

HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

November 2019

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

Issue 10

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

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UPCOMING MEETINGS

Wednesday Dec 4th, 2019 @ 6:30

Holiday Potluck

Kaiser Building across from Sacramento's DA's office
906 G Street, Sacramento CA

Please park behind the DA's office for free or on G street which has metered parking.

In Loving Memory

Nov Dates of Birth

Brandon Timmons	12/10/1983
Denise Hooper	12/22/1950
James Jones	12/08/1964
Agnes Elias	12/20/1971
Angela Marie Prindle	12/07/1971
Sonja Marie Vasquez	12/26/1967
Joie Armstrong	12/20/1972
Teresite Estrada	12/02/1965
Antonio Jose "Chuy" Garcia	12/14/1977
Joan Lafeat	12/24/1.937
Edward R. Sanchez	12/17/1986
Linda Louise Avila	12/08/1960
Samantha	12/31/1994
Daniel Frank Valdez III	12/24/1987
Robert Tommy Rojas	12/21/1961
Robert Francisco Maisonet	12/11/1990
Michael Villescaz	12/20/1972
Chai Ta Saechao	12/06/1986
Lamar Pierre Gasaway	12/16/1989
Robert Rojas	12/21/1964
Donald Larnell Willis, Jr.	12/03/1983
Richard A. Bustillos	12/05/1985
Alexandra Maria Cerda	12/06/1967
Mary Ourk	12/29/1985
Tri Minh Pham	12/27/1970
Lawrence Dean Lynn	12/16/1952
Sione Folau, Jr.	12/26/1985
Sean Aquitania, Sr.	12/26/1985
Robert Rojas	12/21/1961
Arlo Ligi	12/13/1971
David Butler	12/30/1968
Marquis Kendall	12/16/1977
Jamais M. Sticca	12/02/1986
Everett A. Taylor	12/29/1980
Clifford E. Brown	12/03/1955
Joshua Scott Trahan -Mays	12/16/1991
Jose Galindo-Sepulveda	12/10/1993
Alvin Saivon Valentine	12/20/1993

Nov Dates of Loss

Elizabeth Anne Morris Herrback	12/22/1998
John Beren	12/06/1999
Howard Thomas III	12/03/1993
George Edward Haynie, Jr.	12/13/2003
Pierre Fortier	12/15/1992
Vincent Sanchez	12/08/1989
Albert Proctor	12/27/1999
Michael A. Menzies	12/30/1996
William A. Broady	12/25/1995
Mark Contreras	12/22/1954
Oscar Deherrera	12/20/1997
LeWayne Alan Carolina	12/28/1999
Patrick Nolan Klein	12/20/1994
Shanna Holmes	12/17/1993
Aaron Michael Bradney	12/24/1994
Irene Fontaine	12/09/1998
Sonya Marie Vasquez	12/07/1993
William Rasica, Jr.	12/11/1999
Ricky J. Collier	12/10/2000
Teveston Johnson	12/21/2004
NG hiem Thai	12/08/2005
Donikos Jones	12/23/2005
Daniel Frank Valedz III	12/22/2005
Clifton Dewayne Jones	12/13/2005
Terrell Anderson	12/26/2005
Richard Ramos Rios	12/04/2005
Marquis R. Richmond	12/07/2006
Arnold Devonne Butler, Jr.	12/29/2006
Anthony Lee Torrez Fuller	12/30/2006
Dwayne Jerome Harvey	12/12/2004
Patrick Moore	12/23/2006
Doug Cline	12/28/2005
James R. Lowe	12/26/2006
Manuel Castillo	12/09/2007
Otis Edward Passmore	12/27/2000
Leo Fletcher III	12/11/2008
James R. Lowe	12/26/2006
Chester Corser Jr.	12/03/2007
Clifford E. Brown	12/15/2009
Perell Marquise Waters	12/15/2009
Elijah Cook	12/31/2010
Monique Nelson	12/14/2010
Truly Lo	12/21/2010
Margaret Elizabeth Weddle	12/01/2011
Robert "Tito" Santos	12/05/2014

5 Tips for Grieving Through the Holidays

Posted on November 22, 2014 by Heather Stang
<https://mindfulnessandgrief.com/grieving-during-the-holidays/>

"If you are grieving during the holidays, you may be wondering what you can do to make it through. Here are five tips to help you reduce your suffering and approach this holiday season mindfully.

