

Resource Center for Victims of Violent Death



STEPPING STONES



NEWSLETTER - NOVEMBER / DECEMBER 2014

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 - and a place to know it is OK to smile again.

The attached snowflake ruler/bookmark is our gift to you to help you “measure the progress” you make as you deal with your loss.



(If you would like a snowflake ruler/bookmark that went out in the mailed newsletters, please let me know and I will send you one)

Join us for our 3RD Annual Snowflake Remembrance

WEDNESDAY, DECEMBER 17TH 2014 6PM – 8PM

Come for a time 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.

“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”

SOME HELPS FOR DEALING WITH THE HOLIDAYS ...

Here are some tips for you to consider and may even help you enjoy moments, if not the entire holiday season... "Stepping Stones" Nov/Dec 2014

- ❖ **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.*

SNOWFLAKE REMEMBRANCE REMINDER *

We invite you to join us around our pond for an evening of sharing food and a candlelight remembrance ceremony. Bring yourself and family / friends.

*We do need you to let us know how many plan to attend so we can be sure to have enough to meet everyone's needs.

Please call Pat or Joan at 505-243-2222

WEDNESDAY, DECEMBER 17TH, 2014 6PM – 8PM
AT OUR ATRIUM OFFICE BUILDING, 10701 LOMAS NE,
ALBUQ, NM 87112

Take I-40 Eubank Exit (#165) – go one long block north to Lomas Blvd, turn east to 1st light (for the Target Store) and turn left into our parking lot.

If you cannot attend, know that your loved one will be remembered at the candle ceremony. We are here – feel free to call.

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 Or may call for an individual, home, or after-hours appointment</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>

THERE WILL BE NO GROUP MEETINGS IN DECEMBER – BUT BE SURE TO COME BACK NEXT YEAR