



# Homicide Survivors, Inc.

Summer 2011

FOR FAMILIES AND FRIENDS OF MURDER VICTIMS  
32 N. Stone Ave., 14th Floor, Tucson, AZ 85701  
Office: (520) 740-5729 Fax: (520) 740-5773 [homicidesurvivors@pcao.pima.gov](mailto:homicidesurvivors@pcao.pima.gov)  
[www.azhomicidesurvivors.org](http://www.azhomicidesurvivors.org)

## Father's Day for the Bereaved

Holidays are never the same after the loss of a loved one, and can be very challenging. When a member of the family is no longer here to share a tradition, the holiday can become a painful reminder instead of a time of joy. For many, this year marks the **first Father's Day without their father, their child, their child's father, a father figure, or another loved one.**



Some people find it comforting to keep the same traditions or rituals around the holidays; others find it deeply painful because they serve as a reminder of their loved one who is no longer alive. Holiday gifts that once were ripped open immediately may sit for days. Holiday meals may feel hollow, the empty seat at the table so evident. Your family may not feel able to celebrate holidays that other families seem to take for granted.

You may find you need to develop new traditions. There is no rule to follow on how to **"get through" a holiday. Seeking new routines on the most difficult days and holidays** is a good start to adapting to the new reality that was unfairly inflicted on your life.

You will grieve. Allow yourself to grieve. It is a key part of the healing process. In time new traditions will emerge along with treasured old traditions and you will again celebrate life. The memories of your loved one will remain as you add new rituals and activities to your life.

If positive emotions come, allow yourself to feel good, to laugh, and to enjoy life. Happiness is never a betrayal of love. You may not feel it now, but know that there is happiness left in the world for you and joy in the treasured memories of your loved one.

### **What's Inside:**

New Staff Member.....	3
<u>Retelling the Story</u> .....	4
Poems & Quotes.....	6
<u>About DNA</u> .....	8
Grief Tips.....	10
<u>Support Group</u> .....	11
Children and Grief....	11

### **SAVE the DATE!!**

**Sunday, September 25th, 2011**

### **National Day of Remembrance for Murder Victims**

This special observance honors the memory of homicide victims and acknowledges the resulting long-term trauma for families, communities, and the nation. **This past year's event** included a candlelight vigil, music, and speakers.

Details to come in the next newsletter!

# Support, Information & Assistance Resources



## **Homicide Survivors**

Office (520)740-5729

1-800-775-7462 x5729

Fax (520)740-5773

homicidesurvivors@pcao.pima.gov

www.azhomicidesurvivors.org

**Carol Gaxiola** (cell) (520) 240-6300

Director/Advocate

**Karla Avalos** (cell) (520)349-0362

Intercesora Bilingüe para Víctimas

(Bilingual Victim Advocate)

**Monica Castillo** (office)(520)740-5729 (Español)

Advocate/Administrative Assistant

## **Help On Call Crisis Line**

323-9373

## **Information & Referral**

(520)881-1794

## **Pima County Victim Witness Program**

(520) 740-5525

1-800-775-7462 x5525

## **Pima County Superior Court Calendar**

(520)740-8721

<http://www.sc.pima.gov>

## **Crime Victim Compensation**

(520)740-5525

You may be eligible for financial assistance for medical, counseling and funeral expenses

## **The National Victim Center**

1-800-FYI-CALL

Toll Free Information & Referral

## **Arizona Attorney General's Office of**

### **Victims Rights & Services**

(520)628-6455

## **Pima County Attorney's Office**

**(520) 740-5600**

Toll Free 1-800-775-7462 x5600

## **Phone Friends—Amigos Telefónicos**

### **Tucson Area (all 520 area code)**

Debbie Curry	298-6117
Hosea Barnett	829-8160
John Prunty	721-0257
Karen Colvin	883-7377
Kathi Rice	296-6349
Kathy Ross	889-8525
Mary Ann Christensen	906-4405
Carlos Castro	624-4965 (Español)
Elisa Espinoza-Lopez	434-0340 (Español)
Gabby de la Cruz	704-1277 (Español)
Hope & Johnny Valenzuela	574-3139 (Español)
Rick & Yoli Villelas	419-6138 (Español)

