

HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

November 2021

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

Issue 7

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

In Person Meeting

New Date

Dec 8th, 2021 @ 6:30pm

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

<u>November Dates of Birth</u>		<u>November Dates of Loss</u>	
Howard Jay Thomas III	11/25/1970	David S. Crawford	11/10/2002
Jason Taylor	11/06/1978	Jeremy Coshonolt	11/07/1998
Harnes	11/08/1975	Manuel Parra	11/18/2003
Jamie Reed	11/08/1978	Jena Louise Henkel Wagner	11/25/1996
Doris Tharp	11/04/1925	Mario Escobar	11/18/1993
Toni R. Shull	11/14/1970	Meghan Ann Wagner	11/25/1996
Derek Morales	11/11/1970	Shannon Leigh Long	11/15/1996
Antonio Indio Del Sol Garcia	11/02/1974	Benjamin Carmon	11/08/2000
Irene Fontaine	11/08/1966	Jeromy Shinault	11/06/1998
John Beren	11/09/1983	Juanita Johnson	11/25/2004
Yvonne Bean-Tate	11/25/1955	Edward C. Sanchez	11/15/1999
George Anthony Shatway, Jr.	11/28/1963	Damon LaVell Miles	11/28/1992
Pablo Enrique Reyes	11/26/1975	Jahh Aquell Henry Hoskins	11/12/2005
Damon LaVell Miles	11/15/1974	Mohammad Samimi	11/10/2005
Joseph Dewayne Young	11/19/1975	Raymond Villescuz	11/06/2005
Mohammad Samimi	11/18/1944	Robert Skou	11/13/2004
Clifton Dewayne Jones	11/09/2005	Johnny F. Nolasco	11/12/2006
Margarita Cortez	11/28/1954	Jamay M. Sticca	11/08/2008
Shauntea LaRain Coates-Johnson	11/20/1978	Augusta James	11/27/2008
Shanneel Singh	11/29/1987	Jonah L. Williams-Simms	11/21/2008
Sharon Ann Johnson	11/16/1957	Patrick Razaghzader	11/01/2008
Arnold Devonne Butler, Jr.	11/09/1987	Francisco Jesus Medina-Tomas	11/21/2009
Manuel Castillo	11/01/1987	Gidd Gomel Robinson IV	11/03/2009
Emanuel Michel	11/20/1989	Bobby V. Skou	11/13/2004
Thomas Kimble	11/24/1952	Juanita Johnson	11/25/2004
James R. Lowe	11/11/1935	Divya Madelyn Ram	11/15/2009
Gidd Gomel Robinson IV	11/10/1980	Juan Carlos Sanchez	11/21/2009
Audie Hogue	11/07/1966	Thomas Massie	11/20/2009
Deandre Ellison	11/30/1990	Manuel Maciel	11/09/2008
Margaret Elizabeth Weddle	11/17/1965	Chio Saeturn	11/08/2010
Richard Ward	11/28/1994	Vern Saeturn	11/08/2010
Adrian Eugene Moore	11/06/1994	Jerry Saeturn	11/08/2010
Trevor Solari	11/23/1990	Jose Galindo- Sepulveda	11/02/2011

"Teens are often left to grieve alone following the death of someone close either because their grief goes unrecognized or because well meaning people simply don't know what to say or do. As their friend, you can help support them by finding out ways to be there for them and how to listen. It is also important to recognize when your friend doesn't want to talk about it or they don't want to be treated any differently than before their person died.

1. Before your friend returns to school, here are some things you can do:

- Stay in touch by phone, text, email, Facebook and/or twitter.
- Bring food to your friend's home; have your class make condolence cards; hang out with your friend and let them talk if they want; offer to pick them up for school the first day back.
- Support your friend by attending the funeral or memorial service. Make sure to let other close friends know about the service as well. Just be there without having to be asked or told.

2. When your friend returns to school you can:

- Greet your friend with kindness and warmth. Treat them as you would before their parent died.
- Invite them to eat lunch, walk between classes or spend time at nutrition just hanging out.
- Plan to get together outside of school to relax or do something fun.
- Offer to do homework together to keep them on track.
- Let them know that talking about their feelings is ok with you and if they don't want to talk about it, that is ok also.
- Remember that grief is unique for each person. There is no time limit to this process. Keep that in mind while supporting your friend."

OUR HOUSE Grief Support Center resources

<https://www.ourhouse-grief.org/grief-pages/grieving-teens/ways-teens-can-help-a-grieving-friend/>

GRIEF By Denice D'Andrea

This thing, this blackness we call grief,
menacing as the dark storm cloud
that moves in silent threat,
Never knowing at what moment
It will strike and with what intensity.

Grief is no respecter of status or person,
age or circumstance.
It consistently hovers, and we, the bereaved
seek shelter from its agonizing attacks
on our bruised and battered hearts.

We seek a shelter that is not to be found
Old friends forsake us, new acquaintances are wary,
Happiness eludes us and peace is non-existent
Normal is a foreign idea

Our daily struggle is so intense that we are
often a weak and weary adversary for this grief

All encompassing and ever present,
This grief drains our deepest emotions.
Will we, can we ever pass through this pain,
this sadness, this grief?

What waits for us when at last we find that
tiny opening that allows us to enter a
new world where grief remains only as
an infrequent intrusion?

Surely someday, we will find that time when
Memories, beautiful, warm and comforting
will embrace us. . .

Bittersweet, perhaps, but none the less
These precious memories of our dear children
will be the cornerstones upon which we will build
a new normal in our forever changed lives.

In loving memory of my daughter, Abby Ellen D'Andrea (6-13-1978 - 12-4-2004)

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: Jan 5th, 2022 @ 6:30 pm
Feb 2nd, 2022 @ 6:30 pm
March 2nd, 2022 @ 6:30 pm

Children's Support Groups: Sutter Memorial Children Bereavement Art group for ages 4-16 contact 916-887-5275 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. <https://www.snowlinehospice.org/our-services/griefsupportgroups>

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