

HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

March 2014

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

Volume 2

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

Wednesday, March 5th, 2014 @ 6:30 pm
Sacramento District Attorney's Office
901 G Street, Sacramento CA

Sharon Bell will be presenting on and showing her
Remember Me Bears

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

NEXT MEETING: Wednesday, April 2nd, 2014

Volunteers Needed for Research Project

A doctoral student is doing her dissertation on the grieving process among individuals who have lost a close friend or family member to homicide.

If you are at least 18 years old, she would be happy to have your participation in this study that aims to find out more about clinical needs in order to help with treatment development.

Participation involves completing brief questionnaires and should take approximately 30-45 minutes.

A representative from Alliant University will be present at the group meeting on March 5th, 2014 @ 6:00 pm if you wish to participate. Or contact Rosie Dunn at rdunn-jackson@alliant.edu

Or you may participate by going to the following website: https://alliant.qualtrics.com/SE/?SID=SV_6zHwHNR4UnrWD2d

“He that conceals his grief finds no remedy for it”

TURKISH
PROVERB



Grief Camp for kids ages 6-17

Dates for new campers

FRIDAY APRIL 25th—SUNDAY April 27th, 2014

www.camphopeca.com

A Letter From Heaven

When tomorrow starts without me,
and I'm not here to see,
If the sun should rise and find your eyes,
filled with tears for me.

I wish so much you wouldn't cry,
The way you did today,
While thinking of the many things,
We didn't get to say.

I know how much you love me,
As much as I love you,
And each time you think of me,
I know you'll miss me too.

When tomorrow starts without me,
Don't think we're far apart,
For every time you think of me,
I'm right there in your heart.



"Suppressed grief suffocates, it rages within the breast, and is forced to multiply its strength." - OVID



March Dates of Birth

Manuel Parra	03/07/1971
Thomas Swafford	03/31/1980
Conrad Sanchez	03/23/1970
Kimberly Ray	03/24/1965
Albert Proctor	03/22/1968
Michael A. Menzies	03/21/1978
Julianna Lacedied	03/25/1994
Tony Galati	03/14/1979
Robert _____	03/03/1966
William A. Broady	03/28/1953
Anthony Jon Casteel	03/20/1968
Billy Champ, Jr.	03/23/1997
Mark Contreraz	03/23/1994
Theron LaMortoe Hopkins-Hollis	03/02/1976
Kelly Dyan Hendershot	03/23/1979
David Crawford	03/09/1948
Maurice Taylor	03/07/1983
Wesley Hunter	03/05/1979
Stevan Stewart Santistevan	03/30/1960
Howard Turley	03/31/1973
Princella Walker	03/24/1979
Homero Estrada Perez	03/30/1971
Augusto E. Lopez-Garcia	03/24/1986
Nina Guess	03/12/2005
Damien Louis King	03/13/1989
Michael Lamar Barron	03/17/1979
Jerimi Millican	03/17/1986
Marquis R. Richmond	03/22/1976
Joseph Zacaria Gomez	03/15/1989
Joseph Roneel Dutt	03/14/1985
Patrick Moore	03/15/1968
Robert Grimes, III	03/30/1982
Marie Buchanan	03/27/1952
Leo Fletcher III	03/17/1986
Evelyn Wash	03/01/1952
Dominic D. Campos	03/28/1988
Anthony Lamar Barnett	03/01/1983
Michael Sanderson	03/14/1957

