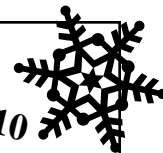




# Homicide Survivors, Inc.

Holiday 2010



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)

## Are you interested in a daytime support group?

If so, please call the Homicide Survivors office at 520-740-5729 to let us know! We have had a number of requests for support group at a time other than our 7-9pm. If you would like to attend a Survivors' Support Group but can't attend in the evening, please call us and let us know what time works best for you!



## Join Us!

### Survivors' Thanksgiving Potluck Get Together

Thursday, November 18th, 2010, 6:00 pm to 8:00 pm

@ St. Augustine's Cathedral

192 S. Stone Ave. - Tucson, AZ 85701

Please join us for a very special Thanksgiving Pot Luck Support Group Meeting. Sometimes it's so hard to be "thankful" for what we have, for what we had, when so much has been lost. This special meeting might just help a little. If you've never attended a meeting before, this gathering is a good time to start. Bring family, friends & food!

**Please bring your loved one's favorite food to share with others.  
Come share memories, friendship & support.**

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Acompáñenos por un día de dar gracias muy especial. A veces es tan duro estar "agradecido" por lo que tenemos, por lo que tuvimos, cuando hemos perdido tanto. Esta reunión especial quizás ayude sólo un poco. Si usted nunca ha asistido una reunión antes, esta reunión es un tiempo bueno de comenzar. ¡Traiga la familia, los amigos y el platillo favorito de su ser querido!



**Traiga por favor el platillo favorito de su ser querido para compartir con todos. Gracias.**



# 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) 349-0362

Intercesora Bilingüe para Víctimas

(Bilingual Victim Advocate)

## **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**

### **Tucson Area**

John Prunty	721-0257
Karen Colvin	883-7377
Kathy Ross	889-8525
Kathi Rice	296-6349
Debbie Curry	298-6117
Hosea Barnett	358-9502
Elisa Espinoza-Lopez	434-0340 (Español)
Carlos Castro	624-4965 (Español)
Rick & Yoli Villelas	419-6138 (Español)
Hope & Johnny Valenzuela	574-3139( Español)

### **Phoenix**

Jayne Treen	(602)995-1584
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### **Southern Arizona**

Victoria Thacker	(520)826-3018
Sue Dupee	(520)586-2618
Karen Teeters	(520)384-2765
Dan & Darlene Berry	(520)515-0115

### **Arkansas**

Joan McKinstry	(501)228-9849
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## **Email Friends**

### **Homicide Survivors Office**

**homicidesurvivors@pcao.pima.gov**

Holly Schysm—brewha71@netscape.net

Gail Leland—gailleland@aol.com

Toni Schneider—Doctor85711@yahoo.com

Kathi Rice—azstormy@aol.com

Sharon LaPlant—dlaplant@new.rr.com

Imeldafuentes01@yahoo.com

Jayne Treen—Jaynetreen@aol.com

Aida Salazar—agsalazar234@yahoo.com

Julie Williams—julie.williams@msn.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.

*This space is with me all the time it seems. Sometimes the empty space is so real I can almost touch it. I can almost see it. It gets so big sometimes that I can't see anything else.*

- Arnold and Gemma 1983, 56

# Flavors of Fall

Join us for a splendid fall evening to raise funds to help rebuild the lives of those impacted by murder. You're invited for a mouthwatering food-tasting experience including desserts, jazz, karaoke, and a fabulous silent auction.

Proceeds will benefit:  
**Homicide Survivors, Inc.**

*Support, Advocacy & Assistance  
For Families and Friends of  
Murder Victims*



Please call 520-740-5729 for more info

**Date:** Saturday, November 13th, 2010

**Time:** 6:30-9:30pm

**Tickets:** \$30 per person

Purchase tickets at the gate, by phone at 520-740-5729 or online at [azhomicidesurvivors.org](http://azhomicidesurvivors.org)

**Where:** St. Philip's Plaza Courtyard

Located at 4280 N Campbell Ave.

