

# HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

July 2016

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

Issue 6

## 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 BREAK**

**NO MEETINGS JULY & AUGUST**

**See you September 7th, 2016 @ 6:30 pm**

**Sacramento District Attorney's Office  
901 G Street, Sacramento CA**

July Dates of Birth

Nancy Jenkins-Smith	07/28/1959
Pavel Voskoboinik	07/03/1985
Nadine Reyes	07/02/1984
Jeromy K. Shinault	07/07/1980
Freddie Rodriguez III	07/04/1986
Jevon Cory Brown	07/01/1975
Andre Duran Whittaker	07/25/1974
Vicky Skanks	07/13/1975
Marvin Peterson	07/11/1960
Ivan Hodge	07/05/1967
Marc Heron	07/29/1974
John Heringer	07/25/1957
Anita Uribe	07/06/1947
William Rasica, Jr.	07/23/1969
Ricky Jouahan Collier	07/27/1969
Kenneth Hahn	07/26/1982
Phyllis Lewis-Elame	07/14/1947
La Velle Grays	07/03/1967
Horatio Lawrence	07/19/1980
Tommy Xiong	07/21/1982
Navnil Chand	07/03/1988
Jahh Aquell Henry Hoskins	07/26/1984
Terrell Anderson	07/09/1982
Raymond Villescaz	07/29/1967
Michael Anderson	07/25/1959
Johnny F. Nolasco	07/09/1983
Ralph Reynoso Jr.	07/06/1987
Victor Lima	07/22/1988
John Paul Martin	07/20/1968
Antonio Garnica	07/18/1975
Prince Ray Mills	07/04/1983
Martin Ramierz Jr.	07/30/1986
Braeden Gardner	07/28/2003
Perell Marquise Waters	07/04/1990
Manuel Maciel	07/13/2005
Jazzmyne Sharnae Bruner	07/12/1991

July Dates of Loss

Nadine Reyes	07/08/2002
Armondo Toro	07/17/2003
Jasmine Leon	07/14/2003
Jason Taylor	07/23/2002
James Robert Treiberg	07/17/1991
Agnes Elias	07/24/2002
Andres Martinez	07/19/1999
Glenn C. Whitten	07/24/1995
Fealofani V. Lopa	07/24/1996
Joie Armstrong	07/21/1999
Dina Linda Jimenez	07/07/2000
Peter Trujillo	07/27/2000
Michael Izell Brown	07/28/2001
Timothy Donaldson, Sr.	07/30/2003
Donnell Harden	07/08/2000
Joseph Dewayne Young	07/10/2005
Thomas Devon Vassar	07/17/2005
Timothy Tallman	07/15/1996
Clifford Owens	07/26/2005
Devin McWilliams	07/31/2005
Stephan Brophy	07/10/2005
Damon Moore	07/15/2005
Astin Lawrence	07/23/2005
Beverly Ann Smith	07/03/2005
Prem Chetty	07/07/2005
Tyesha Gallien	07/04/2006
Eddie Steele	07/31/2006
Daniel James Martinez	07/22/2006
Richard A. Bustillos	07/16/2006
Laura Steward	07/08/2007
Alexandra Maria Cerda	07/08/2007
Timothy Tallman	07/15/1996
Antwoan Dupree Williams	07/23/2007
Devin Marsean Crowder	07/28/2007
Avery Marie Polk	07/04/2007
Damon Perkins	07/19/2003
Arcelius Lee	07/28/2007
Everett A. Taylor	07/22/2009
Damon Moore	07/15/2005
Isaac-Michael Bartkovsky	07/15/2009
Lanajah Nachele DuPree	07/11/2010
Curtis Atkinson	07/22/2010
Michael Sanderson	07/29/2011

The death of a loved one is a devastating event in a person's life and affects everyone in numerous ways. It's like a bad movie that replays itself constantly, and marks the beginning of a new chapter in a person's life-a new life that is characterized by pain, sorrow, anger and loneliness. Thus, the death of a sibling leaves an overwhelming void, both within the surviving sibling(s) and their family. The feelings of pain, grief and sorrow that siblings endure often go without recognition.

## **Why does it hurt so much?**

The loss of a sibling hurts because the journey traveled by the surviving sibling(s) is lonely and numbing. It is a mixture of overwhelming feelings and questions that no one can ever answer. It hurts because of a bond that is formed among siblings to be there for one another, to protect and support one another, to be allies against their parents and be the person who has known you your entire life.

It is important to understand and acknowledge the surviving siblings' emotions and grief and allow them to express their feelings, allow them to confront death and allow them to mourn in their own unique ways. It is also very important for the surviving sibling(s) to share their thoughts, memories of moments shared with their lost sibling, and to allow themselves the opportunity to heal.

Circumstances of the death and the relationship that existed between siblings determine the emotions and grieving process of the surviving sibling. The "siblings who experience the loss of a brother or sister to illness often have a chance to spend time with them, say goodbye and express their feelings" (Linn-Gust). The author also indicates that under these circumstances, this "can be difficult because the process can go on for an unknown period of time" (Linn-Gust). In contrast to this, when sudden death, such as suicide, homicide or accidental deaths occur, the surviving siblings are left with many questions, anger, displaced blame and guilt. When such deaths occur, the surviving sibling (s) do not have the opportunity to say goodbye and are dealing with issues that are out of their control. In this light, age plays a very important role in the impact of the death and the surviving sibling's coping skills and understanding of the tragic event.

"Each family member has a different story of what happened, what led to the person's death and siblings are no exception to this" (Linn-Gust). Some of the many emotions they might feel are: shock, anger, sadness, physical symptoms, anxiety, guilt, blame, stigma, fear of rejection and of dying in the mode the sibling died.

## **Self care suggestions:**

Meditation and solace-Reflecting about the death of your sibling

Recognize the loss-Reading books about loss and grief

Sharing memories of the lost sibling

Reconnecting-Staying in touch with family and friends

Allow yourself to mourn and time to heal

Confront death

Express your feelings and understand your emotions

Seek professional guidance

Plan activities to memorialize your loved one

Understand you are not alone

## **Reference**

Linn-Gust, Michelle. Mode of Death and the Effects on Sibling Grief, The Forum-

Association for Death Education and Counseling Newsletter, January-March 2006. Volume 32, Issue 1, 1 and 3.

Faber, A. & Mazlish, E. (1989). *Between brothers and sisters: A celebration of life's most enduring relationship*. New York: Avon Books.

## 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 it's 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](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 & Times:** Summer break no group July and August  
September 7th, 2016 @ 6:30 pm  
October 5th, 2016 @ 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) 899-0090

**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)