

SACRAMENTO COUNTY
DISTRICT ATTORNEY



Homicide Support Network

JAN 2013

VOLUME I

GROUP PURPOSE

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
916-874-6193
DorseyA@sacda.org

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

Upcoming Meeting Information

Wednesday February 6th, 2013 6:30-8:00 pm

**TAKING CARE OF THE HEART: Addressing grief and
our health**

Sacramento District Attorney's Office
901 G Street, Sacramento CA Please park in
the jury lot on 8th & G and enter the
building through the back door.

Next Meeting: March 6th, 2013



In Loving Memory.....

It is always hard to remember those special days we shared in the lives of our loved ones.
We take this time to honor their birthdays and to acknowledge the time when they were
taken from our presence.

January Dates of Birth

| | |
|-------------------------|------------|
| Andrey Tsurkanu | 01/12/1980 |
| Armondo Toro | 01/09/1976 |
| Thomas Calvin Rambo | 01/13/1974 |
| Demetrio N. Nambo | 01/12/1975 |
| Jerry Kaiser | 01/27/1954 |
| Tommy Lee Deorosan, Jr. | 01/17/1980 |
| Oletha Bradford | 01/22/1965 |
| Nickolas Contreraz | 01/15/1979 |
| Earnest Talley | 01/28/1975 |
| Michael Jason Moore | 01/29/1971 |
| William Gomes | 01/22/1961 |
| Mark Vaughn Flowers | 01/04/1958 |
| Sheppard Scott | 01/02/1979 |
| Javier A. Chavez | 01/08/1980 |
| Thomas Devon Vassar | 01/03/1981 |
| James Burley Woulard | 01/22/1971 |
| Teveston Johnson | 01/14/1980 |
| Eddie Holman | 01/15/1972 |
| Beverly Ann Smith | 01/25/1960 |
| Damon Jacob | 01/19/1974 |
| Jesse Rodgers Jr. | 01/10/1981 |
| Wang Meng Lee | 01/07/1982 |
| Daniel James Martinez | 01/05/1984 |
| Joseph Proctor | 01/30/1990 |
| Jesse J. Fernandez | 01/27/1938 |
| Joseph Aaron Griggs | 01/26/1978 |
| Aaron M. Strauthers | 01/19/1973 |
| Antwoan Dupree Williams | 01/29/1986 |
| Dwayne Jerome Harvey | 01/25/1970 |
| Steven Clay | 01/03/1983 |
| Sean Aquitania Jr. | 01/30/2007 |
| Ebony Kight | 01/31/1972 |
| Daniel Martinez | 01/05/1984 |
| Augusta James | 01/23/1976 |
| Steve X. Lo | 01/16/1969 |
| Dusty Rose Vazquez | 01/03/1980 |
| Lila Jay Johnson | 01/05/1982 |
| Tammula Robbins | 01/29/1986 |
| January Keene | 01/29/1976 |
| Curtis Atkinson | 01/10/1958 |
| David Valdez | 01/17/1997 |
| Michael Jason Moore | 01/29/1971 |