Schedule your downtime. Taking some time out for yourself is the first step to reducing stress. Whether you choose to set aside a whole day to be by yourself on a private retreat, or take 5-10 minutes in the morning to sip a cup of tea and simply breathe, write your plan down on a calendar or set up a reminder in your smart phone. It is just too easy to put yourself last on the list when there are so many tasks to tackle. During one holiday season myself and a dear friend were grieving. For me it was my stepfather, for her it was her sister. We scheduled time on Christmas Eve to meet in my yoga studio and create vision boards out of magazines by candlelight. We laughed and cried and it was wonderful. Surrounded by papers and scissors, we had a mini retreat where we could relax and it was all about us. There are many ways you can take time out for yourself. Whatever you choose to do, schedule it and don't cancel on yourself! Treat yourself as you would a best friend in need.

Reflect on your traditions. For most of us holidays are about traditions that are rooted in our family or spiritual history. Some of them are so ingrained we approach them habitually, while others require great effort and take a village to deploy. When we lose someone we love who was part of our holiday scene, traditions are either carried on, changed or archived. Discuss with those close to you if there are any traditions you wish to put aside for now, or if there are any new ones you wish to establish in your loved one's honor. You may want to have less responsibilities this holiday season, and skip a few this year, or maybe your current traditions bring you joy. Consider each one mindfully. You will deepen your connection to the ones you keep and feel relief when you let go of the ones you don't.

Fortify your immune system with meditation. When you are sick or stressed out, everything seems worse. Help your body help itself by meditating daily. Practicing for just 20 minutes a day can boost your immune system and calm an anxious mind, but even five minutes a day can help. Meditation in this context can be as simple as finding a quiet room and observing your breath the way you would observe ocean waves: coming and going. Sure, you are going to get distracted by your thoughts, and it may be hard to stay focused on your breath continuously for the whole time, but doing it perfectly is not the point. It is okay, normal even, to be distracted. The goal is to remember to start again and to let your breath be a safe haven - and to enjoy a period of time each day where you don't have to do anything at all. This is important during any stressful time, and can have positive effects on your mind and body. Additionally, try to avoid alcohol, as it can impact your mood and ability to get a good night's sleep.

5 Tips for Grieving Through the Holidays cont'd....

Confide in your [grief journal](#). Feeling short tempered or frustrated with others is not uncommon when you are grieving, or during the holidays for that matter. Unfortunately we tend to take our frustration out on others, and only continue the cycle of suffering. Writing can help you process your feelings. Each night take some time to write in a journal. Let it be a stream of consciousness, and imagine your true thoughts and feelings can float to the surface and out onto the page. This will let you externalize any emotions that are building up, and allow you to respond, rather than react, to any tension or negativity before it ferments. You can be honest in your [grief journal](#) without hurting anyone's feelings, or explore the validity of the "story." Your journal is your best confidant. It will not judge you, and can be a safe place to work through the myriad of emotions that show up. If it feels right, take some time to make a list of things of which you are grateful, or happy memories with the person you lost. Grief is not always dark - sometimes the good memories show up too - and we learn to take time to appreciate the people we have left in our lives.

Practice compassion through communication. If someone you love has died chances are many of the people you will spend the holiday with are also affected by the same loss. To avoid misunderstandings and hurt feelings, it can be helpful to discuss ahead of time how each person is relating to the season and what each person needs. Some family members may need more time alone while others will crave company. This can also be a good time to just check in on how each person is experiencing their grief, regardless of the holiday season. No matter what your spiritual beliefs are, this time of year is the season of compassion and caring. Spend a little extra time just talking to the ones you love will go a long way to healing yourself and those around you. Prepare for this by practicing [metta meditation](#) - also known as the Prayer of Loving-Kindness.

The reality is this holiday will not be like the last, but you can survive, and may even be able to enjoy reconnecting with loved ones. Take care of your body, communicate with loved ones, and if a little light shines in, know that is ok too. "

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: Dec 4th, 2019 @ 6:30 pm Holiday Potluck
Jan 8th, 2020 @ 6:30 pm
Feb 5th, 2020 @ 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

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.

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