



Homicide Survivors, Inc.

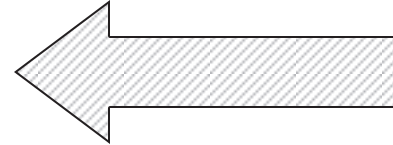
FOR FAMILIES AND FRIENDS OF MURDER VICTIMS
32 N. Stone Ave., 14th Floor, Tucson, AZ 85701
Office: (520) 740-5729 Fax: (520) 740-5773 homicidesurvivors@pcao.pima.gov
www.azhomicidesurvivors.org

National Day of Remembrance for Murder Victims



Safety Fair

Sunday September 25, 2011
U of A Mall 3-6pm
Memorial Vigil 6-8pm



This safety fair will allow the community to gain knowledge and access to a wide variety of services available within Pima County. This event will help in empowering the people of our community to take a stand against violence and arm themselves with knowledge. Through education and access to many services, it is our hopes to help build a stronger and safer community through empowerment.

We have confirmed local hero, Daniel Hernandez, and Attorney General Tom Home as two of our speakers and will have excellent local organizations such as Ben's Bells and the Christina Taylor Green Foundation participating in this new event for Homicide Survivors and our community. This is a new genre of event for HSI and we are hoping to help empower our community and make for a safer Tucson and Pima County.

We are continuing to add speakers and organizations to make this event impactful for all who attend. We will need volunteers for this event to help make the day run smoothly to assist our participants and those attending the safety fair. If you have any organizations that you think would be an asset to this event please contact Todd at the HSI office for organizations to submit or to volunteer



"In every community there is work to be done. In every nation, there are wounds to heal. In every heart there is power to do it." ; Marianne Williamson



Esta feria de seguridad permitirá a la comunidad para adquirir conocimientos y el acceso a una amplia variedad de servicios disponibles en el Condado de Pima. Este evento ayudará en la capacitación de la gente de nuestra comunidad a tomar una posición contra la violencia y par que se puedan armar con información y educación. A través de la educación y el acceso a muchos servicios, es nuestra esperanza para ayudar a construir una comunidad más fuerte y más seguro través del empoderamiento.

Hemos confirmado héroe local, Daniel Hernández, como uno de nuestros oradores y tendrá excelentes organizaciones locales, como Ben's Bells y el Christina Taylor Green Foundation participar en este nuevo evento para los sobrevivientes de homicidio y de nuestra comunidad. Este es un nuevo género de eventos para el HSI y tenemos la esperanza de ayudar a capacitar a nuestra comunidad y para hacer una Tucson más seguro y el Condado de Pima.

Seguimos consiguiendo participantes y organizaciones para que este evento seimpactante para todos los que asistan. Vamos a necesitar voluntarios para este evento por favor de hablar a la oficina por mas información sobre horas de voluntario. Si tiene cualquier otra organización que crea que puede ser un activo para este evento, por favor póngase en contacto con Todd en la oficina de HSI para las organizaciones que quieran presentar o para ser voluntario en la feria.

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)

Todd Blumhorst (office)(520)740-5729

Advocate/Administrative Assistant

If you are having a mental health crisis, call:

Southern Arizona Mental Health Corporation

520-622-6000

To find resources, call:

Community Information & Referral

800-352-3792

Pima County Victim Services Division

(520) 740-5525

1-800-775-7462 x 5525

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 x 5600



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)

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
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Email Friends

Homicide Survivors Office:

homicidesurvivors@pcao.pima.gov

Aida Salazar.....	asalazar9526@yahoo.com
Gail Leland.....	gailleland@aol.com
Holly Schysm.....	brewha71@netscape.net
Imelda Fuentes.....	Imeldafuentes01@yahoo.com
Julie Williams	julie.williams@msn.com
Kathi Rice.....	azstormy@aol.com
Mary Ann Christensen.....	Maryann.Christensen@ltaz.com
Sharon LaPlant.....	slaplant1984@speednet.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 Welcome Our New Board President

Melissa Royce



Melissa Royce

Hello fellow survivors!

As the newly-elected President of the Homicide Survivors Inc. Board of Directors, I thought it would be wonderful to formally introduce myself to everyone. What follows is a bit about me, the tragedy that brought me into the survivor community, and what I plan to do as President of the Board.

