to two years. \*\* Never feel it is a failure to seek or accept assistance. Getting/accepting help reveals strength and not failure.”

- ✓ Don’t let others define your loss for you
- ✓ Allow yourself to “backslide”
- ✓ Contact your health-care provider for help if the symptoms persist
- ✓ It is OK to repeat the story of your loss over and over again – this helps you explore what the loss means to you. Support groups will listen over and over again
- ✓ Don’t allow others to talk you into making major decisions within the first year of your loss

**A final thought:** “The goal of good grief is not to try to forget the loss, but to remember your loved one, begin to put the loss into perspective in your own personal life history, and reinvest or find what in life you enjoy. You are not the same person you were before the loss. Know that life will go on and the “new” person you are now will learn to live the life that is now your future.”

**\*\* Grief can be more extended and symptoms more varied with those who are dealing with a violent death.**



## “Bridging the Information Gap”

*We at the Resource Center for Victims of Violent death can help to find those stepping stones across this bridge of grief with information, support and advocating for you with those resources that may be available. We are here for you, and with you, in your grief.*

- We have other information and handouts on dealing with grief.
- You may be dealing with the criminal justice system: police, district attorneys, courts, parole/probation of the offender – We will walk with you through the process.
- There is no offender identified in your case – what do you do?
- We can give you information about possible remedies against the offender(s) in civil court.
- Everyone you know seems to not want to listen – again. We are here to listen.
- You have a million questions and don’t know whom to ask - We can get you some answers.



*2/12 /13 February Support Group afternoon meeting –we will be making Valentines for loved ones – here and gone. Join in between Noon – 3:00 pm*



**OFFICE**

*NIA/NM Resource Center  
for Victims of Violent Death  
10701 Lomas NE, Suite 115  
Albuquerque, NM 87112  
(just east of Eubank on Lomas)*

**Drop in hours: Monday thru Friday  
Noon – 3pm**  
*You may call for an individual or  
after-hours appointment*

**Victim Groups meet:**  
✓ 2<sup>nd</sup> Tuesdays from 1pm-3pm  
✓ 3<sup>rd</sup> Wednesday from 6pm-  
8pm.



**TELEPHONE**

**505-243-222 & 800- 430-2232**

**After hours contacts:**

- ✓ **Pat Caristo – 505-299-8712**  
Exec Dir./Intake /Case Mgr.
- ✓ **Joan Shirley 505-238-1663**  
Victim Advocate

*We can set up a conference call so  
you can join in if you can’t get into  
Albuquerque.*



**ON-LINE**

**E-mail: [pacnia@usa.net](mailto:pacnia@usa.net)**

**Website: [www. NIANM.com](http://www.NIANM.com)**

**Facebook** – our F/B page is being  
constructed

**We are a 501© (3) organization, so your donations are tax-deductible. Thank you, in advance.**