

HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

October 2019

<http://www.sacda.org/helpingvictims/victim-witness/>

Issue 9

GROUP PURPOSE

Why are we here:

To support persons who survive the violent death of someone close as they seek to recover;

To provide contact with similarly bereaved persons and establish self-help groups that meet regularly;

To provide information about the grieving process and the criminal justice system as they pertain to survivors of a homicide;

To communicate with professionals in the helping fields, about the problems faced by those surviving a homicide and to increase society's awareness of these issues.



Facilitating Victim Advocates

Ahmanal Dorsey
DorseyA@sacda.org
916-874-6193

Michelle Husbands
Husbandsm@sacda.org
916-874-5430

Tatiana Morfas
MorfasT@sacda.org
916-874-6741

UPCOMING MEETINGS

Wednesday Nov 6th, 2019 @ 6:30

Wednesday Dec 4th, 2019 @ 6:30 pm Holiday Potluck

Kaiser Building across from Sacramento's DA's office
906 G Street, Sacramento CA

Please park behind the DA's office for free or on G street which has metered parking.

In Loving Memory

Oct Dates of Birth

Tamar Puccinelli	10/08/1974
Zephriah Johnson	10/02/1975
Roberto Treadway	10/03/1987
Ryan Smith	10/31/1978
Jasmine Leon	10/27/1973
David Ortiz, Jr.	10/08/1972
Michael S. Trout, Jr.	10/19/1974
Anthony Keith Robinson	10/04/1959
Shannon Leigh Long	10/28/1981
Ruben Esquivel	10/13/1974
Richal Shelly Dillion	10/15/1959
Sylvia Diaz	10/18/1933
Frank Contreraz	10/15/1969
Marsha Runyon	10/27/1979
Keyonta Deon Thornton	10/15/1977
Carl Anthony Wright	10/03/1975
Andrew Jackson Lewis	10/23/1976
Michelle	10/10/1972
Nina-Rose	10/20/1997
Prem Chetty	10/30/1955
Ronald Carpenter Singleton Jr.	10/14/1968
Deborah J. Williams Brown	10/06/1957
Danny Hickman	10/03/1980
Darryl LaMont Harris	10/22/1974
Raymond Lee Robinson	10/13/1957
Jonah L. Williams-Simms	10/05/1988
Marcus Houston Mayes	10/23/1989
Chester Corser Jr.	10/08/1946
Jeremiah Josiah McRath	10/05/2006
David Endres	10/23/1965
Vern Saeturn	10/13/1991
Jerry Saeturn	10/16/1988

Oct Dates of Loss

Michael Ross	10/25/2003
Michael Jason Moore	10/24/2003
Tommy Lee Deorosan, Jr.	10/23/1999
Thomas Calvin Rambo	10/01/1994
Oletha Bradford	10/25/1997
Robert	10/30/1995
David L. Sargent II	10/11/1999
Shawna Edgar	10/23/1995
Brittany Aardahl	10/01/1997
Marc Heron	10/11/1994
John Heringer	10/20/1995
Brit C. Bahn	10/11/1995
Toni R. Shull	10/02/1997
Frank Champion	10/22/2003
Manuel Alexander	10/03/2004
Michelle	10/15/2004
Nina-Rose	10/15/2004
Samantha	10/15/2004
Jerry Sarnowski	10/04/2004
Bart Santiago	10/23/2005
Xochitl Djeda Martinez	10/16/2005
Eddie Holman	10/25/2005
Ronald Carpenter Singleton Jr.	10/04/2005
Nina Guess	10/01/2006
Joseph Proctor	10/04/2006
Darryl LaMont Harris	10/21/2006
Robert Grimes, III	10/02/2007
Ebony Kight	10/25/2007
Emanuel Michel	10/18/2008
Gustavo Lopez	10/31/2008
Steve X. Lo	10/15/2008
Tammula Robbins	10/10/2009
Joshua Scott Trahan-Mays	10/10/2009
Kevin Burks	10/11/2011
Jacklyn Sue Arata	10/22/2012
Kathleen Joy Arata	10/22/2012
Chizuko Kaneshi	10/22/2013
Dolly Badiali	10/04/2014

SURVIVOR-GRIEVING THE LOSS OF A SIBLING

Echoes of each other's being.
Whose eyes are those that look like mine?
Whose smile reminds me of my own?
Whose thoughts come through with just a glance?
Who knows me as no others do?
Who in the whole wide world is most like me
Yet not like me at all?
My sibling.

(Faber & Mazlish, 1989, p. 114)

The death of a loved one is a devastating event in a person's life and affects everyone in numerous ways. It's like a bad movie that replays itself constantly, and marks the beginning of a new chapter in a person's life—a new life that is characterized by pain, sorrow, anger and loneliness. Thus, the death of a sibling leaves an overwhelming void, both within the surviving sibling(s) and their family. The feelings of pain, grief and sorrow that siblings endure often go without recognition.

Why does it hurt so much?

The loss of a sibling hurts because the journey traveled by the surviving sibling(s) is lonely and numbing. It is a mixture of overwhelming feelings and questions that no one can ever answer. It hurts because of a bond that is formed among siblings to be there for one another, to protect and support one another, to be allies against their parents and be the person who has known you your entire life.

It is important to understand and acknowledge the surviving siblings' emotions and grief and allow them to express their feelings, allow them to confront death and allow them to mourn in their own unique ways. It is also very important for the surviving sibling(s) to share their thoughts, memories of moments shared with their lost sibling, and to allow themselves the opportunity to heal.

