

Resource Center for Victims of Violent Death



STEPPING STONES



NEWSLETTER OCTOBER – DECEMBER 2015

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.

OCTOBER – National Domestic Violence Awareness Month



New Mexico is third in the nation in cases of men killing women, according to an anti-gun violence group report called “*When Men Murder Women*”. “Whether New Mexico ranks third, or even first or 50th, in the current statistics related to domestic violence, the important thing to consider is that violence is an underlying problem throughout the country, with violence being committed at high rates not only in New Mexico, but everywhere,” said Pam Wiseman, executive director of the *New Mexico Coalition against Domestic Violence*.
We can help.

NOVEMBER – The month for Thanksgiving



We appreciate the many people who trust us to be a resource to them as they deal in the complex aftermath of violent death. We thank the clients of NIA/NM who use our paid-services division – they help us provide no-cost services to the families of violence. To the NM Crime Victims Reparations Commission, from whom we receive VOCA grants, to the McCune Family Foundation for a grant, to those who name us in their donations to United Way, to those using shopping cards at Albertsons and Smith from which we receive donations, and for those client families who make donations in the names of their loved ones - ***We are most thankful.***

DECEMBER 16th - Our 4th Annual Snowflake Memorial



“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” ***You are invited to join us - see page 2...***



AN INVITATION

DECEMBER 16TH, 2015

**RESOURCE CENTER FOR VICTIMS OF VIOLENT DEATH'S
4TH ANNUAL SNOWFLAKE MEMORIAL**

Join us for a time of sharing food, sharing each other, and sharing a snowflake candle lighting remembrance ceremony for those loved ones lost to violence - and take a snowflake candle home to remember the light your loved one added to your life.

WEDNESDAY, DECEMBER 16TH, 2015 6:00 pm – 8:00 pm

We will have food and beverages but please feel free to bring that special food that you want to share and tell your story with.



PLEASE CALL TO TELL US YOU ARE COMING AND WHAT

FOOD YOU MIGHT BE SHARING- 505-243-2222



*For this event we will be using the Atrium building at **10801 Lomas NE** – the next building east of our office at 10701 Lomas - at the traffic light at Lomas and Morris NE. There are no stairs which will help accommodate those with mobility issues.*

❧ COPING WITH THE HOLIDAY SEASON ❧

A Note from Joan Shirley, a fellow grieving survivor and the Victim Advocate for our Resource Center -

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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The Atrium Building

10701 Lomas NE, Suite 115
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

SUPPORT GROUPS MEET:

2nd Tuesday 1pm-3pm – in Albuquerque
3rd Wednesday 6pm-8pm – in Albuquerque
Last Wednesdays 6pm-8pm – in Los Lunas
Last Thursdays 6pm-8pm - in Rio Rancho



505-243-2222

&

855-430-2232

(toll free)

After hours contacts:

Pat Caristo –
505-299-8712

Joan Shirley –
505-238-1663

Consider doing a conference call or Skype visit if you can't get into Albuquerque.



E-mail:

pacnia@usa.net

Website:
bridgesforvictimsofviolentdeath.org

We are a 501 © (3) organization.

You can donate by PayPal on our website. Your donations are tax-deductible. Thank you, in advance.

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