



For the families and friends of those who have died by violence

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

April 2020

ANNOUNCEMENTS

COVID-19: WHAT ELSE CAN I DO INSIDE?

Check out the Self Care section for some cool, virtual experiences happening around the globe!

The National Crime Victims' Rights Week Events:
Crime Victims' Rally at the Capitol Steps Scheduled for April 22
&
The 27th Annual Courage Walk @ Jeffco County Courts Bldg
Scheduled for April 25

ARE POSTPONED!!

As of Now, Save the Date:

POMC National Conference
July 23-26, 2020
Atlanta Hilton in Atlanta, Georgia

Place: Hilton Atlanta Airport
1031 Virginia Avenue
Atlanta, Georgia 30354
404-767-9000



<https://www.eventbrite.com/e/2020-pomc-national-conference-registration-83931624749?ref=ebtn>



FRONT RANGE CHAPTER

“We Are Here to Help”

www.colorado-pomc.org

1. To support persons who survive the violent death of someone close as they seek to recover.
2. To provide contact with similarly bereaved persons and establish self help groups that meet regularly.
3. To provide information about the grieving process and the criminal justice system as they pertain to survivors of a homicide victim.
4. To communicate with professionals in the helping fields about the problems faced by those surviving a homicide victim.
5. To increase society’s awareness of these problems.

LEADER

Phil Clark
 303-748-6395
POMCColorado@gmail.com
 Other Resources: Healing & Bereavement, Trials and Hearings

SECRETARY

Juli Jenicek
 303-947-7972

TREASURER

Tiffany Starrett
 303-601-2416
trstarrett@comcast.net
 Other Resources: Newsletter Editor, Roster & Mailing List, Memorials & Birthdays

BOARD MEMBER

Andy Starrett
 303-601-4165

BOARD MEMBER

Julie Rudnick
 720-822-6551

OTHER CONTACTS

Joe Cannata, 303-345-7301
 Kaye Cannata, 720-366-4165
kaknota@aol.com

POMC NATIONAL OFFICE

4960 Ridge Ave., Suite 2
 Cincinnati, Ohio 45209
 Email: natlpomc@pomc.org
 Website: www.pomc.org
 Office: (513) 721-5683
 Fax: (513) 345-4489
 Toll Free: (888) 818-POMC (7662)

This newsletter is published monthly by volunteers prior to the regular POMC meeting. It is the official publication of the Front Range Chapter of POMC.

Articles, poems, recipes and letters from members are welcomed and can be emailed to the Editor and/or POMCColorado@gmail.com

*They may be edited for length and conciseness.

Newsletter Feedback: We are OPEN to receiving! Comments and suggestions can be emailed to the Editor and/or POMCColorado@gmail.com.



LOVE GIFTS

Thank you from our Chapter for the following donation in honor of their loved one...



NEW MEMBERS



TRIALS & HEARINGS

Tiffany & Andy Starrett:

Suspect Arturo Garcia was captured on February 26, 2019.
 He was extradited from Texas to Arapahoe County on June 11, 2019.
 The preliminary proof evident hearing concluded on November 6, 2019.
 The arraignment was December 9, 2019.
 The Motions Hearing is scheduled for February 7, 2020.
 The Motions Hearing was rescheduled to March 11, 2020.
 The Pretrial Readiness Hearing is scheduled for March 20, 2020.
 The trial is scheduled for April 7, 2020.

The trial has been postponed—date unknown. Meeting June 1, 2020 to determine the next steps.

Phyllis Kadison:

I'd like to share with the POMC family the verdict in the trial of the man who murdered my son Jacy. After a week long trial Michael Pikes was found guilty of First Degree murder. Although the verdict doesn't mitigate my grief, justice was served for my son Jacy Kadison Marshall. I intend to return to meetings as soon as it is prudent to resume.



DONATIONS

Love gifts are dedicated to providing restorative resources for the participants of the Colorado Front Range Chapter.

If you wish to be acknowledged in the POMC newsletter, please fill in the below and return with your check or ADD A NOTE if donating by PAYPAL.

