



# 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](mailto:homicidesurvivors@pcao.pima.gov)  
[www.azhomicidesurvivors.org](http://www.azhomicidesurvivors.org)



## Please join us

# Thanksgiving Potluck Dinner

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

ST. AUGUSTINE CATHEDRAL  
CATEDRAL SAN AUGUSTIN  
192 SOUTH STONE AVENUE



## REMEMBER TUCSON 5K RUN CROSSFIT—FULL THROTTLE

8620 E. OLD VAIL RD.  
SATURDAY, JANUARY 7, 2012  
8:00 AM  
CONTACT: MICHELLE CROW 975-8443



# Support, Information & Assistance Resources

## **Homicide Survivors**

Office (520)740-5729

1-800-775-7462 x5729

Fax (520)740-5773

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

[www.azhomicidesurvivors.org](http://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

829-8160

Elisa Espinoza-Lopez

434-0340 (Español)

Carlos Castro

624-4965 (Español)

Rick & Yoli Villelas

419-6138 (Español)

Hope & Johnny Valenzuela

574-3139 (Español)

Gabby de la Cruz

704-1277 (Español)

### **Phoenix**

Jayne Treen

(602)995-1584

### **Southern Arizona**

Victoria Thacker

(520)826-3018

Sue Dupee

(520)586-2618

Dan & Darlene Berry

(520)515-0115

### **Arkansas**

Joan McKinstry

(501)228-9849

## **Email Friends**

### **Homicide Survivors Office**

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

Holly Schysm—[brewha71@netscape.net](mailto:brewha71@netscape.net)

Gail Leland—[gailleland@aol.com](mailto:gailleland@aol.com)

Toni Schneider—[Doctor85711@yahoo.com](mailto:Doctor85711@yahoo.com)

Kathi Rice—[azstormy@aol.com](mailto:azstormy@aol.com)

Sharon LaPlant—[dlaplant@new.rr.com](mailto:dlaplant@new.rr.com)

Imeldafuentes01@[yahoo.com](mailto:yahoo.com)

Jayne Treen—[Jaynetreen@aol.com](mailto:Jaynetreen@aol.com)

Aida Salazar-agsalazar234@[yahoo.com](mailto:yahoo.com)

Julie Williams—[julie.williams@msn.com](mailto: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.

"THE ANGELS ARE ALWAYS NEAR TO THOSE WHO ARE GRIEVING, TO WHISPER TO THEM THAT THEIR LOVED ONES ARE SAFE IN THE HAND OF GOD."  
EILEEN ELIAS FREEMAN

## *You Are Not Alone... Homicide Survivors Can Help*

### Support, Advocacy, Information & Assistance

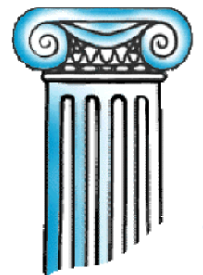
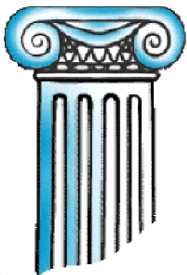
**Support:** We offer emotional support, advocacy, assistance and information by phone or in person. Many of our advocates are survivors themselves. Support group meetings in English & Spanish are held monthly where you can meet other families who share your experience. We can provide a list of professional counselors skilled in working with Grief, Trauma & PTSD. E-Mail Friends are here for those who want to receive some support online.

**Advocacy:** Staff and volunteer advocates are ready to help provide personal and criminal justice system support and advocacy. If you have questions or concerns about Victim Rights, the Law Enforcement Investigation or the Court process, we can help. The best thing you can do is to become as informed as possible. Learn all you can about your rights. Your participation can make a difference in the outcome of your case. Often an individual's first encounter with the criminal justice system is when they become the victim of a crime. For most crime victims, navigating through the court system can be a daunting experience. No one should have to endure this alone. Having a support person or an advocate who can answer questions and offer support is extremely important. Staff and Volunteers can provide support throughout the trial procedures. An advocate can accompany you to court to offer support and to inform you about legal procedures. An advocate can assist you in preparing a Restitution request and Victim Impact Statement to present at the sentencing of the offender. An advocate can also assist you in preparing statements for parole or clemency hearings. We can help you deal with media, creditors, landlords, employers, insurance companies, etc.