### **Phoenix**

Jayne Treen (602)995-1584

### **Southern Arizona**

Dan & Darlene Berry (520)515-0115

Karen Teeters (520)384-2765

Sue Dupee (520)586-2618

Victoria Thacker (520)826-3018

### **Arkansas**

Joan McKinstry (501)228-9849

## **Email Friends**

### **Homicide Survivors Office:**

**homicidesurvivors@pcao.pima.gov**

Aida Salazar.....	agsalazar234@yahoo.com
Gail Leland	gailleland@aol.com
Holly Schysm.....	brewha71@netscape.net
Imelda Fuentes	Imeldafuentes01@yahoo.com
Jayne Treen.....	Jaynetreen@aol.com
Julie Williams	julie.williams@msn.com
Kathi Rice.....	azstormy@aol.com
Mary Ann Christensen	Maryann.Christensen@ltaz.com
Sharon LaPlant.....	dlaplant@new.rr.com
Toni Schneider	Doctor85711@yahoo.com

**Please call the office if you would like to add your email or phone # to our lists**

### **Our Mission**

Homicide Survivors is dedicated to meeting the crisis and long term needs of families of murder victims. Through support, advocacy and assistance we help survivors cope emotionally, stabilize economically and help survivors seek justice for their loved ones. Homicide Survivors is committed to ensuring that no one has to endure the murder of a loved one alone. We can't change the tragic loss, but together, we can ease the pain and prevent further victimization.

**We are happy to have a new staff member:** There will be a new voice answering phones when you call the office! Todd will be taking over as advocate/administrative assistant starting in July. This is his story:



*Allow me to introduce myself. I am Todd Blumhorst, the newest addition to Homicide Survivors. I feel so blessed to be allowed the opportunity to work for an organization that does work close to my heart. I was born and raised in Mendota, Illinois where I was brought up with my two sisters by the most loving parents. My father is a retired fire fighter and my mother worked in schools and a nursing home. I grew up in an idyllic small town where everyone knew each other and the doors on our houses rarely were locked because major crime never really happened in our town. That all changed abruptly on September 20, 1990.*

*Like many of you, I am also a survivor of homicide. My sister, Veronica Blumhorst, has been missing for 20 years and nine months. It is presumed that she was killed by her boyfriend based on statements he made when questioned by the police. He went as far to say that he was smart enough to hide a body if he was involved.*

*Sadly, he was correct because we have never recovered her body. It is strongly speculated that he thought she was pregnant with his child and they were unmarried. He stated this would be a motivating factor to kill her because being an unwed father would "look bad" to his family.*

*This single event changed the course of my life. In the beginning I had many negative feelings and the unknowns weighed heavily on me and my family. The thoughts that run through ones head in a missing person case are torture to the psyche. The "what if" thoughts are rampant and cause the brain to imagine many possible scenarios through your head. I became so depressed that suicide seemed like a good option at one point.*

*In 2001 I moved here from the Midwest with some hopes that the distance would make the mental anguish go away. The depression and torment followed me the 1300 miles and there was no one I could talk to that understood; even my ex-partner bristled when the subject of her came out of my mouth. We as a family never talked about my sister really because the pain was so deep. I found Homicide Survivors online and called to see when they would be having a support meeting. I found out it was going to be on the eve of the 12 year anniversary of her disappearance. I went that first night with the heaviest of hearts, not knowing what to expect. I listened to many touching stories that night; I was then asked to share my story. For the first time, people listened intently. They cared and wanted to help me work through the pain. I finally started the long protracted healing process.*

*Over the past several years that healing process has continued. I began regularly attending the groups and even started working informally with other survivors. I have spoken at the U of A to death and dying classes in hopes of letting those know who will be therapists in the future what some of the realities of a homicide survivor will entail. The biggest turning point in my healing was to establish a Facebook memorial page for Veronica (Remember Veronica Jill Blumhorst) in January 2010. That escalated quickly into organizing a memorial service for her on the 20 year anniversary of her death. I turned it up by incorporating a memorial safety expo in her name to give families access to social service providers in hopes of reducing family violence.*

*Today, I continue in search for justice for her case and dedicate my life to helping those who have experienced a similar loss. I also recently completed training as a volunteer for Victim Services to be able to help more people. I am here to be in your corner, to hear your stories, and to help you in the painful process of changing from being a victim to being a survivor. I feel that this is where I was destined to be in order to help. I look forward to meeting many of you and helping make an impact in this community.*



Veronica Blumhorst

Share your story:

We would like to add a new section of the newsletter for survivors to share their loved one's story, their story of survival, or to place a message for their loved one.

