

HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

Jan 2019

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

Issue 1

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

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UPCOMING MEETINGS

Wednesday Feb 6th, 2019 @ 6:30 pm

**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

Jan Dates of Birth

Andrey Tsurkanu	01/12/1980
Armondo Toro	01/09/1976
Thomas Calvin Rambo	01/13/1974
Demetrio N. Nambo	01/12/1975
Jerry Kaiser	01/27/1954
Tommy Lee Deorosan, Jr.	01/17/1980
Oletha Bradford	01/22/1965
Nickolas Contreraz	01/15/1979
Earnest Talley	01/28/1975
Michael Jason Moore	01/29/1971
William Gomes	01/22/1961
Mark Vaughn Flowers	01/04/1958
Sheppard Scott	01/02/1979
Javier A. Chavez	01/08/1980
Thomas Devon Vassar	01/03/1981
James Burley Woulard	01/22/1971
Teveston Johnson	01/14/1980
Eddie Holman	01/15/1972
Beverly Ann Smith	01/25/1960
Damon Jacob	01/19/1974
Jesse Rodgers Jr.	01/10/1981
Wang Meng Lee	01/07/1982
Daniel James Martinez	01/05/1984
Joseph Proctor	01/30/1990
Jesse J. Fernandez	01/27/1938
Joseph Aaron Griggs	01/26/1978
Aaron M. Strauthers	01/19/1973
Antwoan Dupree Williams	01/29/1986
Dwayne Jerome Harvey	01/25/1970
Steven Clay	01/03/1983
Sean Aquitania Jr.	01/30/2007
Ebony Kight	01/31/1972
Daniel Martinez	01/05/1984
Augusta James	01/23/1976
Steve X. Lo	01/16/1969
Dusty Rose Vazquez	01/03/1980
Lee Edward Johnson	01/05/1982
Tammula Robbins	01/29/1986
January Keene	01/29/1976
Curtis Atkinson	01/10/1958
David Valdez	01/17/1997
Michael Jason Moore	01/29/1971
William Woodall	01/28/1957
Macy Murphy	01/28/2001

Jan Dates of Loss

Quinnisha Thomas	01/13/2003
Keith Andrew McDade	01/19/1992
Mariett Ford	01/16/1997
Marcellus Ford	01/16/1997
Robert Boocher	01/22/2000
Marcel J. Lofton	01/19/1996
Tony Rocha	01/27/1999
Sylvia Diaz	01/27/2000
Robert Francisco Maisonet	01/07/2006
Kaysa Janae Shafer	01/12/2004
Teresite Estrada	01/16/1997
Olegandro Luna	01/22/1994
Soledad Abogado	01/05/1999
Antonio Jose "Chuy" Garcia	01/14/2001
Maurice Taylor	01/24/2002
Carl Wright	01/22/2000
Pablo Enrique Reyes	01/11/2002
Carl Anthony Wright	01/21/2000
Sheppard Darryl Scott	01/24/2005
Milton Miguel Ruiz	01/31/2002
Robert Tommy Rojas	01/01/2006
James Laskey Ramirez	01/03/2006
Abdullah Saud Almahri	01/23/2006
Danny Hickman	01/02/2007
Lamar Pierre Gasaway	01/17/2007
Robert Rojas	01/01/2006
Sharon Ann Johnson	01/02/2007
Kelly Ann Johnson	01/02/2007
Erika Renee Barrios	01/20/2007
Brenda D. Trujillo	01/16/2007
Prince Ray Mills	01/05/2007
Leel Wilson III	01/10/2009
Marcus Thompson	01/14/2010
January Keene	01/05/2007
Karen Curtin	01/24/2010
Roberto Flores	01/02/2011
Deandre Ellison	01/19/2011
Titus Tuft	01/13/2011

Grief in the New Year, Hope to Heal

12/30/2017 09:04 am ET Updated Dec 30, 2017 Rhonda Oneil

<https://www.huffingtonpost.com/author/r-oneill1-133>

"The weird, weird thing about devastating loss is that life actually goes on. When you're faced with a tragedy, a loss so huge that you have no idea how you can live through it, somehow, the world keeps turning, the seconds keep ticking." James Patterson

