

HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

April & May 2021 <http://www.sacda.org/helpingvictims/victim-witness/>

Issue 3

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

Due to COVID 19 there will be no in person meeting until further notice.

For listed resources, please contact the programs directly about their current operations during COVID.

In Loving Memory

April Dates of Birth

Ronald Westley Swift	04/29/1981
Quinnisha Thomas	04/21/1984
Travell Collins	04/15/1979
Michael Ross	04/05/1984
James Robert Treiberg	04/15/1969
Larry Carrisosa	04/27/1949
David L. Sargent II	04/12/1975
Michelle Montoya	04/23/1979
Vikki Lynn Lustig	04/01/1968
Glenn C. Whitten	04/25/1977
Robert Booher	04/22/1942
Michael Izell Brown	04/19/1982
Travell Collins	04/15/1979
Donnell Harden	04/17/1969
Manuel Alexander	04/11/1971
Julie Ann Carrera	04/09/1977
Michael Ross	04/05/1984
Fredrick Karl Johnson	04/26/1965
Clifford Owens	04/06/1983
Bart Santiago	04/28/1962
Xochitl Djeda Martinez	04/24/1971
James Laskey Ramirez	04/27/1987
Roosevelt Cambell Jr.	04/05/1966
Albert Lloyd Titman	04/16/1986
Robert Christopher Placencia	04/12/1989
Adrian Hutchins	04/20/1986
Larry Gibbs	04/28/1971
Damon Perkins	04/19/1980
Valeeya Brazile	04/07/2004
Leo Velasco	04/13/1986
Isaac-Michael Bartkovsky	04/26/1990
Divya Madelyn Ram	04/20/2006
Rebecca Layson	04/26/1992
Avery Sanders	04/20/1952
Karen Curtin	04/29/1959
Truly Lo	04/12/1998

April Dates of Loss

Nancy Jenkins-Smith	04/21/2001
Tamar Puccinelli	04/05/1993
Stephanie Murphy	04/15/1999
Adam Todd	04/30/2000
James Jones	04/24/2003
Ryan Smith	04/28/2002
Nicholas Bateman	04/02/2000
Demetrio N. Nambo	04/24/1994
Francis Smith	04/17/1998
Thomas Swafford	04/27/1998
Julianna Lacefield	04/11/1998
Andrew Montano	04/17/1998
Mi'Angelo Cordero	04/16/2002
Cheryl Brinkley	04/10/2005
Kevin Moore	04/26/2005
Michael Villescaz	04/24/1994
Roosevelt Cambell Jr.	04/23/2006
Raymone Joseph Washington	04/23-2006
Lonnie L. Taylor	04/23/2006
Gary James Maryland	04/13/1996
Victor Lima	04/11/2006
Raymond Lee Robinson	04/11/2006
John Kenneth Green	04/12/2008
Alexander Villa	04/04/2009
Thomas Kimble	04/16/2009
Katricia Banks	04/11/2009
Leo Velasco	04/24/2009
Dusty Rose Vazquez	04/09/2009
Martin Ramirez Jr.	04/11/2009
Jazzmyne Sharnae Bruner	04/15/2010
Francisco ' Frankie 'Flores	04/14/2011
Ubaldo Barraza	04/22/2012
Charles Wayne Smythe	04/28/2001

