

HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

Jan 2018

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

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.



Facilitating Victim Advocates

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UPCOMING MEETINGS

Wednesday Feb 7th, 2018 @ 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

Jan 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 Contreraz	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

Jan 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
Kaysha 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

Grief and Loss: What Helps When We're Experiencing the Unthinkable

By Elizabeth Harper Neeld, Ph. D.

<http://connect.legacy.com/inspire/page/show?id=1984035%3APage%3A5112>

I looked at my watch: 8:17 P. M.

"He really should be back," I thought. "I know it's harder to jog here than back home. But, even so, he's had enough time to finish his run by now." Work had gone well today, and after supper Greg had said, "Want to join me for a six-mile run?"

"No, sir, offer declined," I said. "I'll do the two-mile route and see you back here when you're finished."

So I had run to the Possum Creek bridge and back, and it was now time — past time — for Greg to be home. Minutes passed. "I bet these hills did get to him," I said to myself. "He's probably walking the last miles. I'll take the car and go pick him up; he'll appreciate a ride back home."

*When I got to the curve above Possum Creek, a large crowd was there. So was the black-and-white car that belonged to the sheriff's patrol. And so was the orange-and-white ambulance.... I got out of the car. One man stood on my right side and one on my left. We began to walk, not touching, toward the ambulance. Greg, my husband, was dead. (Excerpt from *Seven Choices* by Elizabeth Harper Neeld)*

What happens to us when we get this kind of terrible news? Perhaps the news comes in the form of a telephone call. Or a doctor's announcement. Or the arrival of someone at our front door. Whatever the source of the information, we experience the impact immediately, and we do respond. We may go numb. We may be swept by emotion. We may have a physical response that feels as if someone has punched us in the stomach.

How can we understand what is happening to our bodies when we get this terrible news? One of the uses of our emotions is that they regulate our lives, give us a sense of coherence in our lives. So the minute that we get news that makes our life seem incoherent, that makes it seem not to make any sense anymore, the emotions are triggered.

Scientists tell us that our emotions can be triggered faster than one beat of a hummingbird's wing. They can be triggered faster than one blink of the eye.

When the emotions are triggered by the terrible news, that causes a body response. Perhaps the CRH hormone is increased. This CRH hormone actually produces anxiety. Or the central nervous system can be stimulated. Chemicals might be released throughout the body. The heart may beat faster, the muscles contract, the T-cells leave what they usually do and take on another role. Our blood vessels may constrict and sometimes even reroute the blood. Neurohormones may (at least temporarily) close down a part of our awareness so that we don't fully realize what is happening. No matter their form, the body responses are varied and profound when our emotions are triggered.

Grief and Loss: What Helps When We're Experiencing the Unthinkable

By Elizabeth Harper Neeld, Ph. D.

What's Normal When We're Experiencing the Unthinkable?

- Presence of strong emotion
- Absence of emotion and feeling
- Need to roam; inability to sit still
- Inability to concentrate
- Yearning and longing
- Being dominated by memories
- Body biorhythms disturbed (sleep, eating, etc.)
- Plagued by anger, blame, guilt
- Experiencing fear, disorientation, confusion

What Can We Do?

First of all, we need to give ourselves permission to feel any way we feel and to express those feelings in any way that is appropriate for us. We need to know that there is no right way to respond, no right way to grieve. And we need to know that it is dangerous not to choose to express grief fully. Studies show that those who suppress their emotions have more physical and psychological ailments during the first month, remain disturbed much longer, and, even as long as thirteen months after the loss, are still displaying more marked disturbances than people who were willing to express fully their feelings following the loss. So expressing our emotions — in whatever form is right for each individual — is a healthy and normal response to experiencing a loss.

What Helps When We're Experiencing the Unthinkable?

- Stay close to people who love you.
- Talk to the lost person as if she or he were actually present.
- Ask for anything you need.
- Spend as much time as you can with someone who encourages you to grieve in any way you want to.
- Slow down.
- Take care of yourself.
- Talk to a professional. There are wonderful counselors, care professionals, social workers, and therapists who can be a guide in this painful grieving process.

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: Feb 7th, 2018 @ 6:30 pm
March 7th, 2018 @ 6:30 pm
April 4th, 2018 @ 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.

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) 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 7:30-10:00 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.1800victims.org

www.crimevictimsunited.com

www.cvactionalliance.org Crime Victims Action Alliance

www.pomc.org

www.pomc.org/sacramento