



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

FEB – MAR 2016

My apologies

I wanted to apologize to all of our POMC members for the lateness of the newsletter.

Computer issues have caused me to lose the file several times.

I hope this has not caused any issues.

Phil

Possible New Page For Denver POMC

We have been seeing a new need in POMC. We've had several people voice an interest in having a spin off group for grand parents that now find them selves having to raise their grand children or help raise their grand children.

If this is you, please join us at the next POMC meeting. The grand parents group will split off into another room while the rest of the group completes the circle.

Upcoming VOICE Meeting

The next VOICE meeting will be held on
Monday April 11th. 6pm—8pm
District 3 Denver Police Station
1625 S University Blvd. Denver, CO
Topic: Presentation by the
Colorado Board of Parole
Q&A Session to follow

A New Year and the Challenge of Grief

Here we are at the end of the first month of a new year. Usually most folks look forward to the new year since it can represent a new beginning and/or a chance to “do better” than in the previous twelve months. New Year’s Eve parties are planned and large community gatherings are organized. The agenda is to celebrate with friends, food, libations, confetti, noise-makers and resolutions. You, as a griever, have successfully made it through January. Good for you!

However, you may have had a much different take on *New Year’s*. It could have been hard to conjure up energy and joy about the approaching year. It was probably hurtful at times when the media and others encouraged you to have a *HAPPY* New Year. Your questions could have been (and may still be); what do I have to be happy about, how can I possibly look forward to a new year without the physical presence of my loved one, or what makes anyone think I have the extra energy to resolve to stop a bad habit or initiate a new more positive behavior?

Considering the emotional ups and downs that are a natural part of the grief process, you may have had a few experiences of happiness in January..... Continued on Page 4



WHY WE ARE HERE

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.

**POMC NEWSLETTER
STAFF AND INFORMATION**

This newsletter is published bimonthly by volunteers prior to the regular POMC meeting. It is the official publication of the Front Range Chapter of POMC. Articles, poems, and letters from members are welcome. They may be edited for length and conciseness. Mail such items to the editors:

Phil Clark
10703 W Berry Pl
Littleton, CO 80127
POMCColorado@gmail.com

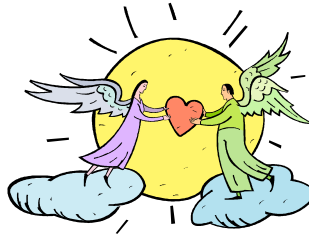
Memorials & Birthdays:
Phil Clark, 303 748-6395

Roster & Mailing List:
Joe Cannata, 303 345-7301

**Healing & Bereavement
Resources:**
Nancy Rasser, 303-798-2841

Trials and Hearings:
Phil Clark, 303 748-6395
Joe Cannata, 303 345-7301

Love Gifts



Our Chapter Thanks the following group of members who gave a donation in honor of their loved one.

Veronica Duran
In loving memory of
Mel Gurule Jr

Vernon Paiz
In loving memory of
Jason Paiz

Don, Jerri and Mark Reichert
In loving memory of
Michael Reichert

Eugene and Danielle Nuanes
In loving memory of
Leon Nuanes

Earl and Claudette Elder
In loving memory of
Cher Elder

New Members

Manuel & Vikki Garcia
Susie Roy

**FRONT RANGE CHAPTER
INFORMATION AND NUMBERS
"We Are Here to Help"**

Web Site
www.colorado-pomc.org

Leader**Phil Clark**
303-748-6395
POMCColorado@gmail.com

Secretary.....**Kaye Cannata**
720-366-4165

Treasurer**Bernadette Alness**
720-448-9555
BA77077@gmail.com

Board Members.....**Joe Cannata**
303-345-7301
kaknota@aol.com

Bill Lusk
303-593-0784
wjlushk@comcast.net

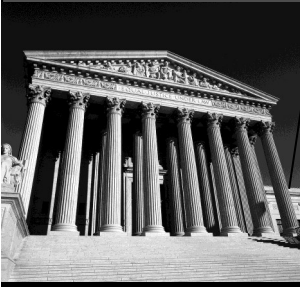
Nancy Rasser
303-798-2841
nancyrasser@comcast.net

