

HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

February 2024

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

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

Next Meeting:

Wednesday March 6th, 2024 @ 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
Aryanna Nielsen Thompson	02/26/1990
Juan Carlos Sanchez	02/10/1988
Gabriella Gold	02/25/2015

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
JayLon 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

A Letter to those Suffering from Grief After Love

<https://www.newcomerdenver.com/Blog/6246/SufferingfromGriefafterLove>

There are said to be five stages of this: denial, anger, bargaining, depression, and acceptance. However, there is no timeline to how long the grieving process may take for you. Some may reach the last stage in a few years, while others could take years to reach acceptance of what they've experienced.

Grief is hard to conquer and even harder to understand. It's a strong emotion that takes over the entire body, but on the other end of that is the feeling of love. It's also a strong emotion, but where grief hurts, love is welcomed and fills you with warmth. When your loved one was alive you may recall what that love felt like, and now you're dealing with the grief of losing that. It's easy to think that grief and love are worlds apart from each other when they're more similar than people think. Here are a few quotes that are good examples of the relation between the two

"Grief is the price we pay for love" Queen Elizabeth II

"What we have once enjoyed deeply we can never lose. All that we love deeply becomes a part of us. - Helen Keller

"The risk of love is loss, and the price of loss is grief - But the pain of grief is only a shadow when compared with the pain of never risking love." - Hilary Stanton Zunin

What do these have in common? Grief in connection with love. They're telling you that one cannot be felt without the other, but it doesn't have to be something to be afraid of. When someone you love has died, it can feel like the pain of losing them is all that is there. But it doesn't have to be that way. The love that you shared doesn't have to disappear because they're gone. That love can be used to remember the good times and all the memories made. Take the sadness, the anger, the disbelief, and think of why you feel that way. If you didn't love them then you wouldn't have those feelings after their death. And to have loved them, even if it ended sooner than planned, can be a beautiful reminder of the warmth that was in your life.

Reality of Life

Life isn't just full of happiness,
It's sunsets, it's love, it's tears.
It's the thoughts of yesterdays memories,
That can wash away all out fears.

It's that very painful experience,
That each one of us has had.
It's the laughter that fills the air,
It's the tears when you are sad.

It's loving that someone special,
That at one time made you smile.
It's the pain of losing that person,
But the memories that make it worthwhile.

It's that child in every one of us,
Although in time we'll all be old.
It's the good times we'll never forget,
It's the memories we'll always hold.

It's the hug that we all need,
When we'd rather drown in our sorrow.
It's the hope in every one of us,
That makes us hold on for tomorrow.

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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 6th, 2024 @ 6:30 pm
	April 3rd, 2024 @ 6:30 pm
	May 1st, 2024 @ 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 Wendy Nguyen @ 916-731-6854.

SNOWLINE Healing All Together provides FREE groups for children, teens and their families. Based on The Dougy Center method. Contact their bereavement services section at 530-621-7820 or email Grief@snowlinehospice.org for more information or to register. See description below from their website . <https://snowlinehospice.org/grief-support/#grief-support-groups>

"Kids and teens are placed in groups alongside similar-aged peers who have suffered a similar loss. Art, music, motion, and play are selectively utilized to promote healing when words aren't enough. Pre-registration required."

REMEMBEAR 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 10:00am to 12:00 pm, at Antelope Springs Church, 4555 PFE Rd, 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