

HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

December 2015

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

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.



Victim Advocates

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UPCOMING MEETINGS

January 6th, 2016 @ 6:30 pm

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

December Dates of Birth

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
LaWayne Carolina	12/23/1999
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



1. **DECIDE WHAT YOU CAN HANDLE COMFORTABLY AND LET FAMILY AND FRIENDS KNOW.** Can I handle the responsibility of the family dinner, etc. or shall I ask someone else to do it? Do I want to talk about my loved one or not? Shall I stay here for the holidays or go to a completely different environment?
2. **MAKE SOME CHANGES IF THEY FEEL COMFORTABLE FOR YOU.** Open presents Christmas Eve instead of Christmas morning. Vary the timing of Channukah gift giving. Have dinner at a different time or place. Let the children take over decorating the house, the tree, baking and food preparation, etc.
3. **RE-EXAMINE YOUR PRIORITIES: GREETING CARDS, HOLIDAY BAKING, DECORATING, PUTTING UP A TREE, FAMILY DINNER, ETC.** Do I really enjoy doing this? Is this a task that can be shared?
4. **CONSIDER DOING SOMETHING SPECIAL FOR SOMEONE ELSE.** Donate a gift in the memory of your loved one. Donate money you would have spent on your loved one as a gift to charity. Adopt a needy family for the holidays. Invite a guest (foreign student, senior citizen) to share festivities.
5. **RECOGNIZE YOUR LOVED ONE'S PRESENCE IN THE FAMILY.** Burn a special candle to quietly include your loved one. Hang a stocking for your loved one in which people can put notes with their thoughts or feelings. Listen to music especially liked by the deceased. Look at photographs.
6. **IF YOU DECIDE TO DO HOLIDAY SHOPPING, MAKE A LIST AHEAD OF TIME AND KEEP IT HANDY FOR A GOOD DAY, OR SHOP THROUGH A CATALOGUE.**
7. **OBSERVE THE HOLIDAYS IN WAYS WHICH ARE COMFORTABLE FOR YOU.** There is no right or wrong way of handling holidays. Once you've decided how to observe the time, let others know.
8. **TRY TO GET ENOUGH REST -- HOLIDAYS CAN BE EMOTIONALLY AND PHYSICALLY DRAINING**
9. **ALLOW YOURSELF TO EXPRESS YOUR FEELINGS.** Holidays often magnify feelings of loss. It is natural to feel sadness. Share concerns, apprehensions, feelings with a friend. The need for support is often greater during holidays.
10. **KEEP IN MIND THAT THE EXPERIENCE OF MANY BEREAVED PERSONS IS THAT THEY DO COME TO ENJOY HOLIDAYS AGAIN. THERE WILL BE OTHER HOLIDAY SEASONS TO CELEBRATE.**
11. **DON'T BE AFRAID TO HAVE FUN.** Laughter and joy are not disrespectful. Give yourself and your family members permission to celebrate and take pleasure in the holiday

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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