

HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

February 2020

<https://www.sacda.org/victim-services/>

Issue 2

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 March 4th, 2020 @ 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

Feb Dates of Birth

Elizabeth Anne Morris Herrback	02/04/1960
Adam Todd	02/24/1980
Christine Cheatham	02/01/1985
Carlos Enciso	02/01/1982
Francis Smith	02/04/1960
Keith Andrew McDade	02/18/1967
Mary Ann Ligon	02/12/1970
Henry Green	02/27/1925
Denia Nicole Crawford	02/25/1970
Angel Evonn Dixon	02/15/1976
Jena Louise Henkel Wagner	02/16/1962
Mariet Ford	02/06/1993
Dina Linda Jimenez	02/01/1983
Peter Trujillo	02/23/1963
Mathew Erwin	02/28/1973
Nicholas Jason Bateman	02/15/1978
Andrew Montano	02/04/1960
Carl J. Johnson	02/15/1959
Sha Tavia Leann Westbrook	02/01/1988
De'Antwan T. Thomas	02/10/1988
Ian Duarte	02/02/1979
Albert Alexander Sandoval	02/05/1990
Kevin Moore	02/03/1983
Michael Dewatt Smith	02/21/1980
Travis Leon Hempstead	02/18/1966
Erick Anthony Young	02/11/1985
Johnny Edward Lewis	02/13/1974
Frank Brown III	02/11/1987
Santhatamath Leh Powanich	02/03/1976
Laura Steward	02/19/1976
Jose Segura	02/15/1984
John Kenneth Green	02/03/1981
Raul Velasquez	02/23/1987
William Goldsbury	02/16/1958
Chio Saechao	02/03/1964
Juan Carlos Sanchez	02/10/1988

Feb Dates of Loss

Ronald Westley Swift	02/08/2003
Jerry Kaiser	02/06/1998
David Clinton Guerrero	02/16/1994
Kimberly Ray	02/26/2000
Billy Champ, Jr.	02/02/2000
Adam Todd	02/24/1980
Kelly Dyan Hendershot	02/20/2001
Joan LeFeat	02/24/2001
Christopher A. Navarro	02/22/2004
James Eugene McMillen	02/22/2002
Doris Tharp	02/22/2002
Dante' M. Rogers	02/10/2005
Javier A. Chavez	02/23/2005
Fredrick Karl Johnson	02/20/2005
Jay'Lon Wilfort	02/01/1997
Chai Ta Saechao	02/13/2006
Wang Meng Lee	02/17/2006
Damien Louis King	02/06/2007
Ramona Gonzales	02/18/2007
Frank Brown III	02/25/2007
Lee Michael Candelaria	02/18/2007
Jesse J. Fernandez	02/05/2007
Santhatamath Leh Powanich	02/10/2007
Lee Candelaria	02/18/2007
Dominique Dupree Hickman	02/23/2007
Jonathan Giurbino	02/15/2007
Valeeya Brazile	02/05/2008
Rebecca Layson	02/11/2010
Pamela Johnson	02/05/2011
Richard Ward	02/13/2011
Robert Corpus	02/13/2011

Coping With Grief: 7 Things to Remember When Dealing with Loss

By Meredith Begley

<https://www.mskcc.org/blog/coping-grief-7-things-remember-when-dealing-loss>

Summary: Although there is no quick fix for grief, there is time-honored wisdom that can help you move through it.

One of life's most difficult experiences is losing a loved one. It would be somewhat easier if grief followed a linear path, with stages that neatly fit into boxes. But big Bereavement Support Groups Learn more feelings can emerge all throughout the grieving process. While emotions can be consuming, they are not permanent states.

Experts across Memorial Sloan Kettering share insights into the grieving process and ideas to keep in mind when you feel overwhelmed.

1. It won't feel like this forever. MSK bereavement counselor Kimarie Knowles likens grief to waves cresting and then crashing at the shore. "Part of what people find helpful is riding the wave," she says. "Understand it's coming up, try to find support, take care of yourself, and allow it to go."

2. You can handle it, even when you feel like you can't. It's human nature to want to avoid painful experiences. When we lose someone important to us, we may feel like we won't be able to cope with the pain of grief. But "we only learn about our capacity to handle things by moving through them," says Wendy Lichtenthal, Director of MSK's Bereavement Clinic. When we try to stifle or avoid our feelings, they can come on that much stronger when something triggers them, she says. Making space to experience painful emotions allows us to practice our resilience and grow our own internal resources.

3. Be gentle with yourself. "Grief is exhausting," says Reverend Jill Bowden, Director of Chaplaincy Services at MSK. She suggests caring for your body during periods of intensive stress. Carve out time for naps, eat nourishing foods, and drink plenty of water. Alcohol and sugar may seem like quick fixes, but they can actually have the opposite effect.

4. Think in cycles, not lines. If you reach a point where you're feeling good only to feel bad again, it's not a sign that you've relapsed or gotten worse. It's how grief works, and it's actually forward movement.

Coping With Grief: 7 Things to Remember When Dealing with Loss cont'd

"People will say, 'I was walking down the street and all of a sudden I started to cry, and yet, and I had been feeling calm,' " says MSK bereavement counselor [Susan Glaser](#). "I try to reframe that. Grief is a series of loops. You can circle back to where you were some time ago."

5. Your feelings are normal. "The pain of grief itself is hard enough to tolerate," says Ms. Knowles. "What can make it more challenging is when you or other people around you tell you what you should or shouldn't do." Allow yourself to feel whatever it is you feel: anger, sadness, even relief. The emotions that accompany grief are all valid, adds Dr. Lichtenthal. "Everyone comes to their loss experience with their own story, their own unique context and meaning," Dr. Lichtenthal says. "Whatever they are feeling at a given moment, it always makes sense."

6. Grief can beget meaning. There's no getting over the loss of a loved one. Instead, says Ms. Glaser, you can find ways to incorporate the loss into your life as you move forward. Grief is a natural response to loving someone. Though we all have past experiences that may influence how we see ourselves, grief provides an opportunity to reflect on what matters most to us. Dr. Lichtenthal highlights the importance of connecting to what gives you a sense of meaning to help co-exist with grief. She explains that these sources of meaning are a reason to step out into life each day, despite the pain you might be experiencing. Among these touchstones might be a reflection about the person you want to be in the face of life's challenges. Considering the choices you have in how you face suffering can be a powerful exercise.

7. You're not alone. At MSK, support is here for as long as you need it. "What we want people to know is that we're still here after a loved one dies," Dr. Lichtenthal says. MSK provides specialized care for grieving family members and friends, in both group and individual settings.

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:
March 4th, 2020 @ 6:30 pm
April 1st, 2020 @ 6:30 pm
May 6th, 2020 @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. Here is a link of her sharing her journey <https://vimeo.com/353432975>

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