S. E. Corner of Campbell Ave. and River Rd.

*Help us celebrate and honor  
the career and passion of Gail Leland,  
founder of Homicide Survivors, Inc.*

**Please join The Compassionate Friends and Homicide Survivors**

**World Wide Candle Lighting  
Sunday December 12<sup>th</sup>, 2010 at 6:30 PM - 8:00PM**

**CHILDREN'S MEMORIAL PARK  
4851 N. 15<sup>th</sup> AVE. TUCSON, AZ**

Everyone is invited to attend this beautiful candle lighting ceremony. Even if your loved one was an "adult," regardless of your relationship, everyone was once somebody's child.

The program will begin promptly at 6:30 PM and candles will be provided. If you wish to bring a "special" candle or leave after the program, members of the Tucson TCF chapter will be in attendance to ensure that your candle stays lit. There is limited parking at and around the park, so please plan on arriving early.

In conjunction with the 2010 Worldwide Candle Lighting In Memory of All Children, The Tucson Chapter of TCF will be hosting a memorial program at The Children's Memorial Park on Sunday, Dec. 12, 2010. Children's Memorial Park is located approximately 3 blocks west of Oracle and 2 blocks south of River Road. Turn south on 15th Avenue from River Road.



**THE COMPASSIONATE FRIENDS**  
Supporting Family After a Child Dies

Light a candle for all  
children who have died

**Worldwide  
Candle  
Lighting®**

... that their light  
may always shine.

**Second Sunday in December  
7 PM Around the Globe**



## **Grief takes a holiday**

by Sherry Trent

### **I'm Grieving as Fast as I Can!**

Everyone knows that the loss of a loved one can be painful for a very long time. With so much research and so many books written on grief, a few very important points have been constant.

First, everyone's grief process is different. Yes, there are distinct stages of grief (anger, denial, depression, bargaining and acceptance), but you may not follow the pattern exactly. In fact, you may find yourself jumping back and forth between different stages before finally reaching acceptance. When my brother died, I did not even experience any denial, but I did experience the whole range of the remaining stages many times. So remember, you do not need to feel like you're "not doing it right" or compare yourself to someone else's experience. That is too much unnecessary pressure for anyone to shoulder.

Another important point is that each experience of loss is different. For instance, you may be affected by the loss of a sibling very differently than by the loss of a parent. Personally, I have experienced many major losses in my life, and my pattern of grieving has been very different with each one. And the first major loss in your life may be the hardest. But again, your experience is a very individual one.

### **Getting Through the Holidays**

One of the toughest times to weather is the holiday season, especially the first one after the loss of a loved one. At this time, when you are surrounded by those people most important to you, it becomes painfully clear that someone is missing. This is a very pivotal point in the healing process. Not only will your course of action allow you to get through the holidays, but it will affect the way you experience holidays for years to come. First, let me give you some examples (from experience, unfortunately) of different approaches to this difficult holiday period. When the loss is within your family, you may find yourself at the mercy of your family system. Let me explain. If you come from a very loving, open and expressive family, chances are they will deal with the loss in the same manner. If however, you come from a family that is not comfortable expressing feelings directly, you may expect that they will stick to this approach under these most stressful circumstances. And, because grief brings such extremely intense emotions, their reactions will probably be far more extreme than usual. This can make it very difficult to move through the holidays without bad feelings toward the people around you as well as the dreaded holidays themselves.

Let us first look at an example of the latter family. We'll call them the Denial family. Everyone is showing up for the holiday celebration with their best face on. They are going to pretend that nothing has changed. It is important for them to do this, because not doing so would be much too painful. They are not used to expressing painful emotions, so they prefer to avoid them. But let me remind you, the emotions associated with grief are so strong that they will find a way to get out, one way or another. For instance, one family member is bickering endlessly at another. This is creating tension for everyone. Then there is the person who withdraws, so depressed from the energy required to hold everything in. And, let us not forget to mention the one who "drowns" their feelings with the holiday eggnog or other assorted spirits which are abundant at many holiday gatherings. Now we have a terrible mix of suppressed anger and sadness coming out every which way. People end up hurt, angry at each other, and possibly resolved never to attend another family holiday event. Let me point out, if you haven't already guessed, this is a very destructive way to deal with grief during the holiday season.



