

SACRAMENTO
COUNTY DISTRICT
ATTORNEY OFFICE



Victim Advocates

Ahmanal Dorsey
916-874-6193

Michelle Husbands
916-874-5430

Homicide Support Network

OCT/NOV 2013

VOLUME 8

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.

UPCOMING MEETINGS

**December 4th, 2013 @ 6:30 pm
Holiday Potluck**

**Sacramento District Attorney's Office
located at 901 G Street.**

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

Meeting Date Change

January's meeting will Wednesday January 8th, 2014 @ 6:30 pm due to the New Year's Day Holiday. Please mark your calendars for the change.



In Loving Memory.....

It is always hard to remember those special days we shared in the lives of our loved ones. We take this time to honor their birthdays and to acknowledge the time when they were taken from our presence.



October Dates of Birth

Tamar Puccinelli	10/08/1974
Zephriah Johnson	10/02/1975
Roberto Treadway	10/03/1987
Ryan Smith	10/31/1978
Jasmine Leon	10/27/1973
David Ortiz, Jr.	10/08/1972
Michael S. Trout, Jr.	10/19/1974
Anthony Keith Robinson	10/04/1959
Shannon Leigh Long	10/28/1981
Ruben Esquivel	10/13/1974
Richal Shelly Dillion	10/15/1959
Sylvia Diaz	10/18/1933
Frank Contreraz	10/15/1969
Marsha Runyon	10/27/1979
Keyonta Deon Thornton	10/15/1977
Carl Anthony Wright	10/03/1975
Andrew Jackson Lewis	10/23/1976
Michelle	10/10/1972
Nina-Rose	10/20/1997
Prem Chetty	10/30/1955
Ronald Carpenter Singleton Jr.	10/14/1968
Deborah J. Williams Brown	10/06/1957
Danny Hickman	10/03/1980
Darryl LaMont Harris	10/22/1974
Raymond Lee Robinson	10/13/1957
Jonah L. Williams-Simms	10/05/1988
Marcus Houston Mayes	10/23/1989
Chester Corser Jr.	10/08/1946
Jeremiah Josiah McRath	10/05/2006
David Endres	10/23/1965
Vern Saeturn	10/13/1991
Jerry Saeturn	10/16/1988

October Dates of Loss

Michael Ross	10/25/2003
Michael Jason Moore	10/24/2003
Tommy Lee Deorosan, Jr.	10/23/1999
Thomas Calvin Rambo	10/01/1994
Oletha Bradford	10/25/1997
Robert	10/30/1995
David L. Sargent II	10/11/1999
Shawna Edgar	10/23/1995
Brittany Aardahl	10/01/1997
Marc Heron	10/11/1994
John Heringer	10/20/1995
Brit C. Bahn	10/11/1995
Toni R. Shull	10/02/1997
Frank Champion	10/22/2003
Manuel Alexander	10/03/2004
Michelle	10/15/2004
Nina-Rose	10/15/2004
Samantha	10/15/2004
Jerry Sarnowski	10/04/2004
Bart Santiago	10/23/2005
Xochitl Djeda Martinez	10/16/2005
Eddie Holman	10/25/2005
Ronald Carpenter Singleton Jr.	10/04/2005
Nina Guess	10/01/2006
Joseph Proctor	10/04/2006
Darryl LaMont Harris	10/21/2006
Robert Grimes, III	10/02/2007
Ebony Kight	10/25/2007
Emanuel Michel	10/18/2008
Gustavo Lopez	10/31/2008
Steve X. Lo	10/15/2008
Tammula Robbins	10/10/2009
Joshua Scott Trahan-Mays	10/10/2009
Kevin Burks	10/11/2011
Jacklyn Sue Arata	10/22/2012
Kathleen Joy Arata	10/22/2012
Chizuko Kaneshi	10/22/2013



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November Dates of Birth

Howard Jay Thomas III	11/25/1970
Jason Taylor	11/06/1978
Harnes	11/08/1975
Jamie Reed	11/08/1978
Doris Tharp	11/04/1925
Toni R. Shull	11/14/1970
Derek Morales	11/11/1970
Antonio Indio Del Sol Garcia	11/02/1974
Irene Fontaine	11/08/1966
John Beren	11/09/1983
Yvonne Bean-Tate	11/25/1955
George Anthony Shtaway, Jr.	11/28/1963
Pablo Enrique Reyes	11/26/1975
Damon LaVell Miles	11/15/1974
Joseph Dewayne Young	11/19/1975
Mohammad Samimi	11/18/1944
Clifton Dewayne Jones	11/09/2005
Margarita Cortez	11/28/1954
Shauntea LaRain Coates-Johnson	11/20/1978
Shanneel Singh	11/29/1987
Sharon Ann Johnson	11/16/1957
Arnold Devonne Butler, Jr.	11/09/1987
Manuel Castillo	11/01/1987
Emanuel Michel	11/20/1989
Thomas Kimble	11/24/1952
James R. Lowe	11/11/1935
Gidd Gomel Robinson IV	11/10/1980
Audie Hogue	11/07/1966
Deandre Ellison	11/30/1990
Margaret Elizabeth Weddle	11/17/1965
Richard Ward	11/28/1994