My name is Melissa Royce, and I am 25 years old. I was born and raised in Phoenix and attended Moon Valley High School, graduating in 2004 as the class valedictorian. I moved to Tucson after graduating to attend the University of Arizona. In 2006, I spent a semester abroad in Spain as part of my Spanish Linguistics major, and I look back fondly on my wonderful experiences there.

After returning to school for a semester in 2007, I took a hiatus from my college career when my grandmother passed away, as the loss deeply affected my ability to focus on my studies. Also in 2007, I met the love of my life. Tim Royce lived 3 apartments down from me, and we quickly fell in love – the kind of fairytale love that is rare to find. In December 2007, we found out that we were expecting a child. Though we were both initially nervous about the idea of becoming parents, it quickly turned into inexplicable joy. Tim was thrilled to be a dad and was incredibly attentive and nurturing. He had just graduated from Pima Community College and had been applying for a better job. I never suspected that this picture-perfect life we were creating would be destroyed.

On March 5th, just 3 days after Tim's 27th birthday, he was robbed and murdered while at work driving his cab. Three people entered Tim's cab, and he drove them to the location they told him. Once there, the male passenger shot him twice. They took his wallet and backpack and left him to die in the alley. (All 3 have since been convicted and currently sit in prison.) I knew something was wrong when Tim didn't answer my phone calls or texts. He always was in touch with me during his shifts. Then, the call came. All I heard was "detective." I knew. If it were not for everyone at Homicide Survivors, Tim's family and I never would have known what to do first. The next several months were a blur of pain and despair, and I do not remember much. My world fell apart.

The only saving grace during this time was the life I was carrying. Thankfully, I did not miscarry. Today, I have an amazing, smart, beautiful son who is just bursting with happiness and love. Timothy is the spitting image of his father and seems to have mysteriously inherited Tim's personality. He loves to make people smile and laugh, and he never misses an opportunity to be mischievous. He has brought so much joy and meaning to my life. I have also since graduated with high honors from a medical transcription specialty program and currently work from home in this field. I love my job and the fact that I can work from home. I am truly honored to have been nominated and elected as President of the Board. I plan to serve faithfully for as long as the Board of Directors will have me. I hope that we can increase exposure in the community for the wonderful services we provide, expand fundraising efforts, reach more survivors in need of help, and, in general, better the program in all areas.

I am always reachable if you have any questions or concerns, or if you would like to know more about me. I look forward to speaking with all of you at events and around town!



Tim Royce

THE DEFENDANTS & THEIR SENTENCES

RUBEN ARCHUNDE (GUNMAN)—LIFE W/O PAROLE
MARISELA PACHECO—22 YEARS W/ (100% TO BE SERVED)
JESSICA GALLEGOS—7 YEARS



"While grief is fresh, every attempt to divert only irritates. You must wait till it becomes digested, and then amusement will dissipate the remains of it.", Samuel Johnson

Recipes of Love

As we approach the holiday season, survivors find this time of year to be bittersweet. On one hand we embrace the season for the gathering of family and friends ; on the other our hearts break once again at the thought of the loved one we lost due to murder and find ourselves in a joyous season with an empty spot at our holiday table.

On our journey of grief and recovery it is important to remember the memory of our murdered loved one to help progress the grieving process. One common bond that spans generations and cultures is food. Food can be comforting and a good source of memory recollection.

Our Thanksgiving dinner for survivors is approaching and it is a time to remember your loved one by bringing a dish of their favorite food to pass and share. It can be a difficult time for many during this time of year and we hope that you will come and share in a meal with others who have experienced a similar loss.

We would like to start sharing your loved ones' recipes by placing them in the newsletter. If we get enough submissions then we may put together a cookbook with the favorite recipes of those we have lost. We would like your recipes to publish in our newsletter with your loved ones story. When you submit the recipe and the story, we would like your story as well. We want to know how their death changed your life, what hopes you have for the future, and anything else you would like to share about how you have been affected by murder. Please submit your recipes and stories to our general email address (homicidesurvivors@pcao.pima.gov) and we will be submitting recipes over the year. Recipes can be for any time of the year and not specifically winter holiday foods.

