

HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

November 2015

<http://www.sacda.org/divisions/vw/vw.php>

Issue 6

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.



Victim Advocates

Ahmanal Dorsey
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UPCOMING MEETINGS

December 2nd, 2015 @ 6:30 pm

HOLIDAY POTLUCK

Bring your loved one favorite dish to share.

Sacramento District Attorney's Office
901 G Street, Sacramento CA

Please park in the jury lot on 8th & G, or behind the building and enter through the back door.

In Loving Memory

November Dates of Birth

Howard Jay Thomas III	11/25/1970
Jason Taylor	11/06/1978
Harnes	11/08/1975
Jamie Reed	11/08/1978
Doris Tharp	11/04/1925
Toni R. Shull	11/14/1970
Derek Morales	11/11/1970
Antonio Indio Del Sol Garcia	11/02/1974
Irene Fontaine	11/08/1966
John Beren	11/09/1983
Yvonne Bean-Tate	11/25/1955
George Anthony Shatway, Jr.	11/28/1963
Pablo Enrique Reyes	11/26/1975
Damon LaVell Miles	11/15/1974
Joseph Dewayne Young	11/19/1975
Mohammad Samimi	11/18/1944
Clifton Dewayne Jones	11/09/2005
Margarita Cortez	11/28/1954
Shauntea LaRain Coates-Johnson	11/20/1978
Shanneel Singh	11/29/1987
Sharon Ann Johnson	11/16/1957
Arnold Devonne Butler, Jr.	11/09/1987
Manuel Castillo	11/01/1987
Emanuel Michel	11/20/1989
Thomas Kimble	11/24/1952
James R. Lowe	1/11/1935
Gidd Gomel Robinson IV	11/10/1980
Audie Hogue	11/07/1966
Deandre Ellison	11/30/1990
Margaret Elizabeth Weddle	11/17/1965
Richard Ward	11/28/1994

November Dates of Loss

David S. Crawford	11/10/2002
Jeremy Coshonolt	11/07/1998
Manuel Parra	11/18/2003
Jena Louise Henkel Wagner	11/25/1996
Mario Escobar	11/18/1993
Meghan Ann Wagner	11/25/1996
Shannon Leigh Long	11/15/1996
Benjamin Carmon	11/08/2000
Jeromy Shinault	11/06/1998
Juanita Johnson	11/25/2004
Edward C. Sanchez	11/15/1999
Damon LaVell Miles	11/28/1992
Jahh Aquell Henry Hoskins	11/12/2005
Mohammad Samimi	11/10/2005
Raymond Villescaz	11/06/2005
Robert Skou	11/13/2004
Johnny F. Nolasco	11/12/2006
Jamay M. Sticca	11/08/2008
Augusta James	11/27/2008
Jonah L. Williams-Simms	11/21/2008
Patrick Razaghzader	11/01/2008
Francisco Jesus Medina-Tomas	11/21/2009
Gidd Gomel Robinson IV	11/03/2009
Bobby V. Skou	11/13/2004
Juanita Johnson	11/25/2004
Divya Madelyn Ram	11/15/2009
Juan Carlos Sanchez	11/21/2009
Thomas Massie	11/20/2009
Manuel Maciel	11/09/2008
Chio Saeturn	11/08/2010
Vern Saeturn	11/08/2010
Jerry Saeturn	11/08/2010
Jose Galindo- Sepulveda	11/02/2011

Coping with grief and loss during the holidays

By: Anthony Komaroff . M.D Executive Editor, Harvard Health Letter (Dec.2011)

Family and togetherness are key themes for the holidays. That can make the holidays awfully difficult for people who are grieving the loss of a loved one. My father passed away a month before the holidays. We still shared presents, ate large meals, visited with friends, even sang carols—but it was all pretty subdued.

"If the grief is fresh, holiday cheer can seem like an affront. Celebrations may underscore how alone people feel," notes my colleague Dr. Michael Miller in the December issue of the *Harvard Mental Health Letter*. This special theme issue focuses on grief and loss.

Although grief is nearly universal, it expresses itself in many different ways, and sometimes resembles major depression. Frequent crying spells, depressed mood, sleep disturbances, and loss of appetite are common during the bereavement process.

Grief is not a tidy, orderly process, and there is no right way to grieve. Every person—and every family—does it differently. This can cause emotions to collide and overlap, especially during the holiday season when the emphasis is on rebirth and renewal.

Here are the strategies recommended in the *Harvard Mental Health Letter* that may help you or someone you know who is grieving cope with the holidays:

Start a new tradition. During a holiday dinner, place a lighted candle on the dinner table, leave an empty chair, or say a few words of remembrance.

Change the celebration. Go out to dinner instead of planning an elaborate meal at home. Or schedule a trip with friends.

Express your needs. People who are grieving may find it hard to participate in all the festivities or may need to let go of unsatisfying traditions. It's all right to tell people you just aren't up to it right now or to change plans at the last minute. I remember that my sister did not join in singing carols, the holidays after our father died.

Help someone else. It may also help to volunteer through a charitable or religious organization. Make a donation to a favorite cause in memory of the person who died. In retrospect, I wish I had done this during that sad holiday.

Give yourself time. The grieving process doesn't neatly conclude at the six-month or one-year mark. Depending on the strength of the bond that was broken, grief can be life-long. Nevertheless, grief does usually soften and change over time. With time, the holidays will become easier to handle.

Reprinted from Harvard Health Blog

The following mortuaries will be holding memorial services for the families who laid their loved ones to rest in 2015. If you used another facility, please contact them to see if they are also holding services.

Sierra Hills Memorial Park and East Lawn Mortuary

5757 Greenback Lane, Sacramento CA 95841 Tel. no. 916-732-2020

Sunday Dec 13th, 2015 @ 4:00-5:00pm

Andrews and Greilich Mortuary

3939 Fruitridge Road, Sacramento CA 95820 Tel. No. 916-732-2026

Sunday Dec 13th, 2015 @ 4:00-5:00pm

East Lawn Elk Grove Memorial Park

9189 East Stockton Boulevard, Elk Grove, CA 95624 Tel. No 916-732-2031

Sunday Dec 13th, 2015 @ 4:00-5:00pm

East Lawn Memorial Park

4300 Folsom Blvd., Sacramento, CA 95819 (916)732-2000

Sunday Dec 13th, 2015 @ 4:00-5:00pm

**Morgan Jones Funeral Home**

Center of Praise Church 1228 23rd Street, Sacramento CA 95816.

Monday Dec 14th, 2015 @ 7:00 pm

If you would like your loved one picture to be included in the slide show during the service , please contact a member of the Morgan Jones staff
@ 916-452-4444

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 directions on how to complete that process.

Meeting Dates & Time : Next meeting December 2nd, 2015 @6:30 pm—HOLIDAY POTLUCK. Bring your favorite dish to share.

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. Please call for more information.

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.



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) 899-0090

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 7:30-10:00 pm** at the St. Mark's United Methodist Church, 2391 St. Marks Way, Sacramento CA 95864. Please contact Pamela Amo @ 916-955-3180 for questions pertaining to the group.

VIVA—Volunteers in Victim Assistance is a full service center for victims of violent crime and trauma. It is located at 2020 Hurley Way, Suite 265 Sacramento CA 95825. Tel # 916-570-1690. They serve victims primarily in Sacramento County, but they can also serve victims in El Dorado, Placer and Yolo counties. Please contact them for additional information.

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.groww.com— Online grief support group

www.1800victims.org

www.crimevictimsunited.com

www.cvactionalliance.org Crime Victims Action Alliance

www.pomc.org

www.pomc.org/sacramento