

HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

December 2024

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

Issue 10

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:

January 8th, 2025 @ 6:30 pm—8:30 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

December Dates of Births

Brandon Timmons	12/10/1983
Denise Hooper	12/22/1950
James Jones	12/08/1964
Agnes Elias	12/20/1971
Angela Marie Prindle	12/07/1971
Sonja Marie Vasquez	12/26/1967
Joie Armstrong	12/20/1972
Teresite Estrada	12/02/1965
Antonio Jose "Chuy" Garcia	12/14/1977
Joan Lafeat	12/24/1937
Edward R. Sanchez	12/17/1986
Linda Louise Avila	12/08/1960
Samantha	12/31/1994
Daniel Frank Valdez III	12/24/1987
Robert Tommy Rojas	12/21/1961
Robert Francisco Maisonet	12/11/1990
Michael Villescaz	12/20/1972
Chai Ta Saechao	12/06/1986
Lamar Pierre Gasaway	12/16/1989
Robert Rojas	12/21/1964
Donald Larnell Willis, Jr.	12/03/1983
Richard A. Bustillos	12/05/1985
Alexandra Maria Cerda	12/06/1967
Mary Ourk	12/29/1985
Tri Minh Pham	12/27/1970
Lawrence Dean Lynn	12/16/1952
Sione Folau, Jr.	12/26/1985
Sean Aquitania, Sr.	12/26/1985
Robert Rojas	12/21/1961
Arlo Ligi	12/13/1971
David Butler	12/30/1968
Marquis Kendall	12/16/1977
Jamay M. Sticca	12/02/1986
Everett A. Taylor	12/29/1980
Clifford E. Brown	12/03/1955
Joshua Scott Trahan -Mays	12/16/1991
Jose Galindo-Sepulveda	12/10/1993
Alvin Saivon Valentine	12/20/1993

December Dates of Loss

Elizabeth Anne Morris Herrback	12/22/1998
John Beren	12/06/1999
Howard Thomas III	12/03/1993
George Edward Haynie, Jr.	12/13/2003
Pierre Fortier	12/15/1992
Vincent Sanchez	12/08/1989
Albert Proctor	12/27/1999
Michael A. Menzies	12/30/1996
William A. Broady	12/25/1995
Mark Contreraz	12/22/1954
Oscar Deherrera	12/20/1997
LeWayne Alan Carolina	12/28/1999
Patrick Nolan Klein	12/20/1994
Shanna Holmes	12/17/1993
Aaron Michael Bradney	12/24/1994
Irene Fontaine	12/09/1998
Sonya Marie Vasquez	12/07/1993
William Rasica, Jr.	12/11/1999
Ricky J. Collier	12/10/2000
Teveston Johnson	12/21/2004
NG hiem Thai	12/08/2005
Donikos Jones	12/23/2005
Daniel Frank Valedz III	12/22/2005
Clifton Dewayne Jones	12/13/2005
Terrell Anderson	12/26/2005
Richard Ramos Rios	12/04/2005
Marquis R. Richmond	12/07/2006
Arnold Devonne Butler, Jr.	12/29/2006
Anthony Lee Torrez Fuller	12/30/2006
Dwayne Jerome Harvey	12/12/2004
Patrick Moore	12/23/2006
Doug Cline	12/28/2005
James R. Lowe	12/26/2006
Manuel Castillo	12/09/2007
Otis Edward Passmore	12/27/2000
Leo Fletcher III	12/11/2008
James R. Lowe	12/26/2006
Chester Corser Jr.	12/03/2007
Clifford E. Brown	12/15/2009
Perell Marquise Waters	12/15/2009
Elijah Cook	12/31/2010
Monique Nelson	12/14/2010
Truly Lo	12/21/2010
Margaret Elizabeth Weddle	12/01/2011
Robert "Tito" Santos	12/05/2014

I was handed a package the other day.
It was wrapped securely to be mailed away
Attached to the outside as plain as could be
Was a simple note for all to see.

Please rush through the holiday season;
Too painful to open for any reason.
Contained within, find one broken heart-
Fragile, broken, falling apart.

Tried to go shopping the other day;
The hype of the season blew me away.

Sat down to write cards,
That was insane.
Couldn't find the list
Or think of my name.

People say,
"Come over, be of good cheer."
"Celebrate the holidays,
Prepare a New Year."

But my grief overwhelms me
Like waves in the sea.
Can they cope with my crying,
an unsettled me?

I don't have any holiday cheer.
Decorations, traditions, big family meal
I can't do this year.
Do you know how I feel?

Guilty and frustrated!
I've let everyone down!
Our holiday celebrations
used to be the best in town.

So just ship me away
Address unknown
When my grief is better
I might fly home.

NATIONAL GRIEF *Awareness Week*

What is grief?

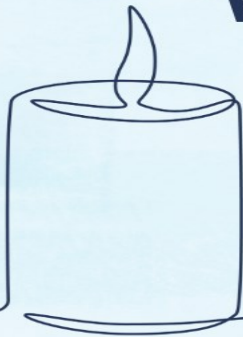
- The emotional, mental, and physical response to a loss.
- A natural process that can include a wide range of emotions.
- It is deeply personal, shaped by the nature of the relationship, cultural influences, and individual coping mechanisms.

There is no correct way to grieve.

What does grief feel like?

Grief comes in many forms such as:

- Sadness
- Anger
- Confusion
- Guilt
- Denial
- Relief



SAMHSA

NATIONAL GRIEF *Awareness Week*

How to: Support someone through grief

Tips for friends, family, and loved ones

- Listen
- Be present
- Respect their grieving process
- Remain patient
- Offer support throughout their entire grieving process
- Help the person know that all feelings are OK
- Encourage them to use a variety of resources
- Assist with daily tasks, logistics, and planning
- Be honest with children about the loss
- Check-in often
- Show continuous support



SAMHSA

NATIONAL GRIEF *Awareness Week*

Most people process grief with trusted friends and family.

People might benefit from more support when they experience very strong and long-lasting grief that makes daily life more difficult.

The way that people experience grief depends on many factors such as social, cultural, and religious differences.



If you need more help, 988 offers 24/7 judgment-free support for mental health, substance use, and more. Text, call, or chat 988.

SAMHSA

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 & Time

January 8th, 2025 @ 6:30 pm
February 5th, 2025 @ 6:30 pm
March 5th, 2025 @ 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

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