

# HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

Nov 2017

<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.



### Victim Advocates

Ahmanal Dorsey  
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916-874-6193

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916-874-5430

## UPCOMING MEETINGS

**Wednesday Dec 6th, 2017 @ 6:30 pm**

**Holiday Potluck**

Sacramento District Attorney's Office  
901 G Street, Sacramento CA

Please park in the jury lot on 8th & G, or behind the building and enter through the back door.

# In Loving Memory

## Nov Dates of Birth

Howard Jay Thomas III	11/25/1970
Jason Taylor	11/06/1978
Harnes	11/08/1975
Jamie Reed	11/08/1978
Doris Tharp	11/04/1925
Toni R. Shull	11/14/1970
Derek Morales	11/11/1970
Antonio Indio Del Sol Garcia	11/02/1974
Irene Fontaine	11/08/1966
John Beren	11/09/1983
Yvonne Bean-Tate	11/25/1955
George Anthony Shatway, Jr.	11/28/1963
Pablo Enrique Reyes	11/26/1975
Damon LaVell Miles	11/15/1974
Joseph Dewayne Young	11/19/1975
Mohammad Samimi	11/18/1944
Clifton Dewayne Jones	11/09/2005
Margarita Cortez	11/28/1954
Shauntea LaRain Coates-Johnson	11/20/1978
Shanneel Singh	11/29/1987
Sharon Ann Johnson	11/16/1957
Arnold Devonne Butler, Jr.	11/09/1987
Manuel Castillo	11/01/1987
Emanuel Michel	11/20/1989
Thomas Kimble	11/24/1952
James R. Lowe	1/11/1935
Gidd Gomel Robinson IV	11/10/1980
Audie Hogue	11/07/1966
Deandre Ellison	11/30/1990
Margaret Elizabeth Weddle	11/17/1965
Richard Ward	11/28/1994
Adrian Eugene Moore	11/06/1994

## Nov Dates of Loss

David S. Crawford	11/10/2002
Jeremy Coshonolt	11/07/1998
Manuel Parra	11/18/2003
Jena Louise Henkel Wagner	11/25/1996
Mario Escobar	11/18/1993
Meghan Ann Wagner	11/25/1996
Shannon Leigh Long	11/15/1996
Benjamine Carmon	11/08/2000
Jeromy Shinault	11/06/1998
Juanita Johnson	11/25/2004
Edward C. Sanchez	11/15/1999
Damon LaVell Miles	11/28/1992
Jahh Aquell Henry Hoskins	11/12/2005
Mohammad Samimi	11/10/2005
Raymond Villescaz	11/06/2005
Robert Skou	11/13/2004
Johnny F. Nolasco	11/12/2006
Jamay M. Sticca	11/08/2008
Augusta James	11/27/2008
Jonah L. Williams-Simms	11/21/2008
Patrick Razaghzader	11/01/2008
Francisco Jesus Medina-Tomas	11/21/2009
Gidd Gomel Robinson IV	11/03/2009
Bobby V. Skou	11/13/2004
Juanita Johnson	11/25/2004
Divya Madelyn Ram	11/15/2009
Juan Carlos Sanchez	11/21/2009
Thomas Massie	11/20/2009
Manuel Maciel	11/09/2008
Chio Saeturn	11/08/2010
Vern Saeturn	11/08/2010
Jerry Saeturn	11/08/2010
Jose Galindo- Sepulveda	11/02/2011

### Twelve Tips For Getting Through the Holidays After Loss

<http://nancyspoint.com/twelve-tips-for-getting-through-the-holidays-after-loss/>

