

# HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

May 2017

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

Volume 4

## 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

### **Summer Potluck**

**Wednesday, June 7th, 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.**

**SUMMER BREAK NO MEETINGS JULY & AUGUST**

## In Loving Memory

### May Dates of Birth

Otila Carrington	05/18/1955
Shaun Foltz	05/02/1977
Tyreko Johns	05/16/1976
Wilfredo Ochoa	05/10/1975
Jeff Holly	05/04/1973
Mario Escobar	05/16/1952
Shawna Edgar	05/24/1977
Oscar DeHerrera	05/14/1981
Marlena Brooks	05/26/1974
Brittany Aardahl	05/28/1973
Tad Shaw	05/23/1961
Thaddeus Czuprynski	05/20/1980
Soledad Abogado	05/17/1917
LaRhonda Marie Johnson	05/24/1982
Milton Miguel Ruiz	05/23/1981
Astin Lawrence	05/15/1985
LeWayne Alan Carolina	05/05/1976
Hector Manuel Barrera Jr.	05/25/1980
Carlos Morales	05/31/1986
Richard Ramos Rios	05/01/1986
Phuong Van Le	05/18/1948
Robert Skou	05/07/1984
Donte L. Walton	05/10/1990
Cleveland H. Scott	05/27/1953
Brenda D. Trujillo	05/14/1958
Sylvia F. Guerrero	05/16/1970
Gabriel Martinez	05/31/1982
Rudolph Haynes	05/02/1952
Jelisa Office	05/07/1990
Julian Maisonet	05/27/1946
Doug Cline	05/25/1959
Joshua Kalb	05/20/1980
Jaylon Wilfort	05/18/1975
Enrique Perez	05/22/1987
Alexander Villa	05/03/1982
Fernando Lorengo Munoz	05/12/1983
Leel Wilson III	05/20/1981
Alfredo "Chino" Perez	05/22/1987
Bobby V. Skou	05/07/1984
Marcus Thompson	05/01/1991
Marque Alexander Johnson	05/06/1992
Robert Flores	05/16/1973
Jessica Haslam	05/31/1998

### May Dates of Loss

Shawn Foltz	05/14/2001
Travell Collins	05/02/2002
Denia Nicole Crawford	05/04/1999
Anthony Jon Casteel	05/28/1999
Michelle Montoya	05/16/1997
Vikki Lynn Lustig	05/12/1997
Marlena Brooks	05/31/1993
Kenneth Hahn	05/02/1999
Hector Rosales, Jr.	05/05/2000
George Anthony Shtaway, Jr.	05/18/2000
Angela Marie Prindle	05/31/2002
Horatio Lawrence	05/08/2001
Andrew Jackson Lewis	05/22/2005
Jerry Johnson Jr.	05/09/2005
Michael Dewatt Smith	05/20/2006
Marquis Lamont Kendall	05/13/2006
Johnny Edwards Lewis	05/22/2006
Albert Lloyd Titman	05/17/2006
Donald Lamell Willis, Jr.	05/06/2005
Adrian Hutchins	05/08/2007
Joseph Zacaria Gomez	05/09/2007
Joseph Aaron Griggs	05/17/2007
Larry Gibbs	05/09/2007
Carlos Hermaine Bryant	05/29/2007
Tri Minh Pham	05/08/2007
Paul Ray Cousins III	05/19/2009
Marcus Houston Mayes	05/28/2009
Chawn Chaney	05/29/2009
David Endres	05/31/2010

### **From One Bereaved Parent to Another When are you ready to live again?**

There is no list of events or anniversaries to check off. In fact, you are likely to begin living again before you realize you are doing it. You may catch yourself laughing. You may pick up a book for recreational reading again. You may start playing lighter, happier music. When you do make these steps toward living again, you are likely to feel guilty at first. "What right have I, you may ask yourself, to be happy when my child is dead?" And yet something inside feels as though you are being nudged in this positive direction. You may even have the sense that this nudge is from your child, or at least a feeling that your child approves of it (Horchler and Morris, 2003, 178).

All newly bereaved parents must find ways to get through, not over, their grief—to go on with their lives. Each is forced to continue life's journey in an individual manner.

Many bereaved parents find solace in their religion. Seeking spiritual comfort in a time of grief does not mean repressing the grief.

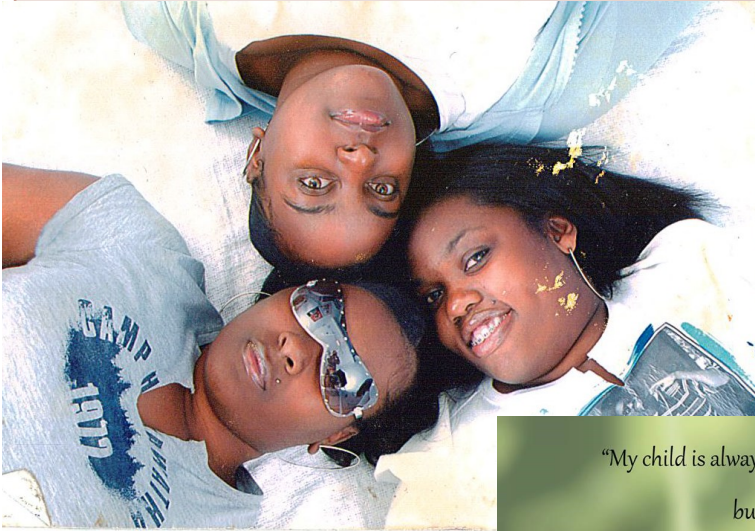
Many grieving parents also find comfort in rituals. Funerals or memorial services have served many parents as beautiful and meaningful ways of saying goodbye, providing a sense of closure after the child's death. For others writing poems, keeping journals or writing down personal reflections or prayers, or volunteering with a parental bereavement group become ways to remember and honor the child who died.

Grief is the natural response to any loss. Healing for bereaved parents can begin to occur by acknowledging and sharing their grief.

Friends and caregivers who care should grieve and mourn with the parents; and be willing to listen. Bereaved parents need to know that their child will be remembered, not just by them but also by family and friends. They need to have the child acknowledged and referred to by name. They want that child's life to matter. They do not want to forget and they don't want others to forget.



## Remembering Jelisa & Jessica



Love

"My child is always present in my heart and mind,  
but I don't get to share her enough.

I am grateful each time someone helps me  
to bring her cherished memory into the world.

Then I know she is remembered,  
and the love for her is alive and strong.

I am so proud to be her mama."

*Shauna, Langley, British Columbia*



[www.october15.ca](http://www.october15.ca)

Love



**Dedications** to your loved ones can be featured in the newsletter. Please submit them to Michelle Husbands at [husbandsm@sacda.org](mailto: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 :** June 7th, 2017 @ 6:30 pm  
Summer break no group July and August  
September 6th, 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](http://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 4<sup>th</sup> 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 2<sup>nd</sup> 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](http://www.thecompassionatefriends.com)

[www.1800victims.org](http://www.1800victims.org)

[www.crimevictimsunited.com](http://www.crimevictimsunited.com)

[www.cvactionalliance.org](http://www.cvactionalliance.org) Crime Victims Action Alliance

[www.pomc.org](http://www.pomc.org)

[www.pomc.org/sacramento](http://www.pomc.org/sacramento)