Please send your story or message to:

[homicidesurvivors@pcao.pima.gov](mailto:homicidesurvivors@pcao.pima.gov) or

Homicide Survivors Inc

32 N Stone Ave, Suite 1408

Tucson, AZ 85701

## Retelling the Story

*After the murder of a loved one, it is normal to experience intense emotional reactions. The emotional pain and anguish may seem unbearable. You may feel an overwhelming sense of loss and deep sorrow. Many survivors experience constant thoughts about the circumstances of the death. Murder results in survivors grieving not only the death, but how the person died.*

*You may experience intrusive visualizations of the murder and your loved one's suffering. You may have flashbacks of the moment you were notified of the death, or of the last time you saw your loved one alive. You may dream of your loved one, or believe that he or she will soon "walk through that door." Part of you will deny that your loved one really is dead.*

*During all of these emotions, you need to keep talking with someone you can trust and who will listen with a non-judgmental ear. Talking will help you process everything you are going through, and many survivors want or need to repeat their story many times. Tears may come, and tears can be healing.*

*The following article discusses survivors' retelling of the story of their loved one, and covers different types of stories that are often told. You may find that some of the stories you have told are similar to these. While everyone experiences grief differently, what you are feeling is normal.*



### From "Homicide Support: Retelling the Story of Violent Dying"

By Ted Rynearson, M.D.

From the National Center for Victims of Crime's publication "Networks" - Summer/Fall 2002

## THE STORIES OF VIOLENT DYING

Violent dying from homicide, suicide or accident, accounts for nearly 10 percent of annual deaths in the United States.<sup>1</sup> The initial weeks or months following a violent death are enormously stressful times for most family members and loved ones. Anyone who was intensely attached to the victim, particularly mothers and young children, is forever changed. Each time the memory of their loved one is summoned it carries the traumatic image of their dying...

The mind first tries to cope with the reality of this overwhelming event by imagining the event and then by retelling it as a story.<sup>2</sup> The "story form" is perhaps the most basic mental paradigm of the human mind. Constructing a narrative around any human experience gives it order and meaning. A story has a beginning, middle and end, with characters who share and mutually resolve needs and conflicts. Social values can be celebrated and endorsed at the same time through a story.

After a violent death, the mind reflexively relives the dying moments of the person as a story. When there was a caring relationship, it can be intolerable to imagine the terror and helplessness their loved one might have experienced. There is no way that the violent death of a loved one can end with meaning—only an empty absurdity: this story never should have happened.

## THE REENACTMENT STORY

The reenactment story of the violent dying is a common primary response, and it recurs as a repetitive thought, flashback, or nightmare for days or weeks after the death. Reenactment typically ends with the vivid imagining of the thoughts, feelings and actions of the loved one as they are dying. The details are necessarily surreal and imagined for most, with less than five percent of family members actually witnessing the violent dying.

## COMPENSATORY STORIES

Compensatory stories, secondary stories whose purpose is to make the dying “unhappen,” often occur in combination rather than alone:

- *Remorse story* – “I am somehow responsible for the dying. I should have prevented it from happening, and I wish that I had died instead.”
- *Retaliation story* – “Someone else is responsible for the dying. I am going to find that person and get even.”
- *Rescue story* – “I imagine how I could have stopped the dying and saved my loved one.”
- *Reunion story* – “I need my loved one here with me so we can be safe from what’s happened.”
- *Protection story* – “I can’t allow this to happen to anyone else who is close to me. I need them close to me so I know that we are safe.”

These repetitive stories fill the mind during the first days and weeks of traumatic grief. But, with the support of family and friends and the finality of the funeral and memorial service, the memory of the violent dying and its stories subside. Most people are able to adjust by engaging in a spontaneous restorative retelling through meaningful rituals and commemoration of the deceased with friends and family. The living memory of the person gains ascendancy and becomes stronger than the memory of their dying, but the dying memory never fully disappears.