In Honor Of: _____

Donors Name: _____

Make Checks Payable to: **POMC**

Mail Checks to:

POMC
9888 W Belleview Ave. #103
LITTLETON, CO 80123

PAYPAL ACCOUNT : pomccolorado@gmail.com

Donations are tax-deductible Federal ID 31-1023437



COMFORT CORNER: GRIEF

15 Common Signs of Unresolved Trauma

By JAMI DELOE

Recognizing the signs of unresolved trauma can be tricky. Sometimes people who are having difficulties enter therapy without even knowing that they have suffered the trauma that is causing disruptions in their daily lives. The very nature of trauma lends itself to that. Often, when a person goes through a traumatic event, there is some degree of dissociation that happens and the person essentially "blocks out" all, or part, of the event, so his or her awareness of the trauma isn't accurate, making diagnosis difficult. However, there are some common signs of unresolved trauma that you can look for.

The Effects of Unresolved Trauma

Just because someone who suffered trauma blocks out (consciously or unconsciously) what has happened, it doesn't mean that he or she won't feel the effects from it.

Peter A. Levine, Ph.D., who has treated and researched trauma for over 45 years, says, "The effects of unresolved trauma can be devastating. It can affect our habits and outlook on life, leading to addictions and poor decision-making. It can take a toll on our family life and interpersonal relationships. It can trigger real physical pain, symptoms, and disease. And it can lead to a range of self destructive behaviors."

Signs and Symptoms of Unresolved Trauma

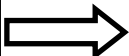
Even when memories of the trauma are hidden from a person's awareness, there are signs that will become noticeable in his or her daily life. Below are some of the most common signs that someone is suffering from unresolved trauma:

1. Anxiety or panic attacks that occur in what would be considered normal situations
2. A feeling of shame; an innate feeling that they are bad, worthless, or without importance
3. Suffering from chronic or ongoing depression
4. Practicing avoidance of people, places, or things that may be related to the traumatic event; this also can include an avoidance of unpleasant emotions
5. Flashbacks, nightmares, and body memories regarding the traumatic event
6. Addiction and eating disorders in an attempt to escape or numb negative emotions
7. Sleeping issues including trouble going to sleep or staying asleep
8. Suffering from feelings of detachment, or feeling "dead inside" (This is perhaps the most devastating of the signs, because it creates a feeling of loneliness and isolation.)
9. Dissociation as a real disconnect in situations and conversations
10. Hypervigilance (a constant feeling of being on guard)
11. Suicidal thought or actions
12. Uncontrollable anger; acting on it
13. Self-harm, cutting, and mutilation
14. Not being able to tolerate conflicts as they once would have
15. Unexplained or irrational fears of people, places, or things

If you identify with any, or all, of the signs above, then you may want to ask yourself if it's time to talk with a therapist about your trauma. Is it easier to function as you are, or to work through the pain you have suffered? It's a question that only you can answer, but rest assured, you are not alone.

There are many people who have been traumatized, may even have developed posttraumatic stress disorder (PTSD), who have worked through the events of their past, and recovered. There is help and support out there.

For questions go to:



<https://www.healthyplace.com/blogs/traumaptsdblog/2016/06/15-common-signs-of-unresolved-trauma>



COMFORT CORNER: HEALING

How to Start Resolving Emotional Trauma

By TRINA HAMMACK

There are really two big pieces to resolving emotional conflict.

The first step is to do the deep emotional work of fully resolving that trauma from your past. You also need to support the body and your immune system while you work on that resolution. This will ease the effect of dis-ease on your body when you enter the healing phase.

When I work with clients, we integrate functional nutrition with emotional work, as well as supporting the immune system and detoxing the body safely. Body, mind, and spirit! That's the holistic approach.

How to Begin Resolving Emotional Trauma

When helping clients to resolve their emotional trauma, I give them specific exercises to practice releasing on the emotional level. These exercises are designed to keep them moving forward and releasing their trauma, so they don't get stuck in the symptoms of a hanging healing.

Here's something you can start doing at home. If you've got grudges, anger, and resentment, it's just hurting you. Let it go. This helps you to get through that healing phase, move on and be healthy again.