**Here are a few tips that might be helpful:**

- 1. The main thing to remember is just like everyone grieves differently, how you feel about the holidays will also be as individual as you are. They might not even BE difficult for you. Sometimes ordinary days are hardest, not holidays.**
- 2. Perhaps most importantly, acknowledge that the upcoming days or weeks might be really hard. Stating that out loud, even to just yourself, validates it somehow making it more OK to accept your own feelings.**
- 3. Decide what you want to do this year. Do you want to continue traditions or do you want to begin new ones? Or perhaps a combo?**
- 4. Do something specific for your loved one. Some people like to light a candle, display a particular ornament in a special place each year, make a donation in their loved one's name or volunteer someplace the loved one would have chosen or cared about.**
- 5. Talk about your loved one by sharing memories and stories about them, even if it makes others uncomfortable. Remembering honors them and keeps them with you in a very real sense.**
- 6. Set realistic expectations for yourself. If you don't feel like doing cards, don't. If you don't feel like baking, don't. If your house isn't the cleanest, so what?**
- 7. Take care of yourself by getting enough sleep and eating properly. Remember grieving is taxing physically, emotionally and spiritually. It's just plain hard work and it really does tire you out.**
- 8. Try to exercise every day. The benefits are pretty obvious, but worth saying anyway. Exercise relieves stress, helps deter depression and improves your self-esteem.**
- 9. I'll borrow a quote from a friend's recent blog post if I may, (which came from Oprah originally) "Surround yourself with only the people who are going to lift you up." No need to say more.**
- 10. If you need help, ask for it. If you can't manage with daily chores, shopping or whatever it might be, it's alright to ask someone to help you.**
- 11. There is now an actual clinical term called "complicated grief." Kind of a silly name in my opinion, because all grief is complicated. Simply put, it means there is no diminishing of your grief with time. You can't stop mourning or begin to move on. If you are experiencing this, you probably need professional help. Ask for it. You can find more information on this topic at Mayo Clinic's website.**
- 12. Remember most people eventually enjoy the holidays again. Hang on to that hope. You will get there. Also, experiencing some nostalgic or sad moments is not necessarily a bad thing; it's part of life after loss.**

## GRIEF

By Gwen Flowers

I had my own notion of grief.  
I thought it was the sad time  
That followed the death of someone you love.  
And you had to push through it  
To get to the other side.  
But I'm learning there is no other side.  
There is no pushing through.  
But rather,  
There is absorption.  
Adjustment.  
Acceptance.  
And grief is not something you complete,  
But rather, you endure.  
Grief is not a task to finish  
And move on,  
But an element of yourself-  
An alteration of your being.  
A new way of seeing.  
A new definition of self.

**Dedications** to your loved ones can be featured in the newsletter. Please submit them to Michelle Husbands at [husbandsm@sacda.org](mailto: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:** December 6th, 2017 @ 6:30 pm

**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](http://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. **Next session begins Sept 20th, 2017 - Nov 8th, 2017 , 6:00 pm—7:30 pm at UC Davis Home Care Building Door F, 3630 Business Drive Sacramento CA. Business Drive is located off 14th Ave., between 65th Street, and Power Inn Road, south of Hwy. 50 and Folsom Blvd.**

**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 4<sup>th</sup> 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 2<sup>nd</sup> 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 7:30-10:00 pm** at the St. Mark's United Methodist Church, 2391 St. Marks Way, Sacramento CA 95864. Please contact Pamela Amo @ 916-955-3180 for questions pertaining to the group.

**VIVA—Volunteers in Victim Assistance** is a full service center for victims of violent crime and trauma. It is located at 2020 Hurley Way, Suite 265 Sacramento CA 95825. Tel # 916-570-1690. They serve victims primarily in Sacramento County, but they can also serve victims in El Dorado, Placer and Yolo counties. Please contact them for additional information.

**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](http://www.thecompassionatefriends.com)

[www.1800victims.org](http://www.1800victims.org)

[www.crimevictimsunited.com](http://www.crimevictimsunited.com)

[www.cvactionalliance.org](http://www.cvactionalliance.org) Crime Victims Action Alliance

[www.pomc.org](http://www.pomc.org)

[www.pomc.org/sacramento](http://www.pomc.org/sacramento)