If the violent dying was a homicide or accident, the media, police, and the courts are also involved in the retelling. News accounts include increasingly graphic reports about the violent event, personal profiles of the victims and, in many cases, of their families, and whatever information is known about the perpetrator, in the case of a violent crime. Law enforcement authorities and legal spokespersons frequently speak out publicly on retribution for the deceased and punishment for the perpetrator.

Sometimes the public retelling of the dying by the media, police, and the courts is inaccurate, insensitive, and misleading. The onslaught of public attention can complicate and prolong the private retelling. It is difficult for the friend or family member to adjust to the violent death until the public processing of the dying story has been completed.

Some affected family members are unable to stop themselves from retelling stories related to the dying and become so exhausted by their persistent traumatization that they can no longer carry on their necessary functions at home or at work.<sup>3</sup> Prospective studies of parents after the violent death of their child demonstrate persistent responses of trauma. For example, one study showed that 20 percent of mothers continued to meet the diagnostic criteria for posttraumatic stress disorder five years after the violent death of their child.<sup>4</sup>

\* \* \* \* \*

*Some losses are too tough to handle alone. If you need someone to talk to, you can always call the Homicide Survivors office at 520-740-5729, call or email a Phone Friend (found on page 2 of this newsletter), or join our support group (see page 11). Opportunities for a daytime support group also exist, please call our office for more information.*

*We are here to listen to your story, at any time, as many times, to help you begin to heal.*

1) National Center for Health Statistics (1997). Health, United States, 1996-97 and Injury Chartbook. DHHS Publication No. (PHS) 97-1232, pp. 20-30.

2) Neimeyer, Robert A. & Leviitt, Heidi M. (2000). What’s Narrative Got to Do With It? Construction and Coherence in Accounts of Loss. In J. H. Harvey & Eric D. Miller (Eds.), Loss and Trauma (pp.401-412). Philadelphia: Brunner/Mazel.

3) Rynearson, E. (1995). Bereavement after Homicide: A Comparison of Treatment Seekers and Refusers. British Journal of Psychiatry, 166, 507-510.

4) Murphy, S. (1999). PTSD Among Bereaved Parents Following the Violent Deaths of Their 12- to 28- Year Old Children: A Longitudinal Prospective Analysis, Journal of Traumatic Stress, 12 (2) 273-291.

**‘Shared joy is doubled joy; shared sorrow is half a sorrow.’ - Swedish proverb**

## Share your healing:

Poems, short stories and stories of your experience could help others in their journey of coping and healing. Please send in anything you would like to share to the Homicide Survivors office by mail, fax (520)740-5773, or by email - [homicidesurvivors@pcao.pima.gov](mailto:homicidesurvivors@pcao.pima.gov)

*"Healing takes courage, and we all have courage,  
even if we have to dig a little to find it."*

**- Tori Amos (Pop Rock Singer)**



"Saying Goodbye" - by Whyte Panther (Luigi Fiorino)

-----  
There never seems to be  
A right time to say goodbye.  
We never seem quite prepared.  
That one more phone call,  
That one more visit,  
That last hug and "thank you",  
They never do seem to arrive in time.

How do you let go  
Of what you thought  
Would always be  
A permanent fixture  
In your life?

In looking back over  
A lifetime of memories  
We sometimes feel overwhelmed  
By their sheer volume.  
So many different parts  
Of our lives have been  
Touched by and built upon  
Times shared with loved ones.

Our lives seem somehow  
Diminished, less vivid.  
Sounds seem muted,  
And music...  
Just a bit more melancholy.  
All of these things  
Accompany the sadness  
In our hearts.  
We grieve and we mourn  
The loss of the source  
Of that little spark  
That we will carry with us  
Forever.

This time of sadness will pass.  
All of the wonderful  
Feelings and memories  
See to that.  
That sudden, unexpected hug  
In the middle of nowhere.  
That gentle smile glimpsed  
From across a crowded room  
That was meant just for you.  
That grimace while scolding you  
That quickly faded to a smile  
Out of an immeasurable love for you.  
A shopping spree.  
The way they took a moment  
To tenderly pat a dog on the head.  
So many wonderful things  
Cannot help but drown the sadness  
That seems so insurmountable right now.

We will carry the spark of their love  
Forever in our hearts.  
It will be there on those days  
When we feel sad and alone.  
They come to us and somehow  
Manage to comfort us  
Just as they did in the past.  
They are always with us.  
So you see, there really is  
No reason to ever  
Say goodbye.