I also think it's incredibly important to help your children to resolve their emotional stuff when it comes up. Don't just shush them or say, "Oh, it's okay. Don't worry about it." Have them work it out. And the same goes for you. Expression is the name of the game. We call it "name it, claim it, dump it."

Otherwise, you end up like me. A 3-year-old that carries her trauma all the way until she's 43.

We all have traumas, but if we can teach ourselves and our kids to resolve them as quickly as possible, we'll all be a lot healthier. We won't carry them our whole lives while our bodies break down.

How to Support the Body During the Healing Phase

As you're releasing your conflicts, boost your immune system during the healing process so your healing (dis-ease) phase will be easier to manage.

Immune system boosting is always the first thing on my list. I also work with my clients to down-regulate inflammation, keep them extra hydrated, open up pathways of elimination, and make sure they get plenty of rest.

Another crucial, but often overlooked step is to keep stress levels down. Try to stay as balanced as you can, and when you have a symptom, don't freak out. It's actually a good thing! Symptoms show that we are going from being conflicted to making a big resolution. The symptoms are a sign that you're moving forward in your healing.

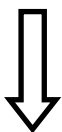
The name of the game is to support the body appropriately. Detox baths, body brushing, coffee enemas, organic chicken soup, immune boosting supplements, massage, acupuncture, music and walks in nature are all tools that you can use to support your body as it heals.

Rest and give your body the nutrients that it needs to repair itself.

When you do these things — do the deep work of resolving your traumas plus supporting the body — then you're not using bandaids anymore. You're really getting down to it. When you begin to have more joy and peace in your life, you know you're getting better.

But if you're not there, keep working to figure this stuff out. Because it does affect your health in the long run! I made it through Lyme naturally. I made it through ovarian cancer naturally. Mold poisoning, metals poisoning, parasites — I've been through it. But you've just got to keep going. Keep going. Always moving forward.

And if you need support and guidance through this process, please reach out to me here. I am here to teach and support you along your sacred path of healing.



For questions go to:

<https://trinahammack.com/how-to-start-resolving-emotional-trauma/>



COMFORT CORNER: SELF CARE

Resources to help you take care of your physical and mental health during these unusual and stressful times

FITNESS

Some fitness apps are now available to all people for free

Peloton app (90 days free)

Flywheel is offering free classes via Instagram

Corepower using their on demand app for power yoga

MUSIC

The Met is streaming opera:

⇒ <https://www.metopera.org/>

Keith Urban streaming on Instagram:

⇒ https://www.instagram.com/tv/B90JN2kBdsE/?utm_source=ig_web_copy_link

Chris Martin from Coldplay did a mini concert on Instagram live:

⇒ https://www.instagram.com/tv/B90Ft_knpuT/?utm_source=ig_web_copy_link

CULTURE

Museum Tours online:

⇒ <https://archinect.com/news/article/150189791/virtual-museum-tours-enjoy-new-relevance-in-the-age-of-covid-19>

Museum, Zoo and Historic Site Tours:

⇒ <https://www.usatoday.com/story/tech/2020/03/16/social-distancing-free-virtual-tours/5060244002/>

Cincinnati Zoo – every day at 3 p.m. they are on FB Live to show a new animal, up close and personal!

⇒ <https://www.facebook.com/cincinnati-zoo/>



MINDFUL MEMES

There are four things in
this life that will change
you. Love, music, art,
and loss. The first three
will keep you wild and
full of passion.
May you allow the last
to make you brave.

- **Erin Van Vuren**
@papercrumbs



BIRTHDAYS REMEMBERED

Dennis Sanchez	4	1	1977
James Sanchez	4	1	1987
Maria Cordova	4	1	1974
Martin "Marty" Lawrence Martinez	4	3	1962
Mary Rogers	4	3	1983
Troy Krause	4	3	1967
Latoya Cisneros	4	4	1985
David Gonzales Shuker	4	5	1979
Daniel Walsh	4	6	1976
Asjer Kirlan	4	7	2004
Gary McGee	4	7	1970
Greg Swazo	4	8	1982
Kim Hadley	4	8	1975
Kris Kirk	4	8	1970
Larry Carmichael	4	8	1961
Nolan Ware	4	11	0
Stephanie Bechtold	4	13	1989
Amanda Anders	4	14	1995
Amdrea Anders	4	14	1995
Mary Buso	4	16	1913
Dennis Meredith	4	17	1956
Chris Mains	4	20	1972
Falon Watson	4	22	1998