January Dates of Loss

| | |
|----------------------------|------------|
| Quinnisha Thomas | 01/13/2003 |
| Keith Andrew McDade | 01/19/1992 |
| Mariett Ford | 01/16/1997 |
| Marcellus Ford | 01/16/1997 |
| Robert Boochoer | 01/22/2000 |
| Marcel J. Lofton | 01/19/1996 |
| Tony Rocha | 01/27/1999 |
| Sylvia Diaz | 01/27/2000 |
| Robert Francisco Maisonet | 01/07/2006 |
| Kaysha Janae Shafer | 01/12/2004 |
| Teresite Estrada | 01/16/1997 |
| Olegandro Luna | 01/22/1994 |
| Soledad Abogado | 01/05/1999 |
| Antonio Jose "Chuy" Garcia | 01/14/2001 |
| Maurice Taylor | 01/24/2002 |
| Carl Wright | 01/22/2000 |
| Pablo Enrique Reyes | 01/11/2002 |
| Carl Anthony Wright | 01/21/2000 |
| Sheppard Darryl Scott | 01/24/2005 |
| Milton Miguel Ruiz | 01/31/2002 |
| Robert Tommy Rojas | 01/01/2006 |
| James Laskey Ramirez | 01/03/2006 |
| Abdullah Saud Almahri | 01/23/2006 |
| Danny Hickman | 01/02/2007 |
| Lamar Pierre Gasaway | 01/17/2007 |
| Robert Rojas | 01/01/2006 |
| Sharon Ann Johnson | 01/02/2007 |
| Kelly Ann Johnson | 01/02/2007 |
| Erika Renee Barrios | 01/20/2007 |
| Brenda D. Trujillo | 01/16/2007 |
| Prince Ray Mills | 01/05/2007 |
| Leel Wilson III | 01/10/2009 |
| Marcus Thompson | 01/14/2010 |
| January Keene | 01/05/2007 |
| Karen Curtin | 01/24/2010 |
| Roberto Flores | 01/02/2011 |
| Deandre Ellison | 01/19/2011 |
| Titus Tuft | 01/13/2011 |

Light A Candle

And I will light a candle for you.
To shatter all the darkness and bless the times we knew.
Like a beacon in the night
The flame will burn bright and guide us on our way.
Oh, today I light a candle for you.
The seasons come and go, and I'm weary from the change.
I keep on moving on, you know it's not the same.
And when I'm walking all alone
Do you hear me call your name?
Do you hear me sing the songs we used to sing?
You filled my life with wonder, touched me with surprise,
Always saw that something special deep within your eyes.
And through the good times and the bad,
We carried on with pride.
I hold onto the love and life we knew.
And I will light a candle for you.
To shatter all the darkness and bless the times we knew.
Like a beacon in the night
The flame will burn bright and guide us on our way.
Oh, today I light a candle for you.

Paul Alexander

What Is Grief?

Who really knows?
How to do it—and—how it goes
Grief I'm told is letting go
Be it right or be it wrong
Words and feelings to our own song.
Memories flood the tears in our eyes
Do you think our loved one hears our cries?
And how the heart aches to no end
Even knowing that our loved ones' peace will send.
To feel so lonely and filled with fear
I wonder if the Lord does truly hear?
So our days go by hour by hour
As we smile and carry on with all our power
We stay busy, sometimes too busy to see
And notice in God, we truly need thee.
Our nights are filled with restless sleep
Even knowing you're in God's keep
We wake from slumber in the early morning light
To weep our loved one, now, out of sight
We toss and turn and try to pray
Please Lord help us through another day!
And on the day where silence was once cherished
This too, has somehow perished.
Alone we fight the pain, the loss, the sorrow
While waiting for a bright tomorrow
We try to understand words that feel so cold
We try to forgive, we try to be bold
We smile that smile
We walk that walk
We love unconditionally as we feel the pain of their talk.
We do desperately grieve inside
And try to live as God abides
For our pain and sorrow runs so deep
So deep that no one can see us weep.
So grief they say, as they point their finger
Get over it, it's done, don't let it linger
But "we" know it doesn't matter how many days go by
Our hearts will always know how to cry.
So tell me, what is grief and who really knows
How to do it and how it goes?

By Michele Young

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. 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: February 6, 2013 @ 6:30 pm
March 6th, 2013 @ 6:30 pm
April 3rd, 2013 @ 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. 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 the Sacramento Police Officer's Association (SPOA) located at 550 Bercut Drive, Sacramento CA 95811. For additional info. call (916) 899-0090

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 California. This group encompasses 5 counties INCLUDING; El Dorado, Nevada, Placer, Sacramento and Yuba and is open to all victims of crime regardless of what crime, how long ago it occurred or where it occurred. The meetings are facilitated by a Therapist, Victim/Witness staff and District Attorney. 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 North Natomas Library 4600 Via Ingoglia, Sacramento CA. 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. They provide counseling, drop -in center, crisis intervention, children and adolescent therapy along with other services. For additional information or to receive services please contact them at the listed number above.

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