*No se dará cuenta de la distancia que ha caminado hasta que se heche un vistazo a su alrededor y se dé cuenta de lo lejos que se ha ido.*

"My Fallen Friend" - by Whyte Panther (Luigi Fiorino)

Where mere mortals tread  
Footprints are left behind  
In the trails of this gentle giant  
Are found, only tender smiles

In the paths of the fiercest warriors  
Memorials are built, their tales to recount  
In the wake of this noblest of souls  
Just the warmest of memories, no statues, no tributes, no doubts

In the midst of the madness of the every day  
We reach for some semblance of hope  
In the presence of his sweetest of natures  
We have never questioned the meaning of home

Accomplished without any effort  
No need at all to try  
The essence of this man  
Was too great to deny

He gave without reservation  
It was just his noble way  
In giving us all there was left to give  
He left us a little saddened here today

With the heaviest of hearts  
We now pick up his torch  
Sharing his loving memory  
And carrying it ever forth

Tonight we'll raise a glass my fallen friend  
We'll share some tears instead of laughter  
Together, my friend, we'll laugh again  
When we meet in the hereafter

You will be missed by all my friend  
More than you could know  
Rest in peace my friend  
Rest in peace

**I DON'T WANT TO HEAR  
ANYMORE ABOUT  
"TIME TAKING CARE OF IT."**

*YOU DON'T HEAL FROM THE LOSS OF A  
LOVED ONE BECAUSE TIME PASSES;  
YOU HEAL BECAUSE OF  
WHAT YOU DO WITH THE TIME.*

**Interested in a daytime support group?**

If so, please call the Homicide Survivors office at  
520-740-5729 for more information!

Tears are the silent language of grief.  
- Voltaire

*If You Need Me  
By Rob Anderson*

*I'm your neighbor who cares and your co-worker with a strong shoulder. I'm your brother or sister who loves you and your best friend who wants to stay. I don't know your pain, but I will be here...If you need me.*

*My heart breaks for your heart and I would take your burden if I could. Your tears burn me, too. I will answer your midnight calls and hold you when you fall. You're important to me, I'm here....If you need me.*

*Today I am with you; tomorrow and forever, too. I want to walk with you and listen. Your grief is yours alone, I don't know it, but I will share it if you allow. Your child is dear to me, you are, too. I'm here for you; I always will be...If you need me.*



*Many cases in Pima County are unsolved. Popular TV shows have created many false ideas about DNA that can lead to frustration by survivors about cases not being solved. The following information is from the article “DNA and Crime Victims: What Victim Assistance Professionals Need to Know” from the National Center for Victims of Crime. The information is intended for people who work with victims, such as the Homicide Survivors staff, but you may be wondering some of these questions.*

## **1. What are typical sources of DNA evidence?**

DNA evidence is found in biological material. Some of the most common types of material in which DNA can be found are blood, saliva, sweat, urine, skin tissue, and semen. DNA could potentially be found on a victim’s body (including under fingernails), clothing, cigarette butts, drinking glasses, furniture, weapons, and ropes or any other item used to bind a victim. Anything a perpetrator touches could potentially have DNA evidence on it.

## **2. In what criminal cases is DNA evidence most often introduced at trial?**

DNA evidence is most commonly used in cases of sexual assault, child sexual assault or sexual abuse, and homicide. However, it has the potential to be useful in any number of crimes, including home invasions, burglaries, drug offenses, abductions, assaults, and stalking cases.

## **3. What is CODIS, and what information does it contain?**

The Combined DNA Index System, or CODIS, is a system of national, state, and local databases managed by the FBI that allows crime laboratory personnel across the country to compare DNA profiles from known criminal offenders (and arrestees where applicable) with biological evidence from crime scenes. CODIS has proven crucial to solving crimes in which the offender’s identity is unknown. CODIS can match crimes to each other, thereby identifying serial offenders.