November Dates of Death

David S. Crawford	11/10/2002
Jeremy Coshonolt	11/07/1998
Manuel Parra	11/18/2003
Jena Louise Henkel Wagner	11/25/1996
Mario Escobar	11/18/1993
Meghan Ann Wagner	11/25/1996
Shannon Leigh Long	11/15/1996
Benjamin Carmon	11/08/2000
Jeremy Shinault	11/06/1998
Juanita Johnson	11/25/2004
Edward C. Sanchez	11/15/1999
Damon LaVell Miles	11/28/1992
Jahh Aquell Henry Hoskins	11/12/2005
Mohammad Samimi	11/10/2005
Raymond Villescaz	11/06/2005
Robert Skou	11/13/2004
Johnny F. Nolasco	11/12/2006
Jamay M. Sticca	11/08/2008
Augusta James	11/27/2008
Jonah L. Williams-Simms	11/21/2008
Patrick Razaghzader	11/01/2008
Francisco Jesus Medina-Tomas	11/21/2009
Gidd Gomel Robinson IV	11/03/2009
Juan Carlos Sanchez	11/21/2009
Bobby V. Skou	11/13/2004
Divya Madelyn Ram	11/15/2009
Thomas Massie	11/20/2009
Manuel Maciel	11/09/2008
Chio Saeturn	11/08/2010
Vern Saeturn	11/08/2010
Jerry Saeturn	11/08/2010
Jose Galindo- Sepulveda	11/02/2011

GETTING THROUGH THE HOLIDAY SEASON

As we all know, holidays are special times of the year that can be painful, difficult and sometimes unbearable for homicide survivors. For one who grieves, the very season that once brought joy may heighten the awareness of a terrible hole in one's heart and one's life. Knowing that the holiday season can bring intense pain, we offer some suggestions from other bereaved individuals. We hope their thoughts will help you understand, cope and grow through the pain you may face this holiday.

Consider doing only what is special and meaningful to you this year, setting limits and establishing priorities. It is important to recognize that your energy may be lower than normal.

Decide for yourself how you want to handle the days that are special to you, (Thanksgiving, Christmas, Hanukah, etc.) Family get-togethers can be difficult. It will be important to accept your own needs and those of others, and to communicate your decisions clearly to family and friends. It is helpful not to expect too much of yourself or of the day.

You may want to plan your holiday shopping ahead of time. If seeing decorations or being wished "Happy Holidays!" is painful, consider shopping early (before Thanksgiving) or by catalog. You may want to have a shopping list ready, so that when good day comes, you can get your shopping done efficiently.

Consider cutting back on greeting cards, especially to those you will see over the holidays. If some friends are not aware of your loved one's death, you may want to enclose the simple funeral service card in the greeting card. Many bereaved people find special comfort in friends' concerned responses at this time.

As the holidays season approaches give yourself permission to share your concerns with a friend, relative or counselor. Allow yourself the love and support you need that can help you through the holidays.

Consider making change- change the time or place of a holiday dinner, attend a different religious service, shop or decorate differently, take special time to honor handle the holidays, this year does not set any rules for how you will handle the holidays, this year does not set any rules for how you will handle then next year.

Be gently with yourself, and allow yourself freedom to cry if you need to. Some people are reluctant to cry in public or at family gathering, but trying to hold back the tears may be an extra, unnecessary burden at this time.

Some people may expect you to recover quickly from the pain of your loss. One doesn't ever forget one's loss but most bereaved people do eventually enjoy the holidays again. Don't be pressured, but do hold on to hope.

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Please remember that we all grieve and mourn in different ways. There are no correct or erroneous ways for this process.

TEAR SOUP:

A RECIPE FOR HEALING AFTER A LOSS

Helpful ingredients to consider

- * a pot full of tears
- * one heart willing to be broken open
 - * a dash of bitters
 - * a bunch of good friends
- * many handfuls of comfort food
 - * a lot of patience
- * buckets of water to replace the tears
 - * plenty of exercise
- * a variety of helpful reading material
 - * enough self care
 - * season with memories
- * optional; one good therapist and/or support group

Directions:

Choose the size pot that fits your loss. It's ok to increase the pot size if you miscalculated. Combine ingredients. Set temperature for a moderate heat. Cooking times will vary depending on the ingredients needed. Strong flavors mellow over time. Stir often. Cook no longer than you need to.

Suggestions

- * be creative
- * trust your instincts
- * cry when you want to, laugh when you can
- * freeze some to use as a starter for next time
- * write your own soup making in a journal so you won't forget

Serves One

Announcements:

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 & Times: December 4th, 2013 @6:30 pm Holiday Potluck
January 8th, 2014 @ 6:30pm
February 5th, 2014 @ 6:30pm

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 California. This group encompasses 5 counties INCLUDING; El Dorado, Nevada, Placer, Sacramento and Yuba and is open to all victims of crime regardless of what crime, how long ago it occurred or where it occurred. The meetings are facilitated by a Therapist, Victim/Witness staff and District Attorney. 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 North Natomas Library 4600 Via Ingoglia, Sacramento CA. 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. They provide counseling, drop -in center, crisis intervention, children and adolescent therapy along with other services. For additional information or to receive services please contact them at the listed number above.

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