

HOMICIDE SUPPORT NETWORK

Sacramento County District Attorney's Office

October 2016

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

Issue 7

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
DorseyA@sacda.org
916-874-6193

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

UPCOMING MEETINGS

Next meeting November 2nd, 2016

Guest Presenter - Peggy Gulshen from Sutter Memorial Bereavement Group

**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.**

In Loving Memory

October Dates of Birth

Tamar Puccinelli	10/08/1974
Zephriah Johnson	10/02/1975
Roberto Treadway	10/03/1987
Ryan Smith	10/31/1978
Jasmine Leon	10/27/1973
David Ortiz, Jr.	10/08/1972
Michael S. Trout, Jr.	10/19/1974
Anthony Keith Robinson	10/04/1959
Shannon Leigh Long	10/28/1981
Ruben Esquivel	10/13/1974
Richal Shelly Dillion	10/15/1959
Sylvia Diaz	10/18/1933
Frank Contreraz	10/15/1969
Marsha Runyon	10/27/1979
Keyonta Deon Thornton	10/15/1977
Carl Anthony Wright	10/03/1975
Andrew Jackson Lewis	10/23/1976
Michelle	10/10/1972
Nina-Rose	10/20/1997
Prem Chetty	10/30/1955
Ronald Carpenter Singleton Jr.	10/14/1968
Deborah J. Williams Brown	10/06/1957
Danny Hickman	10/03/1980
Darryl LaMont Harris	10/22/1974
Raymond Lee Robinson	10/13/1957
Jonah L. Williams-Simms	10/05/1988
Marcus Houston Mayes	10/23/1989
Chester Corser Jr.	10/08/1946
Jeremiah Josiah McRath	10/05/2006
David Endres	10/23/1965
Vern Saeturn	10/13/1991
Jerry Saeturn	10/16/1988

October Dates of Loss

Michael Ross	10/25/2003
Michael Jason Moore	10/24/2003
Tommy Lee Deorosan, Jr.	10/23/1999
Thomas Calvin Rambo	10/01/1994
Oletha Bradford	10/25/1997
Robert	10/30/1995
David L. Sargent II	10/11/1999
Shawna Edgar	10/23/1995
Brittany Aardahl	10/01/1997
Marc Heron	10/11/1994
John Heringer	10/20/1995
Brit C. Bahn	10/11/1995
Toni R. Shull	10/02/1997
Frank Champion	10/22/2003
Manuel Alexander	10/03/2004
Michelle	10/15/2004
Nina-Rose	10/15/2004
Samantha	10/15/2004
Jerry Sarnowski	10/04/2004
Bart Santiago	10/23/2005
Xochitl Djeda Martinez	10/16/2005
Eddie Holman	10/25/2005
Ronald Carpenter Singleton Jr.	10/04/2005
Nina Guess	10/01/2006
Joseph Proctor	10/04/2006
Darryl LaMont Harris	10/21/2006
Robert Grimes, III	10/02/2007
Ebony Kight	10/25/2007
Emanuel Michel	10/18/2008
Gustavo Lopez	10/31/2008
Steve X. Lo	10/15/2008
Tammula Robbins	10/10/2009
Joshua Scott Trahan-Mays	10/10/2009
Kevin Burks	10/11/2011
Jacklyn Sue Arata	10/22/2012
Kathleen Joy Arata	10/22/2012
Chizuko Kaneshi	10/22/2013

I Will Wait For You...

I will wait for you...

Though we never had a chance to say goodbye,
Remember me...

When winter snows are falling through a quiet sky
I'll remember you

When, in our darkest hour,
You held my hand and prayed I wouldn't go,
But a silent voice called out to me;
My time had come, and I had to travel Home...

Since then, I know your life has never been the same,
For I visit you each day:

So many times I've felt your pain:
I've watched you cry:
And I've heard you call my name...

But now, further along life's road I stand
In a timeless world, just beyond your sight,
Waiting for the day when I can take your hand and bring you
across
to this land of Golden Light...

Till then, remember me, you understand-and try not to cry.
But if you do:

Let your tears fall
For the happiness and joy we knew,
And for the special love we shared,
For love can never die.

Stephen O'Brien

This Feeling Called Grief

This heartache this sadness
this feeling of pain
to think I'll never hear your voice
or see your face again

The loneliness without you
is beyond belief
I can't come to terms with
this feeling called grief

It's so hard to describe just how I feel
without you beside me
time has only stood still

I sit for hours in your favourite chair
talk to your photo
wishing you were there

I touch your clothes & start to weep
I hug your pillow
& try to sleep

Life must go on
I suppose it's true
but a day doesn't pass
without thinking of you

To treasure your memory
I must carry on
but nothing else matters
now that you've gone.

By Paul Brown

ANNOUNCEMENTS

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. For example... 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 : November 2nd, 2016 @ 6:30 pm
 December 7th, 2016 @ 6:30 pm—Potluck

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 at 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.

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