Now let us look at the former mentioned family. We'll call them the Healthy family. Everyone shows up with their best face on, some better than others, but most importantly, they are choosing to spend this time together. Instead of pretending that nothing has changed, they will, at some point, acknowledge the missing person. They may talk about something that person did last year, or many years ago, and family members will laugh, and perhaps even cry. But, they will not try to forget the lost loved one. They cannot forget them. Relieving themselves of the most painful emotions will make room for the fond memories that are within them. And, in beginning to do so this holiday, it will make their next holiday less painful and, eventually, their holidays to come more enjoyable. These are, of course, two opposite ends of the spectrum. Chances are that many families are somewhere in-between. This is where your individual choice about how you will approach the holidays is very important. You will need to know that you can grieve in a positive way, no matter what those around you choose to do. Here are some of my suggestions for taking care of yourself through this challenging time:

- *Make sure you have a good support system outside of your family that you can discuss your feelings with. For me, it's my girlfriends. We have been known to call one another on the phone while visiting family just to get a reality check and some much needed support.*
- *If other family members are not open to acknowledging your missing loved one, it's probably not wise to force them. Again, this will set up the previously mentioned "acting out" of the painful emotions, only you will now be the target. Allow yourself to distance a little from their drama, and again, call a friend if you need a break.*
- *If you are a church member, having your loved one's name mentioned or a special prayer spoken during church services can be very comforting. It also brings your grief out in the open and allows you to get extra support.*
- *What if the loss occurs during the holidays? I had a friend whose father died right before Christmas. There were presents for him under the tree. Her mother put his presents into a drawer to deal with later. They sat there for a long time as a painful reminder of a devastating holiday. One solution would be to donate the gifts, perhaps to a local shelter.*
- *Try to avoid using alcohol to "get you into the spirit." This will only numb you out, and then bring you down. Look around at others. If Aunt Mary is dancing around with a lampshade on her head now, she will probably be sobbing in her turkey dinner later. Remember, "what goes up, must come down."*
- *Some people find it helpful to create some kind of ritual in honor of the missing loved one. Lighting a special candle on the holiday can be comforting, perhaps even a photograph beside the candle to personalize it.*

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 or mail the form on the bottom of the back page, email us at: [homicidesurvivors@pcao.pima.gov](mailto:homicidesurvivors@pcao.pima.gov) or call us at: 520-740-5729



## *Sugerencias Para Manejar Su Dolor Durante Los Días Festivos*

*Se puede donar un regalo especial a alguien o donar dinero a una causa que lo merezca.*

*También se pudiera plantar un árbol o mandar flores en memoria de su ser querido.*

*Muchas veces, los días festivos son días de dar regalos. Incluyendo su ser querido en eso puede ayudar a uno. Celebrando la vida de su querido ser, también puede ayudar a uno. Sea tierno con si mismo. Tomar un tiempo para decidir cuales asuntos van a ser difíciles y cuales serán mas fácil en sus preparación para los días festivos. Prepare su lista de tareas que tiene que hacer y entonces junto a cada tarea que tiene apuntado en le lista, escribe los emociones que se siente cuando piense en cumplir cada tarea. Emociones como tristeza, alegría, amor, miedo, o calor. Eso le va a ayudar identificarlas maneras diferentes en que usted comunicaba con tal persona querido. Eso le dará un pedazo de control de sus sentimientos. Descanse bastante. Comer bien y come comidas sanas. Evite bebidas de alcohol en exceso., incluyendo otras drogas. Un cantidad de cualquier de esas drogas es una forma de medicarse a si mismo. Es como obsesionarse con comida, dormir, y otras cosas para evitar los sentidos de su perdida. Pasar tiempo igual con gente y a solas, con grupos grandes y grupos de pocas personas. Salir a caminar, y hacer ejercicio. Aspirar fuerte, llorar, y reírse.*