Rodney Lee	4	22	1988
Anne Elise Gibson	4	24	1996
Carlos Luna	4	24	1969
Kevin Blunt	4	27	1973
Devon Smeltz	4	28	1996
Jolene Romero	4	28	1975
Michael Nigg	4	28	1969
Cher Elder	4	30	1972

*We apologize if we have missed any dates or they were posted incorrectly. Please alert the Editor know and we will update our records accordingly.

Thank you!



IN MEMORIAM

Phillip Rose Jr.	4	1	1992
Christopher Aragon	4	2	1994
Dylan Lee Newman	4	3	2007
Andrew Jenicek	4	5	2018
Phillip Dearing	4	9	2002
Yvette Strong	4	10	1992
Jared Whitney	4	11	1997
Mitch Anderson	4	11	2001
Kris Kirk	4	14	2014
Andrea Weiss	4	15	2015
Beth Haynes	4	16	1994
Charla Nicholson	4	16	2017
Maitreya Byrd	4	16	2018
Mark Nicholson	4	16	2017
Tawni Nicholson	4	16	2017
Carold Peoples III	4	17	0
Paul Klein	4	17	1993
Terrance Mayo	4	17	1995
Douglas "Dougie" Charles	4	19	2000
Abdul Muhammed	4	20	2015
Cassie Bernall	4	20	1999
Corey DePooter	4	20	1999
Cynthia Mc Queen	4	20	1983
Cynthia McQueen	4	20	1983

Dan Rohrbough	4	20	1999
Daniel Mauser	4	20	1999
Desiree Holland	4	20	2002
John Tomlin	4	20	1999
Matthew Kechter	4	20	1999
Rachel Scott	4	20	1999
Steven Robert Curnow	4	20	1999
Jesse Field	4	21	1998
Monica Martinez	4	22	1991
Ethan Wolf	4	23	1996
Nolan Ware	4	25	2015
Gail Garcia-Hererra	4	27	1984
Dan Suazo	4	28	1995
Nancy Begg Shoupp	4	28	1990
Sgt. Tim Mossbrucker	4	28	1995
Jacine Gielinski	4	29	1997
Heidi Green	4	30	2019
Stoneham Farris	4	30	1996



MONTHLY MEETINGS

Support meetings are held the 3rd Saturday of every month
at **7:00 PM**

For Year: **2020**

January 18*

February 15

March 21*

April 18

May 16*

June 20

July 18*

August 15

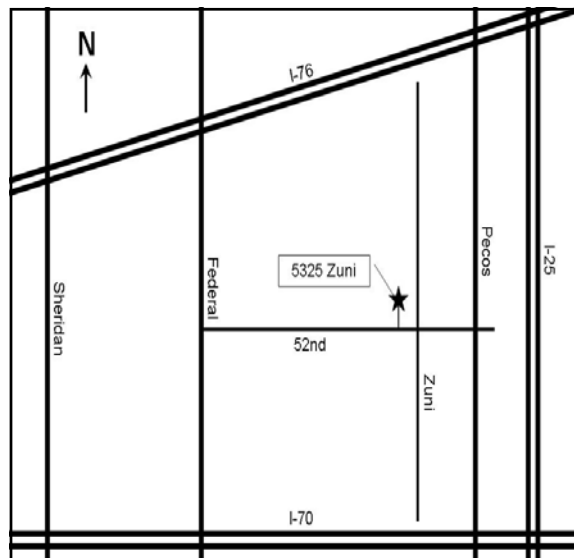
September 19*

October 17

November 21*

December 19

****Board meetings are held the 3rd Saturday of every other
month at 5:30 PM***



We meet in the **cafeteria** of the **CenturyLink Building**
at 5325 Zuni in Denver. The **entrance to parking** is on 52nd.

POMC
9888 W Bellevue Ave. #103
LITTLETON, CO
80123

ADDRESS SERVICE REQUESTED