March Dates of Loss

LaVelle Grays	03/20/2001
La'Ronda Marie Johnson	03/26/1998
John E. Sullivan	03/29/2003
Zephriah Johnson	03/21/2003
Vincent Estrada	03/25/2003
Tony Galati	03/14/1998
Larry Carrisosa	03/01/2000
Tad Shaw	03/13/1998
Randy Peterson	03/28/1999
Andre Duran Whittaker	03/26/1999
Crystal Johnson	03/29/1994
Anthony Keith Robinson	03/16/1999
Nickolas Contreaz	03/02/1998
Beverly Jean Horne	03/06/1995
David Sarget III	03/26/1998
Glenn C. Whitten	03/01/2000
Jackie Madera	03/28/1999
Joie Armstrong	03/26/1999
Ricky J. Collier	03/29/1994
Tomek Ordon	03/02/1998
Andres Martinez, Jr.	03/13/1998
Wilfredo Ochoa	03/27/2004
D. Johnson	03/10/2004
Julie Ann Carrera	03/12/2005
Linda Louise Avila	03/12/2005
Jesse Rodgers, Jr.	03/10/2005
De'Antwan T. Thomas	03/11/2005
Hector Manuel Barrera Jr.	03/26/2006
Carlos Morales	03/06/2006
Phuong Van Le	03/14/2006
Ralph Reynoso, Jr.	03/26/2006
Michael Lamar Barron	03/09/2007
Cleveland H. Scott	03/30/2007
Gregory Cabrera	03/28/2007
Jelissa Office	03/23/2007
John Johnson	03/25/2006
Arlo Ligi	03/13/2008
Jack Maurice Lawrence	03/15/2006
Fernando Lorenzo Munoz	03/21/2009
Raul Velasquez	03/13/2010
Salvador Heredia-Arriaga	03/26/2010
Marque Alexander Johnson	03/17/2010
Jeremiah Josiah McRath	03/25/2010
Monica Anderson	03/13/2010
David Valdez	03/20/2011

In Remembrance of Ian

ONE WISH

If I could have but one wish
 When I open my eyes your handsome face I'll see
 I will hear the sound of your voice
 It's been so long
 Since I heard you say
 "Hi mom, I'm home".

I would hug you and tell you
 How much we all missed you
 It's been so many years.
 Tell you how much I LOVE YOU
 And forget I shed an ocean of tears.

If I could have but one wish
 I'd hold your hand and never let go,
 Cherish every birthday candle on your special day
 And hang on to every word you ever said.

Why do we take so much for granted?
 I will never know,
 Losing my son was a bitter lesson
 But it taught me how precious each moment can be
 I grasp each day knowing that it may be my last
 I thank God each day when I open my eyes
 And hold on to the loved ones
 I was blessed to have.

Lisa Blen

(In your sweet memory my son Ian)



"If you suppress
 grief too much,
 it can well
 redouble."
 Moliere





TUESDAY, APRIL 8TH, 2014

**WEST STEPS (10TH STREET) OF THE CALIFORNIA
STATE CAPITOL**

Booth Set Up: 9:30 AM / Ceremony begins at 11:45 AM!



If you would like to have a photograph of a loved one lost to violent crime displayed. Please print and follow the directions on photo release form. If you sent a photo in before it will be on display.

PLEASE FOLLOW DIRECTIONS OF WHERE TO SEND PHOTO ON FORM. DO NOT SEND TO CVU!

Photo deadline: March 7, 2014

25th Annual Victims March on the California State Capitol

April 8, 2014

PICTURE INFORMATION & RELEASE FORM

Tuesday, April 8th, the Annual Victims March will be held on the West Steps of the State Capitol. (Located on the 10th Street side)

We will be displaying photographs of loved ones lost to violent crimes. (If your photograph has been displayed in past years, it will be displayed again this year.)

If you would like to have a photograph of your loved one displayed, send a duplicate negative of the picture or if that is impossible, please send a photograph (no polaroids) at least 4 by 6 inches in size. Any picture or negative you send must be very clear as we are increasing the picture to poster size.

We must receive your photograph by March 7, 2014. We will produce as many photographs for this event as time and our budget permits. Please mail your negative or photograph or email as early as possible to:

... Debbie Rollins
... California Correctional Peace Officers Assn.
... 755 Riverpoint Drive
... West Sacramento, CA 95605
... debbie.rollins@ccpoa.org

ALL NEGATIVES/PHOTOGRAPHS MUST INCLUDE THE PERMISSION SLIP BELOW OR THE PICTURE WILL NOT BE DISPLAYED. IT IS NOT NECESSARY TO PROVIDE A PERMISSION SLIP IF YOU HAVE ALREADY SIGNED AND SUBMITTED ONE.

I give my permission for CCPOA to display a photo of _____

at the Annual Victims March. I understand that the photo may be used in other crime victim displays sponsored by CCPOA or Crime Victims United of California.

I further understand negatives and/or pictures will not be returned to me.

Name _____ Signature _____
... (Please print)

How related _____ Phone Number () _____

Name of Victim _____ Date of Crime _____

Date of Birth _____ Date of Death _____

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.

Vijay Butler: 916-837-0066; 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