**Information:** We offer a quarterly newsletter and a wide selection of free publications for survivors of homicide victims, friends, employers and others impacted by a murder. We can provide you with information about homicide grief, trauma, children, teens, victim rights, criminal justice process and civil justice. We offer information on how to help a friend, neighbor, co-worker, etc.

**Financial Assistance:** Homicide Survivors can assist you in applying for Crime Victim Compensation which may help pay for: medical expenses, mental health counseling expenses, funeral expenses, and loss of support/wages. Homicide Survivors Victim Assistance may help pay for other expenses directly related to the crime. Fund raising efforts and community donations enable us to offer limited financial assistance where no other resource exists. We may be able to obtain discounted funeral services and/or provide a cemetery plot. We can assist you in applying for other assistance programs. We can help to establish a fund for donations and give advice to help raise funds. We may be able to help with other emergency expenses or funds to help you participate in the criminal justice process.

**Civil Justice:** We can refer you to a list of civil attorneys skilled in handling wrongful death, personal injury, guardianship/adoptions and probate. These attorneys will provide initial consultations at no cost. There are strict time limits in filing civil suits, so it may be a good idea to discuss civil remedies with a civil attorney to learn about all your options.



# Surviving Holiday Grief

By: Todd Blumhorst



As the holidays quickly approach, survivors begin to get that knot in their stomachs more with the anticipation of the grief that can come with this time of year. If you are experiencing your first holiday season since the murder, then it tends to be even more difficult to manage the range of emotions that come with this period. The holidays can be the most difficult time of year for a homicide survivor because there is always that empty place at the table where our murdered loved one once sat. Your life was invaded and your loved one is dead. You may have had an arrest in your case so the burden of court appearances may be an additional burden on your heart. Your case may have gone cold and the horror of an unresolved homicide looms heavily over your head. Surviving the holidays is yet another hurdle homicide survivors must overcome, but it is possible.

It starts with Thanksgiving, a time that our society has been set out to give thanks for all we have been blessed with in our lives. The very idea of trying to feel thankful during this time is often a distant thought in many survivors. Survivors can often find it difficult to be thankful for anything because their mind is traumatized.

For Jewish survivors Hanukkah is a holiday of lights; a time to rededicate and rebuild a new altar. It is a happy time, but it serves as a reminder of the pollution of murder that invaded their lives. Eight days of lights can put the soul of the survivors in a darkened prison that does not allow them to enjoy this festive holiday.

Christmas approaches and one less present is found under the tree. Memories of past Christmas celebrations are clouded over by one brutal event that took your loved one from all future celebrations. The music in the air tells us that this is a happy season, but the hearts of survivors is often heavy with grief because the one present that they most desire is unattainable.

The new-year is a time to look forward and hope for the future; yet many survivors are stuck in the past and the horror of murder holds them captive in a self imposed prison. It is a time when friends talk about the joys that this next year will bring but survivors can often only think of the horror this next year may bring.

Surviving the holidays is possible; you may even find joy in them again one day down the road. Here are some tips that can help you better manage the flood of feelings that come with the holiday season.



**Get plenty of rest**— Your body is taking on a lot of stress and will need the recuperation.

**Make a new tradition**— With your new life, making new traditions can help in the transition.

**Set a place for your murdered loved one at the table**— Some families even make a full plate for them. If this is too much, lighting a candle and placing it at the table helps serve as a reminder that they are remembered.

**Volunteer**— Directing that sorrow into helping those less fortunate can help alleviate some pain by doing good deeds for others.

**Take a trip** — Sometimes getting out of town will help if the holidays are just too much.

**Pamper yourself**— Have a spa day, get a massage, buy yourself something nice, or take yourself out for a special meal. It won't remove the pain, but it will allow you to have a few moments of peace.

**Have a ceremony to remember your loved one or decorate their grave**— Take a few moments to remember them with your own private ceremony or have a mass said for them at your house of worship. Decorating their grave and visiting them can reduce stress on the body.

**Spend time with family**— While you had a devastating loss in your life, you still have many that you love and can be an excellent source of support.