May Dates of Birth

Otila Carrington	05/18/1955
Shaun Foltz	05/02/1977
Tyreko Johns	05/16/1976
Wilfredo Ochoa	05/10/1975
Jeff Holly	05/04/1973
Mario Escobar	05/16/1952
Shawna Edgar	05/24/1977
Oscar DeHerrera	05/14/1981
Marlena Brooks	05/26/1974
Brittany Aardahl	05/28/1973
Tad Shaw	05/23/1961
Thaddeus Czuprynski	05/20/1980
Soledad Abogado	05/17/1917
LaRhonda Marie Johnson	05/24/1982
Milton Miguel Ruiz	05/23/1981
Astin Lawrence	05/15/1985
LeWayne Alan Carolina	05/05/1976
Hector Manuel Barrera Jr.	05/25/1980
Carlos Morales	05/31/1986
Richard Ramos Rios	05/01/1986
Phuong Van Le	05/18/1948
Robert Skou	05/07/1984
Donte L. Walton	05/10/1990
Cleveland H. Scott	05/27/1953
Brenda D. Trujillo	05/14/1958
Sylvia F. Guerrero	05/16/1970
Gabriel Martinez	05/31/1982
Rudolph Haynes	05/02/1952
Jelisa Office	05/07/1990
Julian Maisonet	05/27/1946
Doug Cline	05/25/1959
Joshua Kalb	05/20/1980
Jaylon Wilfort	05/18/1975
Enrique Perez	05/22/1987
Alexander Villa	05/03/1982
Fernando Lorenzo Munoz	05/12/1983
Leel Wilson III	05/20/1981
Alfredo "Chino" Perez	05/22/1987
Bobby V. Skou	05/07/1984
Marcus Thompson	05/01/1991
Marque Alexander Johnson	05/06/1992
Robert Flores	05/16/1973
Jessica Haslam	05/31/1998

May Dates of Loss

Shawn Foltz	05/14/2001
Travell Collins	05/02/2002
Denia Nicole Crawford	05/04/1999
Anthony Jon Casteel	05/28/1999
Michelle Montoya	05/16/1997
Vikki Lynn Lustig	05/12/1997
Marlena Brooks	05/31/1993
Kenneth Hahn	05/02/1999
Hector Rosales, Jr.	05/05/2000
George Anthony Shtaway, Jr.	05/18/2000
Angela Marie Prindle	05/31/2002
Horatio Lawrence	05/08/2001
Andrew Jackson Lewis	05/22/2005
Jerry Johnson Jr.	05/09/2005
Michael Dewatt Smith	05/20/2006
Marquis Lamont Kendall	05/13/2006
Johnny Edwards Lewis	05/22/2006
Albert Lloyd Titman	05/17/2006
Donald Lamell Willis, Jr.	05/06/2005
Adrian Hutchins	05/08/2007
Joseph Zacaria Gomez	05/09/2007
Joseph Aaron Griggs	05/17/2007
Larry Gibbs	05/09/2007
Carlos Hermaine Bryant	05/29/2007
Tri Minh Pham	05/08/2007
Paul Ray Cousins III	05/19/2009
Marcus Houston Mayes	05/28/2009
Chawn Chaney	05/29/2009
David Endres	05/31/2010
Adrian Moore	05/14/2017

Tear Soup

A recipe for healing after loss

By Pat Schwiebert & Chuck DeKlyen Illustrated by Taylor Bills Copyright Grief Watch 2006

Helpful ingredients to consider

- * a pot full of tears
- * one heart willing to be broken open
- * a dash of bitters
- * a bunch of good friends
- * many handfuls of comfort food
- * a lot of patience
- * buckets of water to replace the tears
- * plenty of exercise
- * a variety of helpful reading material
- * enough self care
- * season with memories
- * optional; one good therapist and/or support group

Directions:

Choose the size pot that fits your loss. It's ok to increase the pot size if you miscalculated. Combine ingredients. Set temperature for a moderate heat. Cooking times will vary depending on the ingredients needed. Strong flavors mellow over time. Stir often. Cook no longer than you need to.

Suggestions

- * be creative
- * trust your instincts
- * cry when you want to, laugh when you can
- * freeze some to use as a starter for next time
- * write your own soup making in a journal so you won't forget

Serves One

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: No Meetings Due to COVID until further notice

Children's Support Groups: Sutter Memorial Children Bereavement Art group for ages 4-16 contact 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. **They meet the first Saturday of the month from 1:00 to 3:00 pm, at Antelope Springs Church Roseville, CA** 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