Other Holiday Ideas to Remember Your Loved One

- *Set a place for them at your holiday table and add their picture at the setting.*
- *If setting a place is too difficult, simply light a candle and add it to your table decorations.*
- *Reduce the scale of your holiday traditions if you feel that will be helpful.*
- *Make new traditions for your new "normality".*
- *Volunteer for an organization that your loved one would have liked.*



Let us weep in our darkness--but weep not for him!
Not for him--who, departing, leaves millions in tears!
Not for him--who has died full of honor and years!
Not for him--who ascended Fame's ladder so high.
From the round at the top he has stepped to the sky.
- Nathaniel Parker Willis

PLEASE JOIN US FOR THANKSGIVING DINNER



THURSDAY, NOVEMBER 17, 2011
JUEVES, 17 DE NOVIEMBRE DE 2011
6-9 PM

ST. AUGUSTINE CATHEDRAL
CATEDRAL SAN AUGUSTIN
192 SOUTH STONE AVENUE



We are making plans for our annual Homicide Survivors Thanksgiving dinner and support group. We would love to see you attend this event and break bread with fellow survivors. The holidays are a time when many survivors retreat into the sanctuary of their homes and would prefer to not resurface until after the holiday season. While this is normal for anyone who has suffered a traumatic event, it is also very healing to get yourself back to daily living and this would be a very safe environment to make that venture into the public. You have lost so much already and it can be so difficult to find "thanks" during this season, especially for new survivors. If you have never attended a support group, this would be the perfect way to find out how to begin that healing process that is so important. Our tradition for this potluck includes the memory of those we have lost due to murder, we do this by asking you to bring their favorite dish. This is to honor their memory, so bring a dish to share of whatever was

Estamos haciendo planes para nuestra cena anual de Día de dar Gracias. Nos encantaría ver que asistan a este evento y que compartieran con otros sobrevivientes. Los días festivos son días en que muchos de los sobrevivientes prefieren no participar en reuniones familiares. Aunque esto es normal para cualquier persona que ha sufrido un evento traumático, también es muy sanador para ti volver a la vida diaria y esto sería un ambiente muy seguro para hacerlo. Usted ha perdido mucho ya y puede ser tan difícil de encontrar "gracias" durante esta temporada, especialmente para los nuevos sobrevivientes. Si usted nunca ha asistido a un grupo de apoyo, esta sería la manera perfecta de encontrar la manera de iniciar este proceso de curación que es tan importante. Nuestra tradición de este reunión incluye la memoria de aquellos que hemos perdido debido a homicidio, esto lo hacemos pidiéndole que traiga su plato favorito. Esto es para honrar su memoria, así que trae un plato para compartir de lo que era su plato favorito tradicionales o no tradicionales. Usted también tendrá la oportunidad de levantarse y hablar de su ser querido, la importancia de la comida que trajeron, o incluso un mejor recuerdo de su ser querido.

COLD CASE CORNER

Within the files at Homicide Survivors we have hundreds of case files of individuals cut down in our community with an act of violence that have found resolution in one form or another. Many families and friends of those murdered find justice, in some fashion, when the suspect is identified, arrested, and sentenced to prison. There are unfortunately hundreds of additional victims and survivors within our case files that have not been afforded closure in their cases.

We have not forgotten those of you who are suffering the pain of an unresolved case. Survivors of unresolved cases are caught in a limbo state and communication with law enforcement can become increasingly infrequent causing resentment in a myriad of directions. One may be angry that law enforcement isn't communicating effectively or at all with them on the case management. They may be angry that the person(s) responsible for killing their loved one gets to remain free and has not been brought to justice while the survivor has a life shattered by murder and feels trapped in an emotional prison. Anger towards the media may also be present because their loved one's case has gone out of the spotlight in the top news headlines. When one endures the pain associated with a cold case, it can wear the survivors to their core being. The brain physically changes over time and you are never the same person inside. Cold case survivors struggle to find normalcy in their lives, and simply living their daily lives is often a great struggle.