The holidays can be difficult for any survivor, but they do tend to become more tolerable or joyful as time moves on and your healing progresses. In time, you will be thankful for what you still have in your life. You will let your light shine more and you will have built a new altar as a foundation for your life. You will welcome the birth of a new possibility in your life, resolution. And you will find hope in the new year and what the future may hold for you. You have endured so much in the past year, two years, five years, or twenty years and you have survived. You will be able to come out on the other end of this season with that same mindset. . . . I am still here, I have survived!

“This is my wish for you: peace of mind, prosperity through the year, happiness that multiplies, health for you and yours, fun around every corner, energy to chase your dreams, joy to fill your holidays!”

D.M. Dellinger

## Sobrevivientes dolor en los días festivos

Como los días festivos rápidamente bienene, sobrevivientes comienzan a obtener ese nudo en sus estómagos más con la anticipación de la aflicción que puede venir con esta época del año. Si es su primera temporada de días festivos desde el asesinato, puede ser aún más difícil de administrar la gama de emociones que vienen con este período. Los días festivos pueden ser el momento más difícil del año para un sobreviviente de homicidio porque siempre hay ese lugar vacío en la mesa donde se sentó una vez nuestra ser querido. Su vida fue invadida y un ser querido está muerto. Puede haber tenido un arresto en tu caso por lo que la carga de apariciones en la Corte puede ser una carga adicional a su corazón. Su caso pudo haber ido frío y el horror de un homicidio no resuelto se cierne fuertemente sobre su cabeza.



Comienza con la acción de gracias, una vez que nuestra sociedad se ha establecido para dar las gracias por todos que hemos sido bendecidos con en nuestras vidas. La idea de tratar de sentirse agradecido durante este tiempo es un pensamiento lejano en muchos sobrevivientes. Sobrevivientes pueden encontrar difícil estar agradecidos por cualquier cosa porque su mente está traumatizado.

Para sobrevivientes judíos Hanukkah es una fiesta de luces. Es un momento feliz, pero sirve como un recordatorio de la contaminación del asesinato que invadió sus vidas. Ocho días de luces puede poner el alma de los sobrevivientes en una prisión oscura que no les permite disfrutar de esta fiesta festiva.

Biene Navidad y ay un regalo menos abajo del árbol. Recuerdos de la pasada Navidad están nublados por un acontecimiento brutal que tuvo su ser querido de todas las celebraciones futuras. La música en el aire nos dice que ésta es una época feliz, pero los corazones de los sobrevivientes esta pesado con dolor porque el regalo que ellos desean mas es inalcanzable.

El año nuevo es un momento para mirar hacia delante y esperanza para el futuro; Sin embargo, muchos sobrevivientes están atrapados en el pasado y el horror del asesinato los mantiene cautivo en una prisión. Es un momento cuando amigos hablan de las alegrías que este próximo año traerá pero sobrevivientes sólo pueden pensar del horror este próximo año puede traer.

Sobrevivir a las fiestas navideñas es posible; incluso puede encontrar alegría en ellos una vez más un día por el camino. Aquí hay algunos consejos que pueden ayudarle a administrar mejor el aluvión de sentimientos que vienen con la temporada navideña.

**Obtenga descanso**— su cuerpo tendrá mucho estrés y necesita la recuperación.

**Hacer una tradición nueva**-con su nueva vida, haciendo nuevas tradiciones puede ayudar en la transición.

**Establecer un lugar para su ser querido asesinado en la mesa**—algunas familias incluso hacen un plato completa para ellos. Si esto es demasiado, encender una vela y colocar en la mesa ayuda a servir como un recordatorio de que ellos son recordados.

**Voluntario**—dirigir esa tristeza en ayudar a los menos afortunados pueden ayudar a aliviar el dolor por hacer buenas obras para otros.

**Un viaje**- a veces salir de la ciudad ayudará si las vacaciones son simplemente demasiado.

**Mimar** - tener un día de spa, recibir un masaje, comprase algo bonito o comprase una comida especial. No elimina el dolor, pero le permite tener unos momentos de paz.