CODIS can also match DNA profiles of unidentified human remains to DNA profiles from missing persons or their close family members to attempt to identify the remains. This section of the database is known as CODIS + mito. The missing persons information is indexed in a separate part of the database from the crime information. Each record in CODIS contains information about the lab that entered the profile, an identifier for the DNA specimen, and the results of the DNA testing or the DNA profile. Other than the DNA profile, CODIS does not contain any other information that identifies the source of the profile. In other words, the CODIS database does not contain names, dates of birth, Social Security numbers, or any other personal identifier. CODIS, which follows strict rules that protect individual privacy, does not contain DNA profiles of crime victims. (See Questions 7-9 for more information on victim DNA profiles.)

## **4. Who has access to the information in CODIS?**

CODIS is not accessible to the general public or even most criminal justice professionals. Only the database administrator at the government laboratory and staff responsible for entering DNA profiles into CODIS have access to the DNA database at each level (local, state, and national).

## **5. What exactly is a DNA profile?**

DNA profiles created for criminal justice purposes contain a certain set of identifiers or characteristics, which are found at specific points—called loci—on the DNA molecule. Information from 13 of these loci constitutes a DNA profile, and, much like a fingerprint, the features of DNA profiles can be compared to other DNA profiles for genetic matches or for exclusions, which eliminate individuals as contributors of DNA found at the crime scene. When the DNA profile is entered into the DNA database, it appears as a series of numbers and does not include information about physical traits such as race, age, or medical conditions.

## **6. Which offenders are required to contribute samples for the database?**

All 50 states and the federal government require those convicted of sex offenses to submit a biological sample for DNA profiling. Most states require samples from all convicted felons, and some collect from arrestees (mostly for felonies). The federal government also authorizes collection of a DNA sample from anyone arrested on any federal charge. The general trend across the country is to expand the number and types of crimes qualifying for DNA collection, including the collection of DNA samples from arrestees.

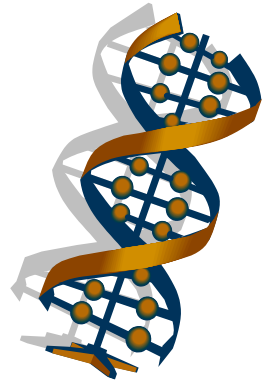
## **7. Why do victims sometimes need to provide DNA samples?**

Victims and others present at the crime scene may be asked by investigators to provide a DNA sample, called a “reference sample.” These samples are used to eliminate or include those individuals as contributors of DNA found at the crime scene. In sexual assault cases, reference samples will be needed from any individual the victim had consensual sex within the previous four days.

## 8. What happens to the DNA of a victim and other reference samples after they are collected? Do they go into the database?

The victim's DNA profile is used only for comparison purposes to distinguish it from the DNA profile of the perpetrator. Victims' DNA profiles and other DNA profiles taken for exclusion (such as those from the victim's consensual sex partner) are NOT uploaded into CODIS.

There currently is no uniformity regarding what labs do with victim and reference samples after testing. Some government labs do retain victims' and other reference samples indefinitely. Many return the sample to the law enforcement agency that submitted it for testing, but retain the digitalized DNA profile. In many instances, the evidence becomes the property of the jurisdiction investigating the case.



## 9. Is a victim's name attached to his or her DNA during the testing process?

### What if a victim is acquainted with people who work in the lab—how is his or her privacy protected?

Yes, the victim's name is part of the case file, and the original sample will be labeled with his or her name and case number. Laboratories have rigid confidentiality rules. Strict federal laws prohibit the disclosure of this information for purposes other than law enforcement or prosecution.

## 10. Will the victim's personal items with potential DNA evidence (e.g., clothing) be returned?

### If so, when?

Whether personal items collected during the investigation will be returned depends on several factors. In some cases, the items may be kept indefinitely because state law may require that evidence used to convict a defendant be available until a specific time after the sentence is imposed, completion of the sentence, exoneration, or execution. Conversely, some jurisdictions may require prompt return of a victim's items after approval by the prosecutor if they are no longer needed for evidentiary purposes. In some cases, a photograph of the evidence may be used so that the items may be given back to the victim. Victims should be aware that items that are returned may have been damaged during the DNA testing process.

## 11. How long after a crime can DNA evidence be collected, and how long after it is collected is it still good for testing?