We are working on some services that will be focused specifically on cold cases and addressing the issues surrounding the emotional toll these situations bring to the survivors. I am working with the cold case prosecutor for the Pima County Attorney's Office to establish protocols for cold cases in hopes the lines of communication can be opened more for the survivors. We are also planning a series of educational forums that will address the issues specific to unresolved cases. Another project that is cold case specific is a booklet being made for unresolved case survivors. It is called "A Path of Doubt: A Survival Guide to Cold Case and Unresolved Homicide" that will help be a guide in surviving an unresolved case. There are other projects that have potential of taking off in efforts to resolve these cases and we are also looking into a cold case support group for our survivors in those situations. We would love to hear from our cold case survivors on any ideas you have that you feel would benefit this area of support.



COMING SOON!

Gold Case Classes for Survivors

This will be a series of classes specifically designed for unresolved homicide survivors. It will address issues that encompass entire cases from the investigation to finding inner peace when no resolution is found.

A Path of Doubt: A Survival Guide to Cold Case and Unresolved Homicide

This booklet is currently being created to help aid long term unresolved homicide survivors. It will address issues unique to unresolved homicides and the impact on the survivors. The guide starts at the beginning when the crime happened through finding the new "normal" for survivors. It addresses the roles of people involved in the entire case, DNA, evidence admissibility, the legal proceedings if an arrest is made at some point, and what survivors can do to find peace when there is a lack of closure.

We will keep you updated on the rollout of these new services.



The true way to mourn the dead is to take care of the living who belong to them.

- Edmund Burke

How American Society Views Victims vs. Assailants in the News

Quite often a brief news story sums up the collective pathologies of postmodern American society. Here is a recent tragic news item from my local paper, followed by some commentary:

Police call slaying of Hanford woman a random act

By Paula Lloyd / The Fresno Bee

A woman found slain at a Hanford car wash this week was killed randomly when a 17-year-old gang member happened to see her while taking a walk, Hanford police said Thursday.

Denise McVay was washing her car — something she did several times a week — early Tuesday morning before work.

The teen was wandering the streets after leaving a party when he saw McVay at the Royal Car Wash on Garner Avenue at about 5 a.m. and decided to kill her, police said. The teen “simply wanted to kill somebody that night” and McVay, 49, was “in the wrong place at the wrong time,” Capt. Parker Sever said. “It was a purely random act.” The teen stabbed McVay several times and slit her throat.

The teen took McVay’s money and her car, Sever said, and drove to the home of a fellow gang member, Mauricio Ortiz, 18, of Hanford. Sever said the teen was covered with blood and told Ortiz what he had done.

Ortiz helped him ditch the car at Tachi Palace Casino and went with him to Visalia Mall, where the teen used McVay’s money to buy clean clothes, Sever said. The teen, whose name was not released because of his age, was booked into the Kings County Juvenile Center on suspicion of murder. Ortiz was booked into the Kings County Jail on suspicion of being an accessory after the fact.

Walk through this story to learn something about our confused American society. First, note the discrepancy between the employed Ms. McVay — washing her car in the early morning hours on her way to work, apparently intent on having a clean automobile when she arrived — and the unidentified youth who, we are told at first, was “taking a walk,” later expanded into “wandering the streets after leaving a party.” How did we go so nonchalantly in a mere two paragraphs from “taking a walk” to “wandering the streets after leaving a party”?

In our present society, an able-bodied young man of 17 has leisure to walk about at 5 a.m. after a night of partying, while a hard-working woman squeezes in such an early morning moment to wash her car in order to appear presentable at work.

Note, furthermore, that our society has no compunction about letting the world know the identity of Ms. Denise McVay, who was horribly murdered and left dead on the pavement of a car wash. But it is worried that we might learn the name of the “17-year-old gang member,” also known as an anonymous “teen.” Yet why are we, as a society, more sensitive to disclosing the identity of a gang-member and suspected killer than of a slain productive worker?

In the transition from a shame culture to a guilt culture, America has become a confused society that values the sensitivities of the felonious living far more than respect for the law-abiding dead. Could it not simply waive anonymity protocols in cases of capital crimes? If 16- or 17-year-old would-be murderers knew that their names, addresses, and photos would be published on commission of a crime, would that create any deterrence to their viciousness — or at least provide solace to the community that barbaric killers do not slide so easily through the special exemptions afforded to immature “teens”?

Unfortunately, the story only becomes more depressing. We next read that the anonymous teen “simply wanted to kill somebody that night,” and, unfortunately, Ms. McVay, 49, was “in the wrong place at the wrong time.” So a Capt. Parker Sever goes on to characterize the fact that “the teen stabbed McVay several times and slit her throat” as “a purely random act.”