"Time waits for no one. When your loved one died, life as you knew it stopped, but the world around you, and the clock, continued ticking, moving forward without your loved one and sometimes it seemed to move on without you as well, leaving you feeling suspended in a type of time warp, unsure of how to escape it to move forward into some sort of a life without your loved one. As 2018 approaches, we reluctantly add one more year to the list of years spent without our loved one. Whether you lost your loved one in 2017, or many years ago, it is important to remember that where there was great love, there will also be deep grief and no matter how long it has been since the death of your loved one that grief will continue to surface when you least expect it.

For every special moment you shared with your loved one, there will be just as many moments of emptiness and longing for them. Nostalgia is a part of grief that is a double-edged sword...remembering the love and happiness you shared ultimately brings the sharp pain of the void that is left in your life, and in your heart, without them. But no matter how painful it is remembering what you have lost, it is this love you shared that will eventually help you heal enough to find the life that is out there waiting for you to live. This may not be the life you had planned, but there is still some happiness that can be found.

There is hope to HEAL your broken heart enough to find some joy again.

H - Honor your pain and your loss

Give yourself permission to grieve regardless of how long it's been since your loved one died. By honoring your loss, the unsettled emotions that are involved in your grief will become more manageable. Allow yourself to feel your loss and the emotions it brings. Remember the love you shared, and know that it is always with you. This love will always belong to you. This love can never be lost.

E - Engage actively in the process of healing

This process looks different for each of us. Start engaging in healing by becoming aware of any patterns of grieving that may keep you stuck in the pain. If you have inadvertently isolated yourself do your best to attempt to get back out among friends and family. They won't necessarily understand what you're going through, but they can still provide some companionship.

Try a support group, or possibly seeing a grief therapist. Sometimes just being able to talk about what you are feeling and going through can bring some relief and enable you to make small steps forward. "

"Journal your thoughts and feelings. For me, allowing my feelings to flow from me and through the pen out onto paper, provided a sense of comfort for me. My thoughts and feelings were no longer locked up inside me with no place to go.

A - Acknowledge the emotions that demand to be felt

The reality is that grief will drag you through a huge range of emotions, ranging from guilt to fear to despair to anger. The scope of possible emotions is almost endless. Each one of us will experience different emotions as we grieve, at different intensities and lengths. You should be aware that the emotional ups and downs that you are experiencing are normal. Healing your grief is a process. Don't feel guilty that you are experiencing all of these emotions. These emotions are what you must experience to eventually heal your broken heart.

If you need to cry, cry. Your body is telling you that it needs the release that only tears can bring. If you need to scream, scream. If you keep the screams inside, they will eat at you, undermining your ability to mend your broken heart, and the repression of these emotions may eventually make you physically ill. Let your emotions do what they are meant to do...Heal.

L - Look for small things that can bring some joy back into your life

When I was lost in my grief, I discovered small things that brought me happiness:

- Spending time with the young children in my family made me smile. Their innocent joy in life was infectious and I found happiness sharing time with them, bringing me hope that I could feel joy again.

- I intentionally sought out the few friends who could make me forget about my pain for a moment and laugh. I did my best to limit the amount of time spent around those people who brought me negative energy.

These are just a few of the ways that I eventually created a path that would lead me to a place where I was able to live with my losses and start to experience some joy again. Find what brings you some joy.

After millions of steps on my grief journey, I finally realize that every step I take is a step closer to being with my loved ones again. But, I also realize that it is my choice whether these steps are taken with sorrow, or whether I attempt to find some joy in the remainder of my journey. Finding joy in life again doesn't mean you will ever forget your loved one. It does mean that you honor the place they had in your life and the love you shared...allowing love and loss to walk side by side into 2018. **Pain and loss will change you, but they don't have to define you."**

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: Feb 6th, 2019 @ 6:30 pm
March 6th, 2019 @ 6:30 pm
April 3rd, 2019 @ 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

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 7:30-10:00 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.

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