

Resource Center for Victims of Violent Death



STEPPING STONES



NEWSLETTER - NOVEMBER / DECEMBER 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.

Stepping stones to help during the holiday season...



Availability We are available in person, by telephone, and on-line, to actively listen, evaluate needs, offer support, provide referrals, etc. Our office is a convenient, professional, and pleasant setting in which we meet with families and others needing information and guidance. We also offer home visits. There is no charge for our services. ***Come by or call with questions, needs, or just to have someone listen.***



Support and Advocacy

During this holiday season, families who have lost loved ones to violent deaths can feel alone and stressed. We are here to help.

See our suggestions for getting through the holidays on Page 2.



2nd Annual Holiday Remembrance

WEDNESDAY, DECEMBER 18TH, 2013 6PM – 8PM

We invite you to join us at our office for an evening of sharing food and a remembrance ceremony around the pond with snowflake candles you can take home to remember the light your loved one added to your life.

Nothing is needed to attend – just you and your family / friends

“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”

THE UP-COMING HOLIDAYS ...

Thanksgiving and Christmas are wonderful holidays, but can be stressful for many, especially those grieving. 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.*

HOLIDAY REMEMBERANCE REMINDER...

WEDNESDAY, DECEMBER 18TH, 2013 6PM - 8PM

We invite you to join us at our office for an evening of sharing food and remembrances

We have enclosed a 3-d snowflake ornament for you to decorate as you wish. The snowflake is in two parts and slides together to make a full circle. We hope it brings you a sweet moment of remembering your special and unique loved one.



Please RSVP in advance to help us meet needs. 505-243-2222

We share this holiday time with you and are here if you need to talk, Pat and Joan

 OFFICE	 TELEPHONE	 ON-LINE
<p><i>The Atrium Building</i> 10701 Lomas NE, Suite 115 Albuquerque, NM 87112 (just east of Eubank on Lomas)</p> <p>Daily drop in hours: Mon – Friday Noon – 3pm <i>Or may call for an individual, home, or after-hours appointment</i></p> <p>Albuquerque Monthly Victim Groups meet: 2nd Tuesdays from 1pm-3pm 3rd Wednesday from 6pm-8pm Last Wednesday – Los Lunas * Last Thursday - Rio Rancho **</p>	<p>505-243-2222 & 855-430-2232 (TOLL FREE)</p> <p>After hours contacts:</p> <p>Pat Caristo – 505-299-8712 Project Coordinator / Intake</p> <p>Joan Shirley 505-238-1663 Victim Advocate</p> <p><i>We can set up a conference call so you can join in if you can't get into Albuquerque.</i></p>	<p>E-mail: pacnia@usa.net</p> <p>Website: www.bridgesforvictimsofviolentdeath.org</p> <p>We are a 501 © (3) organization. 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 (2014-VA-236)</i></p>

** Call for locations for Los Lunas and Rio Rancho meetings.