The law-enforcement officer, who no doubt means well, nonetheless describes a productive worker, striving to clean her car, as “in the wrong place at the wrong time.” But in fact, it is the anonymous teen who is in the wrong place at the wrong time — as if civilization could possibly continue if the majority followed his wrong hours and wrong behavior. Ms. McVay, in fact, was in the right place at the right time, and she should have had every expectation that she could go to the car wash before work without worry that a murderous gang-banger would slit her throat.

What sort of abjectly amoral society have we become when we metaphorically reduce a productive life to being “in the wrong place at the wrong time” — only to worry that the teen murder suspect and his family might suffer from the disclosure of his identity? Perhaps our civilization and our police forces, in fact, are in the wrong places and at the wrong times when we cannot ensure Ms. McVay the humane expectation of basic safety.

Continued on next page

In truth, the teen was an opportunistic predator, on the prowl for an easy victim, which translated into profiling a woman alone. His killing was “random” only to the extent that had he encountered instead three large men washing down a truck at 5 a.m., he surely would have kept his blade sheathed and passed on by with no thought that he “simply wanted to kill somebody that night.” In short, he did not want to kill just anybody that night: He wanted instead to stab an easy somebody, who might offer little resistance, and perhaps take cash and car as a bonus.

Examine what happens next: The murderous teen then “drove to the home of a fellow gang member, Mauricio Ortiz, 18, of Hanford . . . the teen was covered with blood and told Ortiz what he had done. Ortiz helped him ditch the car at Tachi Palace Casino and went with him to Visalia Mall, where the teen used McVay’s money to buy clean clothes.”

The bloody murderer shows up unexpectedly at the home of a friend. Mr. Ortiz apparently decides that such gore is not all that shocking, and so does not suggest that the teen turn himself in, but rather, almost by second nature, helps him to hide the crime. Both gang members apparently know well both the parking lot of the Tachi Palace Casino and the Visalia Mall, where they respectively ditch the car and buy new clothes with the deceased’s hard-earned money. The familiar haunts a casino and mall do not readily suggest elemental poverty. And did the murderer and his accomplice really go to the mall to buy “clean” clothes? I think it would more accurate to suggest “new” clothes — given that both undoubtedly had existing spare clothing. Why must we be insulted by taking at face value any such tale, gleaned from either the killer or his accomplice?

It leads us to wonder how many Mauricio Ortizes there are in our area, who at the first suggestion of lucre are quite ready to try to cover up a bloody murder and spend the victim’s cash. If the time comes when there are more of them than there are Denise McVays, civilization is finished.



We end this morality tale with society’s now-standard self-righteous declaration, “The teen, whose name was not released because of his age . . .” — as if we have evolved morally from a hundred years ago, when the suspect would have enjoyed no such exemption. But what really was “his age,” and did it matter whether the anonymous suspect killer who butchered the hard-working Ms. McVay was chronologically 17 or 50? The original intent of the law was apparently to protect the immature pre-adult, but it has now the effect of directing society’s empathy to a sophisticated anonymous killer and away from his publicly identified victim. Note as well that the murder suspect himself earns only Juvenile Hall; his *post facto* accessory rates the harder county jail — another of a sick society’s messages that we calibrate age far more than savagery.

I have no doubt that in the next two years a good deal of society’s capital will be invested in this unidentified youth and his named accomplice. Preliminary hearings, state-paid public defenders, an array of psychiatrists, and periodic proclamations from the defense team about particular childhood traumas suffered by the killer — all to be followed by years of legal counsel, further psychological examinations and treatment, and of course, if there is a conviction, nearly \$40,000 a year in incarceration expenses — as our fast-paced society races onward and upward, without much thought of one productive citizen, Denise McVay, washing her car in the early morning on her way to work. None of us are exempt from such terrible arithmetic, and we now must live with the realization that tomorrow morning any one of us could be written off as either unlucky or unwise in our demise, while the rights of our killer would be obsessed over.

You see, it is characteristic of a morally bankrupt society to be absorbed with the evil living without much remembrance of the more noble dead. The former gang member and his family by all means must not be embarrassed; the dead woman is reduced to being “in the wrong place at the wrong time.”

Enough said.