**Tener una ceremonia para recordar a su seres querido** - Tome unos momentos para recordarlos con su propia ceremonia privada o tener una misa.

**Pasar tiempo con familia**— mientras que tuvo una pérdida devastadora en su vida, todavía tienen muchos que ama y puede ser una excelente fuente de apoyo.



Los días festivos pueden ser difíciles para cualquier sobreviviente, pero pueden ser más tolerable o alegre como pase el tiempo. Con el tiempo, será agradecido por lo que aún tiene en su vida. Dará la bienvenida de una nueva posibilidad en tu vida, resolución. Y encontrará la esperanza en el nuevo año y lo que puede sostener el futuro. Han sufrido mucho en el último año, dos años, cinco años o 20 años y han sobrevivido. Podrá salir delante de esta temporada, podra decir . . . estoy todavía aquí, he sobrevivido!





# Post Conviction Notification

When the defendant's sentencing result is prison you have the right upon request to receive notice of all post-conviction review/relief and appellate proceedings, all post-conviction release proceedings. You have the right to receive notice of the decisions arising out of these proceedings (outcome), and you have the right to be informed of the convicted defendant's release from prison, escape or death, as well as the right to request not to receive inmate mail. *The PCNR (Post Conviction Notification Request) form can be obtained through the County Attorney's office or Arizona Department of Corrections Office of Victim Services.*

Department of Corrections Office of Victim Services will notify the victim:

- Notification of an offender's release date, escape, or death.
  - To acknowledge receipt of the PCNR.
- 60-90 days prior to the offender's intended release date.
  - On the day of release.
  - Upon offender's escape from custody.
  - Upon death of offender.
  - Of the legal name change of offender.
- Change of sentence due to sentence being vacated and resentenced.



## Important Numbers



**You MUST update your information and if there are changes to your contact information, this is your responsibility to continue notifications should you move. Also, you MUST OPT IN to this service !!!!!!!**

**Arizona Attorney General's Office  
Victim Services Division  
400 W. Congress  
South Building, Suite 315  
Tucson, Az. 85701  
(520) 628-6456**

**Arizona Board of  
Executive Clemency  
(602-542-5656)**

**Arizona Department of Corrections  
To request a Status Change form please  
call  
1-866-787-7233 or 602-542-1853.  
Please send completed form to:  
Arizona Department of Corrections  
Office of Victim Services  
1645 W. Jefferson MC 250**

**Pima County Superior Courts  
Bldg.  
110 West Congress St.  
Tucson, Arizona  
85701-1317  
Tel: (520) 740-3200**

***\*If your case was heard in a  
different county, then you will  
need to contact the sentencing  
court.***

## Support Group Meeting Dates:

**Thursday, November 17  
(Thanksgiving Potluck–  
St. Augustine Cathedral  
6-9pm)**

**Thursday, December 15, 2011**

**Thursday, January 19, 2012**

**Thursday, February 16, 2012**

Patrick Hardesty

## Fechas de Grupo de Apoyo:

**Jueves, 17 de noviembre  
( Dia de gar Gracias -  
Catedral San Augustin  
6-9pm)**

**Jueves, 15 de diciembre**

**Jueves, 19 de enero**

**Jueves, 16 de febrero**

Patrick Hardesty

## **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.

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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.

## **WAS IT SOMETHING WE SAID?**

We are committed to providing you with the best possible program that we are able to deliver, but we need your help. Homicide Survivors has had several events over the past few months and the turnout has been small at these events. We get wonderful feedback when we offer these different programs, but then we have little to no turnout at the actual events. Many times, we received RSVP's indicating attendance, yet the attendance did not happen.

We would like to hear from you about what we can do to improve our delivery of services. We want to provide an effective service to our survivors because we are here for you and your journey.

### **Your Loved One lives In Your Heart**

**“Many tender memories soften your grief,  
May fond recollection bring you relief,  
And may you find comfort and peace in the thought  
Of the joy that knowing your loved one brought.  
For time and space can never divide  
Or keep your loved one from your side  
When memory paints in colors true  
The happy hours that belonged to you.”**

**Helen Steiner Rice**



**Homicide Survivors, Inc.**

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

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**Homicide Survivors, Inc**

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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 \_\_\_