

# HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

March 2022

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

Issue 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.



### **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

### **Next Meeting Date**

**April 6th, 2022 @ 6:30 pm 7:30 pm**

**Zoom Group Meetings until further notice**

## 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 |
| Sarah Rhodes Priess       | 03/26/2015 |

*In the rising of the sun and in its going down,  
We remember them;  
In the blowing of the wind and in the chill of winter,  
We remember them;  
In the opening of buds and in the warmth of summer,  
We remember them;  
In the rustling of leaves and the beauty of autumn,  
We remember them;  
In the beginning of the year and when it ends,  
We remember them;  
When we are weary and in need of strength,  
We remember them;  
When we are lost and sick at heart,  
We remember them;  
When we have joys we yearn to share,  
We remember them;  
So long as we live, they too shall live, for they are now part of us  
as  
We remember them.  
(~Jewish Prayer book)*



## Natural Grief Responses

It hurts when someone dies. Allowing time to go through the natural process of grief will eventually help to ease the pain. People experience grief in many different ways. It can be emotional, physical, behavioral, cognitive and spiritual. At times, grief may feel overwhelming. It is important to remember that grief is not a problem to be solved, but rather, a process to be lived. If you or someone you know is grieving, these are some of the responses that are natural to be experiencing:

### Grief can be experienced emotionally

- Sadness - a sense of sorrow · Helplessness – difficulty in performing activities of daily living
- Hopelessness – feelings that life may not be worth living
- Fearfulness – that they or someone else will die or that they are going crazy
- Anger – that the death has occurred or that the person has left them
- Guilt – over something said or not said; something they did or did not do
- Yearning- longing or aching for one more touch, conversation or moment together

### Grief can be experienced physically or behaviorally

- Changes in sleep or appetite – eating or sleeping more or less than before
- Emptiness or pain – felt physically in the chest, stomach, or elsewhere in the body
- Restlessness – inability to sit still or concentrate · Lethargy – exhaustion or a lack of energy
- Tears- “grief bursts” that can occur at unexpected times
- Distracted behaviors- constant work or relocation; self-destructive or addictive behaviors
- Reminiscing- telling or retelling stories about the person who died; wanting to keep things exactly as they were; looking at pictures

### Grief can be experienced cognitively

- Disbelief – feeling as though the death isn’t real or an inability to believe that it has actually happened
- Forgetfulness – not finishing what is started; absentmindedness
- Poor focus- difficulty concentrating on tasks or lack of motivation
- Questioning- asking or wondering why the death occurred

### Grief can be experienced spiritually

- Searching for meaning- wondering about the purpose in life
- Altering personal beliefs- values or beliefs may be questioned or strengthened
- A sense of the person’s presence- hearing their voice, seeing their face or dreaming of the person

While there is no time line for the heart as the feelings of grief ebb and flow, it will not always be as raw, intense and constant. Giving voice to the feelings will eventually allow for hope and healing.

Please contact OUR HOUSE Grief Support Center for consultation and professional referrals.

[www.OurHouse-Grief.org](http://www.OurHouse-Grief.org)  
 West LA | Woodland Hills | Koreatown  
 (888) 417-1444

**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 instructions on how to complete that process.

**Meeting Dates & Times:** April 6th, 2022 @ 6:30 pm  
May 4th, 2022 @6:30 pm  
June 1st, 2022 @ 6:30 pm

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

**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. <https://www.snowlinehospice.org/our-services/griefsupportgroups>

**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. **They meet the first Saturday of the month from 10:00am to 12:00 pm, at Antelope Springs Church, 4555 PFE Rd, Roseville, CA** 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 7:30-9:30 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](mailto: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](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)