

HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

November 2014

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

Issue 9

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
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UPCOMING MEETINGS

December 3rd, 2014 @ 6:30 pm

HOLIDAY POTLUCK

Bring your loved one favorite dish to share.

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.

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 Shatway, 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	1/11/1935
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 Loss

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
Benjamine Carmon	11/08/2000
Jeromy 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
Bobby V. Skou	11/13/2004
Juanita Johnson	11/25/2004
Divya Madelyn Ram	11/15/2009
Juan Carlos Sanchez	11/21/2009
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

Dealing With Grief

During the Holiday Season: 10 things to help get you through this difficult time. by: Amy Goyer, AARP.

<http://www.aarp.org/home-family/friends-family/info-12-2012/death-loss-christmas-holidays-goyer.1.html>

Grieving the loss of a loved one is a deep and difficult challenge at any time. But the holiday season can magnify your sense of loss and mourning. Family gatherings and seasonal events can be painful reminders of the absence of a loved one. At the same time, they can also be comforting rituals where you spend time with family and friends, focusing on good memories and trying to recapture your sense of joy. If you are mourning a loss of a loved one this year, here are some important things to keep in mind.

1. Only do what feels right. It's up to you to decide which activities, traditions or events you can handle. Don't feel obligated to participate in anything that doesn't feel doable. Grieving takes time. You are very vulnerable right now, so all you need to do is get through the day or week or season — in a healthy way. Try not to think much beyond that.

2. Accept your feelings — whatever they might be. Everyone takes his or her own path in grief and mourning. Some may try to avoid sad feelings; others will be bathed in tears. Some feel bad that they aren't up for enjoying a holiday; others feel guilt because they are feeling joy. However you feel, accept it. And accept the inevitable ups and downs: You may feel peaceful one moment and gut-wrenchingly sad the next. Try to stay in tune with your own highest truth and you will know how to get through the holiday without judging yourself or others.

3. Call on your family and friends. Talk with loved ones about your emotions. Be honest about how you'd like to do things this year — if you want to talk about those who have passed, then do so, and let others know it's OK. Take a buddy to events for support and create an "escape plan" together in case you need to bow out quickly. Read books about getting through the holidays after loss, and seek out support groups, lectures or faith-community events. Seek professional support from a therapist. Stay in touch with others who are grieving via online groups and connections with friends.

4. Focus on the kids. Many holidays place special attention on children, and it often helps to focus on their needs. Realize that your choices around getting through the holidays may affect the children in your family. If you withdraw, they may not understand why you don't want to join family festivities. Perhaps you can participate in the family rituals or gatherings that are most important to the kids, and excuse yourself when you reach your limit.

5. Plan ahead. Sometimes the anticipation is worse than the actual holiday. Create comforting activities in the weeks approaching a holiday so that you have something to look forward to rather than building up a dread of the pain the holiday could bring. New activities might be easier, but familiar traditions might be comforting as well — do what feels best for you. Surrounding yourself with positivity can be very helpful.

6. Scale back. If the thought of many holiday activities feels painful, overwhelming or inappropriate this year, cutting back may help. For example, you might opt for minimal decorations at home and take a break from sending holiday greetings, or try e-greetings instead of the more time-consuming task of mailing greeting cards. You could limit holiday parties to small gatherings with your closest friends and family. Do whatever feels safe and comfortable to you. Create realistic expectations for yourself and others, but above all be gentle with yourself.

7. Give. It's amazing how in times of grief, sometimes the biggest comfort is to give to others. We often feel paralyzed by the sheer emotion — sadness, feelings of helplessness or hopelessness. In times of loss, we often want to do something that will make a difference

8. Acknowledge those who have passed on. When we are grieving a loss of someone very close to us, it can be helpful to participate in a related holiday ritual in his or her memory. Some ideas: lighting candles for them, talking about them, buying children's toys or books to donate in their name, dedicating a service to them, planting a tree, making a card or writing a letter, displaying their picture or placing an item of theirs among holiday decorations.

9. Do something different. Acknowledge that things have changed; indeed, the holiday will not be the same as it was ever again. Accepting this will help manage expectations. Plan new activities, especially the first year after the loss. Go to a new location for family celebrations, change the menu or go out to eat, volunteer, invite friends over, attend the theater, travel ... create new memories. Many families return to their usual routines and rituals after the first year, but some enjoy incorporating their new experiences permanently.

10. Skip it. If you feel that it will be too much for you and you'd like to simply opt out of participation in a holiday, let family and friends know. But plan alternative comforting activities for yourself and let someone know what you will be doing. It's a good idea to make sure someone checks in with you on that day.

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 & Time : Next meeting December 3rd 2014 @6:30 pm @ Sacramento District Attorney's Office. HOLIDAY POTLUCK. Bring your favorite dish to share.

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) 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 7:30-10:00 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