©2011 Victor Davis Hanson

**“All media exist to invest our lives with artificial perceptions and arbitrary values.”
Marshall McLuhan**

Using Humor to Deflect Stress

When death strikes close to us in the form of homicide, it turns our world upside down. Our brains have been traumatized and confusion runs rampant through our injured minds. Nothing makes sense anymore and life seems to have crashed down around us where we stood.

I remember when my sister was murdered and having the feeling I would never again be able to laugh. I could never envision having that true laughter that makes your side hurt because nothing was going to be funny ever again. She was dead and the person responsible did such an effective job at hiding her body that he was neither arrested for her murder nor were we able to give her a proper burial. The bitterness overcame my psyche and the anger swelled over the years. A cloud of depression encompassed my entire being and the weight of the burden pulled me further down into the pit of despair. I went for many years without truly laughing at anything, but I did become an expert of putting on the “public mask” so many survivors wear when we are outside the safety of our sanctuary. I wanted to protect my private pain because I was certain no one would want to hear the stories in my head. With her case being so public in my hometown, I also wanted to protect myself from the gossip and intrusive people who simply wanted “dirt” so they could perpetuate the rumors.

I worked in a local funeral home when I was younger and remember several moments where we used humor to lighten the mood at times. One foggy night, my boss and I were driving back from Chicago after picking up a gentleman who was being returned to Illinois for burial. My boss had very bad eyes so I volunteered to drive the two hour drive back to the funeral home; he insisted on driving because he knew I was tired. We were on the road for some time and I had dozed off to take a quick nap. Suddenly, I heard screeching tires and the poor guy in the back on the stretcher flew forward and hit the back of the front seat with a loud slamming sound that woke me very quickly. I immediately woke up to see nothing but red brake lights in front of me and my life flashing before me in my mind. My boss had gotten sleepy and almost rear ended several cars that had slowed in the fog in front of us. Our station wagon stopped mere inches from the car in front of us and my heart was pounding at this point. I looked over at him and he asked if I was ok. I told him that I was in better condition than the guy in the back. I told him that he was lucky I was ok because it would have been an awkward conversation if he would have had to tell my parents that I was killed by a flying dead guy. I then told him that I would drive because I would like to get home alive. We both had a great laugh over the near death experience.

Humor can be an excellent way to reduce stress in our lives. There was the time there was an earthquake in San Francisco and a little boy was seen running out of his house screaming “I didn’t do it!”. Humor can take an intensely stressful situation and alleviate some tension. It has been found that laughter greatly reduces stresses in the body.

As a survivor, you can use all the stress reduction you can find. Our lives have had multiple layers of trauma involved and this is toxic to the body. Taking time out to laugh is good medicine for the soul. This stress reduction may take you some time if you are a new survivor and may not be embraced by everyone. There are many ways to cope and humor is just one tool in the toolbox of coping skills. Many victims find that distance from the murder has allowed them to use humor more often. You may not be at a place to allow this and that is ok, everyone grieves differently. Don’t lose hope that you will never find joy in life again, because you will someday down the road. Make sure that you make time to watch cartoons, stand up comedy, or humorous tv shows. Many have found that laughter from the gut once again is possible and are finally able to truly laugh again, don’t lose hope.



“WITH THE FEARFUL STRAIN THAT IS ON ME NIGHT AND DAY, IF I DID NOT
LAUGH I SHOULD DIE.”
ABRAHAM LINCOLN

We Want Your Feedback

We have been attempting to establish art support groups to help survivors express their grief through art. We want to hear from you on how to most effectively provide these classes. Please let us know what works best for you as far as time, day of the week, location, and ideas you would like to see be incorporated into these groups. Email Todd at the HSI office: todd.blumhorst@pcao.pima.gov



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.

Miss Me But Let Me Go - Unknown

When I come to the end of the road and the sun has set on me,
I want no rites in a gloom filled room, why cry for a soul set free.
Miss me a little--but not too long, and not with your head bowed low,
Remember the love that we once shared, miss me--but let me go.
For this is a journey that we all must take, and each must go alone.
It's all a part of the Master's plan, a step on the road to home.
When you are lonely and sick of heart, go to the friends we know.
And bury your sorrows in doing good deeds, miss me--but let me go.



Homicide Survivors, Inc.

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