### **PASANDO LOS DIAS FESTIVOS**

La época del año que más tememos ya está llegando. Los días de fiesta, y diciembre, en particular, es un mes de carga emocional para nosotros. El mundo entero parece vestirse de oropel y resplandor--pero aquellos que sufren solo se dan cuenta del terrible hueco que hay en sus corazones y en sus vidas. Nosotros hacemos una pausa y meditamos el significado de "Paz en la tierra a los hombres de buena voluntad". Anhelamos con nostalgia que los días de fiesta y las cosas sean como eran "antes". Estamos en contacto con nuestras creencias, rituales, tradiciones y memorias atesoradas. Pasando esta herencia a nuestros niños, nosotros somos enlaces entre el pasado, presente y futuro. Esto es un poco de inmortalidad, un sentido de comunicación fluyendo de generación en generación. Esto es esa esencia real que traspasa el corazón de todos nosotros. Nuestros seres queridos representaban nuestro futuro. Nos podemos preguntar cual es el objetivo de la tradición ahora que ellos han muerto. Cada uno debemos esforzarnos por contestar esta pregunta con efectividad para establecer un marco adecuado para esta temporada de fiestas.

Las siguientes sugerencias se ofrecen con la esperanza de que le sean útiles al planear los días navideños o días especiales en familia durante el año:

1. Dese cuenta de que usted tiene diferentes limitaciones-emocionalmente y físicamente.
2. Evalúe de nuevo sus prioridades-¿Que es realmente importante y significativo?
3. Decida cuales cosas puede usted manejar adecuadamente y *permita que otros conozcan sus necesidades y deseos.*
4. Haga sus compras de Navidad por catalogo.
5. Haga sus compras de Navidad temprano. Un poco cada vez. Compre en sus días buenos (todos tenemos días mejores que otros).
6. Tenga su lista de compras preparada con anticipación para evitar andar de tienda en tienda viendo cosas que usted había regalado a su ser querido.
7. Invite a alguien a acompañarle en sus compras. Escuchar música navideña por todos lados cuando usted no se siente alegre no es grato.
8. Si decide decorar en los días navideños, decore un poco diferente. Todos tenemos alguna decoración que desencadena recuerdos de nuestro ser querido. Si usar esa decoración este año es demasiado doloroso, use algo diferente. Llegara el tiempo en que éstas serán bellos recuerdos que le traigan consuelo. Mientras tanto, guárdelas.
9. ¿Usted siempre prepara la comida para toda la familia en Noche Buena o Navidad? Considere dejar que otra persona prepare la comida este año. Si esto no es posible, entonces, saiga a cenar o compre su cena para llevar.
10. Si tiene usted una reunión de familia para cenar o abrir regalos en el Día de la Navidad, considere hacerlo en Noche Buena o vice versa.

The Zach Zazueta Scholarship Board would like to invite you to join them in raising money for the Zach Zazueta Memorial Scholarship fund by taking a road trip to Vegas. This is a great cause that helps students further their education.

Singles \$300, and Couples \$375 (covers transportation to/from Vegas & lodging at the Four Queens Hotel). Reserve your spot by November 15th, Singles \$25, and Couples \$50. Payments will be due in three installments, December 15th, January 15th, and February 15th. If there are any questions please fee free to email us at [zzazuetascholarship@gmail.com](mailto:zzazuetascholarship@gmail.com), or you can contact Devin Encinas 870-9790 or Frances Cortez 661-0244.

**Place your bets and roll the dice...**



**Singles \$300      Couples \$375**

**(covers transportation to/from Vegas and lodging at the Four Queens Hotel)**

**Spaces are limited. Reserve your spot by November 15th, \$25 for singles \$50 for couples. Payments will be due in three installments.**



**ROAD TRIP**

**Zach Zazueta Annual  
Memorial Scholarship  
Fundraiser**

**April 01 from 07:30 AM to April 03 at 01:00 PM  
Four Queens Hotel**

**Please contact Devin Encinas 520-870-9790 or Frances Cortez  
520-661-0244 to reserve your spot or for additional information**



**Homicide Survivors, Inc.**

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

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**Homicide Survivors**

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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](mailto:HOMICIDESURVIVORS@PCAO.PIMA.GOV)

DO YOU WISH TO REMAIN ON OUR MAILING LIST? YES \_\_\_\_\_ NO \_\_\_\_\_