In general, once a body fluid dries to form a stain, the DNA is stable and, thus, can be analyzed over time. However, due to the adverse impact of various environmental conditions (mainly heat and humidity), biological material should be collected for use as evidence as soon as possible. In sexual assault cases, it is important to obtain evidence samples from the victim as soon as possible after the incident, preferably within 12-24 hours. Federal guidelines for sexual assault nurse examiners state that evidence in sexual assault cases should be collected within 72 hours, though some programs are expanding that deadline to 96 hours due to advances in DNA technology. With appropriate storage, DNA evidence collected properly and in a timely manner can be analyzed after the passage of any amount of time.

*Maybe if I share the path I walk, then a little more of your pain will vanish. No matter what, your path is yours. Don't follow misery or worry. Devote every moment of your life to improving your dreams. Love your world. Cherish the good you do. Let go of hatred. Dream of love.*

*-A nonymous*

## GRIEF TIPS

1) **Take a day off** - When the mood is just right, take a one-day vacation. Do whatever you want, whatever that is. **Travel somewhere or stay inside by yourself. Be very active or don't** do anything at all. Just make it your day, whatever that means to you.

2) **Carry or wear a linking object** - Carry something in your pocket or purse that reminds you of the one who died, a keepsake they gave you perhaps, or a small object they once carried or used, or a memento you select for just this purpose. You might wear a piece of their jewelry in the same way. Whenever you want, reach for or gaze upon this object and remember what it signifies.

3) **Spend time in your loved one's space** - **If it's what you want to do, you may sit in the other's favorite chair, or lie in their bed, or just stand in their room, or among their possessions.** Do this if it brings you comfort. **But don't do it if it feels too awkward. You'll know quickly enough what's right for you.**

4) **Remembering love** - **Carry a bag of Hershey's Kisses or Hug's. Give one to all you meet. Remember the love that you shared with your loved one.** Celebrate that love by showing kindness to others.

5) **Listen to music** - **Choose music you believe will help you at a given moment, whether it's contemporary or ancient, instrumental or vocal, secular or religious.** Let the sounds surround you and soothe you. Take this music with you, if you wish, as you go about your day.



**“Give sorrow words. The grief that does not speak  
whispers the o'er-fraught heart, and bids it break.”  
- William Shakespeare**



## CONSEJOS DE DUELO

1) **Tomar un día libre** - Cuando el estado de ánimo es la correcta, toma unas vacaciones de un día. Ház lo que quieras, lo que sea. Viajar a algún sitio o permanecer adentro solo. Ser muy activo o no hacer nada en absoluto. Ház el día tuyo, ház lo que te da la gana.

2) **Llevar o usar un objeto lazo** - Llevar algo en su bolsillo o bolso que te acuerda de él que murió, un recuerdo que te dieron tal vez, o un objeto pequeño que una vez tu ser querido cargaba o usaba, o un recuerdo seleccionado sólo para este propósito. Tal vez pondrás una prenda que usó tu ser querido en esta misma manera. Cuando quieres, puedes tocar este objeto o llegar a contemplarlo y recordar lo que significa.

3) **Pasar tiempo con tus seres queridos** - Si es lo que quieres hacer, puedes sentarse en un sillón favorito, o acostarse en la cama de tu ser querido, o simplemente pasar tiempo en su habitación, o entre sus posesiones. Haga esto si te da consuelo. No lo hagas si te hace sentir incómodo. Tú vas a saber si te ayuda o no.

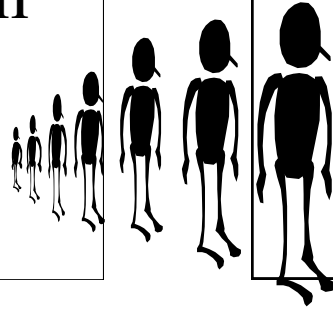
4) **Recordar el amor** - Lleva contigo una bolsa de Kisses o Hugs de Hershey's. Puedes dar uno a todos que encuentras. Recuerda el amor que compartiste con tu ser querido. Celebra este amor mostrando amabilidad a los demás.

5) **Escuchar música** - Elija música que crees que te ayudará en un momento dado, ya que sea contemporánea o antigua, instrumental o vocal, secular o religioso. Lo importante es que los sonidos te rodean y te alivia. Toma esta música contigo, si quieres, a donde vayas durante el día.

