

HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

January 2017

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

Issue 1

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
DorseyA@sacda.org
916-874-6193

Michelle Husbands
Husbandsm@sacda.org
916-874-5430

UPCOMING MEETINGS

February 1st, 2017 @ 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.

January Dates of Birth

Andrey Tsurkanu	01/12/1980
Armondo Toro	01/09/1976
Thomas Calvin Rambo	01/13/1974
Demetrio N. Nambo	01/12/1975
Jerry Kaiser	01/27/1954
Tommy Lee Deorosan, Jr.	01/17/1980
Oletha Bradford	01/22/1965
Nickolas Contreras	01/15/1979
Earnest Talley	01/28/1975
Michael Jason Moore	01/29/1971
William Gomes	01/22/1961
Mark Vaughn Flowers	01/04/1958
Sheppard Scott	01/02/1979
Javier A. Chavez	01/08/1980
Thomas Devon Vassar	01/03/1981
James Burley Woulard	01/22/1971
Teveston Johnson	01/14/1980
Eddie Holman	01/15/1972
Beverly Ann Smith	01/25/1960
Damon Jacob	01/19/1974
Jesse Rodgers Jr.	01/10/1981
Wang Meng Lee	01/07/1982
Daniel James Martinez	01/05/1984
Joseph Proctor	01/30/1990
Jesse J. Fernandez	01/27/1938
Joseph Aaron Griggs	01/26/1978
Aaron M. Strauthers	01/19/1973
Antwoan Dupree Williams	01/29/1986
Dwayne Jerome Harvey	01/25/1970
Steven Clay	01/03/1983
Sean Aquitania Jr.	01/30/2007
Ebony Kight	01/31/1972
Daniel Martinez	01/05/1984
Augusta James	01/23/1976
Steve X. Lo	01/16/1969
Dusty Rose Vazquez	01/03/1980
Lee Edward Johnson	01/05/1982
Tammula Robbins	01/29/1986
January Keene	01/29/1976
Curtis Atkinson	01/10/1958
David Valdez	01/17/1997
Michael Jason Moore	01/29/1971
William Woodall	01/28/1957
Macy Murphy	01/28/2001

January Dates of Loss

Quinnisha Thomas	01/13/2003
Keith Andrew McDade	01/19/1992
Mariett Ford	01/16/1997
Marcellus Ford	01/16/1997
Robert Boocher	01/22/2000
Marcel J. Lofton	01/19/1996
Tony Rocha	01/27/1999
Sylvia Diaz	01/27/2000
Robert Francisco Maisonet	01/07/2006
Kaysa Janae Shafer	01/12/2004
Teresite Estrada	01/16/1997
Olegandro Luna	01/22/1994
Soledad Abogado	01/05/1999
Antonio Jose "Chuy" Garcia	01/14/2001
Maurice Taylor	01/24/2002
Carl Wright	01/22/2000
Pablo Enrique Reyes	01/11/2002
Carl Anthony Wright	01/21/2000
Sheppard Darryl Scott	01/24/2005
Milton Miguel Ruiz	01/31/2002
Robert Tommy Rojas	01/01/2006
James Laskey Ramirez	01/03/2006
Abdullah Saud Almahri	01/23/2006
Danny Hickman	01/02/2007
Lamar Pierre Gasaway	01/17/2007
Robert Rojas	01/01/2006
Sharon Ann Johnson	01/02/2007
Kelly Ann Johnson	01/02/2007
Erika Renee Barrios	01/20/2007
Brenda D. Trujillo	01/16/2007
Prince Ray Mills	01/05/2007
Leel Wilson III	01/10/2009
Marcus Thompson	01/14/2010
January Keene	01/05/2007
Karen Curtin	01/24/2010
Roberto Flores	01/02/2011
Deandre Ellison	01/19/2011
Titus Tuft	01/13/2011

Where do they go to?

Where do they go to, the people who leave?
Are they around us, in the cool evening breeze?
Do they still hear us, and watch us each day?
I'd like you to think of them with us that way.

Where do they go to, when no longer here?
I think that they stay with us, calming our fear
Loving us always, holding our hands
Walking beside us, on grass or on sand.

Where do they go to, well it's my belief
They watch us and help us to cope with our grief
They comfort and stay with us,
through each of our days
Guiding us always through life's mortal maze.

KevF - 21st August 2007

New Year's Resolutions for the Bereaved

By Tanya Lord

This year I resolve to:

- ♥ Not put a time limit on my grief. Loving someone means loving them for my life time whether they are physically present or not.
- ♥ Tell their stories, the happy and the sad, they will live on through me.
- ♥ Encourage others to share memories.
- ♥ Teach others that they cannot "make" me cry, tears are only an external expression of how I am feeling all the time.
- ♥ Understand that crying or otherwise expressing my pain is healthy and normal. "Doing well" means expressing my feelings.
- ♥ Understand that others will not understand my pain and it isn't fair to expect them to do anything but listen.
- ♥ Recognize that asking for help from those that love us is a really a gift that we give to them.
- ♥ Help others, reaching out to others in pain will help me to heal.
- ♥ Do something nice for myself every day.
- ♥ Know that if today I can not do everything that needs to be done, tomorrow is another chance to get it done.
- ♥ Cry when I need to, laugh when I can and to not feel guilty about either one.
- ♥ Let go, bit by bit, of the guilt, regret and anger because I know holding on to these emotions can be so damaging.
- ♥ Take a risk and let others into my life and heart.
- ♥ Take care of my physical, emotional and spiritual health.
- ♥ Reinvest in life a little bit each day...

©The Grief Toolbox
www.TheGriefToolbox.com



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 : February 1st, 2017 @ 6:30 pm
March 1st, 2017 @ 6:30 pm
April 5th, 2017 @ 6:30 pm

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