Circumstances of the death and the relationship that existed between siblings determine the emotions and grieving process of the surviving sibling. The "siblings who experience the loss of a brother or sister to illness often have a chance to spend time with them, say goodbye and

and express their feelings" (Linn-Gust). The author also indicates that under these circumstances, this "can be difficult because the process can go on for an unknown period of time" (Linn-Gust). In contrast to this, when sudden death, such as suicide, homicide or accidental deaths occur, the surviving siblings are left with many questions, anger, displaced blame and guilt. When such deaths occur, the surviving sibling (s) do not have the opportunity to say goodbye and are dealing with issues that are out of their control. In this light, age plays a very important role in the impact of the death and the surviving sibling's coping skills and understanding of the tragic event.

"Each family member has a different story of what happened, what led to the person's death and siblings are no exception to this" (Linn-Gust). Some of the many emotions they might feel are: shock, anger, sadness, physical symptoms, anxiety, guilt, blame, stigma, fear of rejection and of dying in the mode the sibling died.

Self care suggestions:

- Meditation and solace-Reflecting about the death of your sibling
- Recognize the loss-Reading books about loss and grief
- Sharing memories of the lost sibling
- Reconnecting-Staying in touch with family and friends
- Allow yourself to mourn and time to heal
- Confront death
- Express your feelings and understand your emotions
- Seek professional guidance
- Plan activities to memorialize your loved one
- Understand you are not alone

Reference

- Linn-Gust, Michelle. Mode of Death and the Effects on Sibling Grief, The Forum-Association for Death Education and Counseling Newsletter, January-March 2006. Volume 32, Issue 1, 1 and 3.
- Faber, A. & Mazlish, E. (1989). *Between brothers and sisters: A celebration of life's most enduring relationship*. New York: Avon Books.

Dedications to your loved ones can be featured in the newsletter. Please submit them to Michelle Husbands at husbandsm@sacda.org by the 10th of the previous month you would like the dedication to appear. Eg. Dedications for the May's newsletter should be submitted by April 10th

Memorial Quilts: If you are interested in having a picture of your lost loved one placed on a quilt, please contact your victim advocate for instructions on how to complete that process.

Meeting Dates & Times: Nov 6th, 2019 @ 6:30 pm
Dec 4th, 2019 @ 6:30 pm Holiday Potluck

Children's Support Groups: Sutter Memorial Children Bereavement Art group for ages 4-16 contact Peggy Gulshen @ 916-454-6555 for various locations in Sacramento County. www.sutterchildrens.org/childbereavement

UC Davis Hospice young adult group for ages 17-24. Please contact Don Lewis @ 916-734-1139. Closed group which meets once a week for 8 sessions.

SNOWLINE Healing All Together provides FREE groups for children, teens and their families at the Sacramento Children Museum, 2701 Prospect Park Dr, Rancho Cordova, CA 95670 Contact their Bereavement Services section at 530-621-7820 or 916-817-2338 to enroll in group. Sessions are every other Tuesday Jan 22nd, Feb 5th & 19th; March 5th & 19th; April 2, 16th and 30th; May 14th.

REMEMBER ME BEARS: Anyone interested in having a bear made from an article of clothing, blanket etc that holds special memories of your loved one, may contact Ms. Sharon Bell at 707-678-3738. The cost is \$30 and she is willing to work with those who may have financial difficulty. The materials should be mailed to her at 1380 West F street, Dixon CA 95620.

Grief Support and Resources

Parents of Murdered Children (POMC) is a national self-help organization designed solely to offer emotional support and information for anyone (not just parents) about surviving the loss of a loved one to murder. **Meetings are the 4th Monday of each month from 6:30 pm - 8:00 pm at 5770 Freeport Blvd, Sacramento CA 95822.** For additional info. call (916) 879-4541

Crime Victim's United of California sponsors a victim's support group **the 2nd Tuesday of each month** beginning at 6:30 pm at St. Teresa of Avila's Church in the preschool buildings at 11600 Atwood Road, Auburn CA. If you or someone you know is interested in attending, please call and confirm time and place at 530-885-9544.

Sacramento Valley Compassionate Friends meets every third Friday of each month 7:30-9:30 pm at the St. Mark's United Methodist Church, 2391 St. Marks Way, Sacramento CA 95864. Use the parking lot on Lusk in front of the Education Bldg. Meeting is upstairs in room E- 26 also accessible by elevator. Please contact the general number with questions pertaining to the group or email them at tcfsacvalley@gmail.com

Sacramento Valley Compassionate Friends Men's Sharing meeting is every second Tuesday of the month 7:30-9:00 pm at Christ Community Church 5025 Manzanita Ave, Carmichael in Rm 15. Parking is in the back.

SUICIDE PREVENTION RESOURCES: DO NOT TRY TO DEAL WITH IT ON YOUR OWN
National Suicide Prevention Lifeline @ 1-800-273-8255 (1-800-273-TALK) or 1-800 784-2433 (1-800 suicide); Sacramento Suicide Crisis Prevention line @ 916-368-3111;
National Organization for People of Color Against Suicide: <http://www.nopcas.org>

The following members of the support group are willing to lend a listening ear during your time of grief.

Grace Beren: 916-730-5640; Earline Harris: 916-204-3399

www.thecompassionatefriends.com

www.1800victims.org

www.crimevictimsunited.com

www.cvactionalliance.org Crime Victims Action Alliance

www.pomc.org

www.pomc.org/sacramento