

HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

March 2021

<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

Ahmanal Dorsey
DorseyA@sacda.org
916-874-6193

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

Tatiana Morfas
MorfasT@sacda.org
916-874-6741

UPCOMING MEETINGS

Due to COVID 19 there will be no in person meeting until further notice.

For listed resources, please contact the programs directly about their current operations during COVID.

In Loving Memory

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 Lacefied	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
Nichole Riolo	03/24/1983

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
Jessica Haslam	03/06/2012

**There is a simple message
That travels from above
A simple but needed message
All wrapped up in their love**

**Your pain and tears are seen
And completely understood
There is no one or right way
There are no "have to" or "should"**

**Listen to the message
That is sent from up above
Grief is natural and real
A demonstration of our love**

**And when grief makes room
for a bit of happiness or peace
They know that they are not forgotten
That our love will never cease**

**Tanya Lord*

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www.TheGriefToolbox.com

www.facebook.com/grieftoolbox



SURVIVOR-GRIEVING THE LOSS OF A SIBLING

Echoes of each other's being.
Whose eyes are those that look like mine?
Whose smile reminds me of my own?
Whose thoughts come through with just a glance?
Who knows me as no others do?
Who in the whole wide world is most like me
Yet not like me at all?
My sibling.

(Faber & Mazlish, 1989, p. 114)

I'm Sorry
by Jack Tanner

It's just a place to come to,
so I can show my love
I know that you're not here now,
you're with the Lord above
but its all that I have left now,
it's where we said goodbye
I like to come and bring a flower,
and have a little cry.

I know it will never bring you back again,
but as I walk away,
I feel I've spent some time with you,
and it brightens up my day.

Sis I am so sorry, I love you, and if I could turn back time
I'd swap our places just so you would be back on earth again.
but we'll be together in the end, so
I hope you're the one who holds the gates open for me.

all my love

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: SUSPENDED UNTIL FURTHER NOTICE

Children's Support Groups: Sutter Memorial Children Bereavement Art group for ages 4-16 contact 916-887-5275 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.

SNOWLINE Healing All Together provides FREE groups for children, teens and their families at the Sacramento Children Museum, 2701 Prospect Park Dr, Rancho Cordova, CA 95670 Contact their Bereavement Services section at 530-621-7820 or 916-817-2338 to enroll in group. Sessions are every other Tuesday Jan 22nd, Feb 5th & 19th; March 5th & 19th; April 2, 16th and 30th; May 14th.

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. Here is a link of her sharing her journey <https://vimeo.com/353432975>

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 7:30-9:30 pm at the St. Mark's United Methodist Church, 2391 St. Marks Way, Sacramento CA 95864. Use the parking lot on Lusk in front of the Education Bldg. Meeting is upstairs in room E- 26 also accessible by elevator. Please contact the general number with questions pertaining to the group or email them at tcfsacvalley@gmail.com

Sacramento Valley Compassionate Friends Men's Sharing meeting is every second Tuesday of the month 7:30-9:00 pm at Christ Community Church 5025 Manzanita Ave, Carmichael in Rm 15. Parking is in the back.

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