## Support Group Meeting Dates:

**Thursday, June 16, 2011**  
**Thursday, July 21, 2011**  
**Thursday, August 18, 2011**  
**Thursday, September 15, 2011**

Patrick Hardesty  
Multi-service Center  
1100 S. Alvernon Way  
7:00—9:00 PM



## Fechas de Grupo de Apoyo:

**Jueves, 16 de junio**  
**Jueves, 21 de julio**  
**Jueves, 18 de agosto**  
**Jueves, 15 de septiembre**

Patrick Hardesty  
Multi-service Center  
1100 S. Alvernon Way  
7:00—9:00 PM

## Please join our support group

We are sorry for the circumstances that bring you to our group, but we hope that we can be of some assistance to you as you work through your grief. Our meetings are open to any survivor of a homicide victim: Parent, Brother, Sister, Son, Daughter, Cousin, Aunt, Uncle, Grandparent, or Friend. Our meetings are held monthly and nothing is required of you. There are no dues or fees expected. Attending your first meeting takes courage, but most find it a comforting network of support, friendship, and understanding that only those who have been there can give. The meetings are a time for sharing stories, experiences and emotions. We believe that our support groups facilitate a self-help response to grief. Making positive changes in our loved ones memory creates a loving legacy.

\*\*\*\*\*

Lo sentimos que las circunstancias lo acercan a nuestro grupo, esperamos que sea una forma de asistencia en el proceso de su aflicción. Nuestro grupo de apoyo esta disponible para sobrevivientes que han perdido a un ser a homicidio sea Ud. un padre, hermano/a, hijo/a, primo/a, Tio/a, Abuelo/a, o Amistad. Nuestras juntas son mensuales y sin costo ninguno. No hay expectativas de Ud. Atendiendo su primer junta se requiere valentia y fuerza, la mayor parte de participantes se encuentran en un ambiente de apoyo, se sienten comprendido, y encuentran amistades con personas que han caminado en sus pasos. La primera junta es de compartir estorias, experiencias, y emociones. Creemos que nuestros grupos inspiran a la persona a auto sanación de su aflicción. Criando cambio positive en memoria de nuestros seres queridos forma un legacia de amor.

“There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are messengers of overwhelming grief...and unspeakable love.”

- Washington Irving  
*author of The Legend of Sleepy Hollow*

## Children and grief—What a child might be going through on Father’s Day without their father:

- Like adults, all children experience and deal with grief differently.
- Children may feel angry, anxious, confused and more.
- They may not quite understand what is going on, causing them to withdraw.
- Children may fear for their own safety.
- They may even be afraid that other family members may leave or die.

A great resource for grieving children in Tucson is Tu Nidito (Spanish for “Your Little Nest”), which offers free grief support for children. For more information, call 520.322.9155, or visit them online at [www.tunidito.org/](http://www.tunidito.org/)



**Homicide Survivors, Inc.**

32 N. Stone Avenue, Suite 1408  
Tucson, Arizona 85701

NONPROFIT ORG  
US POSTAGE  
**PAID**  
TUCSON, AZ  
**PERMIT NO. 1619**

**Homicide Survivors, Inc**

“This project is supported by grant #2007-915 from the U.S. Dept. of Justice Office for Victims of Crime through the Arizona Dept. of Public Safety. Opinions contained herein are those of the author and do not necessarily represent the position or policies of the U.S. DOJ or the Arizona DPS.”



Help Homicide Survivors go green and save green: **get your next newsletter by email!**  
If you have an email address and would like to help Homicide Survivors save on printing costs by getting future newsletters by email, please complete and fax, mail, or email the information.

NAME \_\_\_\_\_  
STREET \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_  
PHONE (\_\_\_\_\_) \_\_\_\_\_  
E-MAIL \_\_\_\_\_  
Loved One/Agency \_\_\_\_\_

SEND THIS COUPON TO: HOMICIDE SURVIVORS, INC  
32 N. STONE, 14TH FLOOR  
TUCSON, AZ 85701-1412

CALL WITH INFORMATION : (520) 740-5729  
OR FAX TO: (520) 740-5773  
OR EMAIL TO: HOMICIDESURVIVORS@PCAO.PIMA.GOV

I WANT TO RECEIVE THE NEXT NEWSLETTER BY EMAIL: YES \_\_\_ NO \_\_\_  
I WOULD LIKE TO BE REMOVED FROM MAIL AND EMAIL LISTS: YES \_\_\_ NO \_\_\_