Other Contacts.....**Everett & Linda
Donelson**
720-508-4268

Caryl & Charles Harvey
970-854-2665

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)



Trials & Hearings

On October 29th, 2014, Amada Anders (19) and her friend Nancy Worrell (22) were murdered by Amanda's room mate. On Thursday, December 17th, 2015, a Denver jury deliberated only 90 minutes to find their killer guilty on two counts of first degree murder. Amanda's parents, Steve and Sonya Anders, are members of POMC. They just completed the sentencing phase on January 29th and the judge gave him to 2 life sentences.

**I had my own notion of grief
 I thought it was a sad time
 That followed the death of someone you love
 And you had to push through it
 To get to the other side
 But I'm learning there is no other side
 There is no pushing through
 But rather
 There is absorption
 Adjustment
 Acceptance
 And grief is not something that you complete
 But rather you endure
 Grief is not a task to finish
 And move on
 But an element of yourself
 An alteration of your being
 A new way of seeing
 A new definition of self**

— Author unknown

Continued from Page 1

Perhaps you had a moment when you looked forward to feeling better in the new year. Maybe you saw and felt another person's joy about their possibilities in the new year and truly felt glad for them.

It could be, as this first month of the new year ends, you have chosen not to recognize the significance or possibilities for YOU in a "new year". Even if you haven't consciously decided to avoid the concept of a new year I invite you to stay with me here for what comes next.

Your loved one has died, your heart feels broken, your grief process is overwhelming, you struggle daily with the draining emotion of sadness, and you don't necessarily feel hopeful about your future. However, you are alive and you do have a future. Do you believe your future life can be better than you have ever imagined? I believe it can.

The passage of time will always bring about a new year. As a griever you do face a new year without your loved one *but* you can approach it positively by taking gifts from your loved one with you. Your loved one taught you many things, gave you treasured items, instilled within you important morals and ethics, genetically provided you with physical attributes, opened your mind to new and broad ideas and etc.

Make a list of the gifts your loved one has left with you. I suggest you write this list by hand and not use a computer. It is impossible to have anything "wrong" on your list.

Your gifts may include things like: 1. beautiful red curling hair, 2. the ability to speak fluent Spanish, 3. the attitude of always seeing the glass half-full, 4. the opportunity to attend college, 5. bright blue eyes, 6. the habit of exercising, 7. the special recipes created, 8. the stamp collection that is so unique and beautiful, 9. the idea of practicing random acts of kindness and 10. etc.

You are singularly unique and your list of gifts will be unique as well. Your relationship with your loved one was important and they have influenced you physically, emotionally, spiritually and mentally. These are their permanent gifts for you.

You are singularly unique and your list of gifts will be unique as well. Your relationship with your loved one was important and they have influenced you physically, emotionally, spiritually and mentally. These are their permanent gifts for you.

After you have made your list of these loving gifts I invite you to get creative. Match each gift with something you can look at and experience. This “something” will become the symbol for the gift. For instance, if your gift is red curling hair you might cut off a small curl or get a piece of red ribbon that matches the red of your hair or get a pretty red bead or button from a craft shop. For the glass half-full — pick out an elegant glass. Use a thank-you card to represent the opportunity you have to attend college/trade school.

You could get a different bead or individual small candle for each gift. Engage the healing power of your creative self now. It is so important to your healing. However you match your gift with its symbol need only have meaning for you. Your choices don't have to be logical or understood by anyone else. The length of time you take to accomplish all of this will be perfect timing.

Once you have your list and have matched the gifts with their symbols place them on a dresser, table or window sill. Have them in a place you pass by frequently. As you pass by the symbols you have chosen, pause for a moment and recognize their value. Express gratitude for the gifts left for you, know your loved one will live on as you embrace and personalize your gifts and take them with you into the new year. This should help you feel stronger as you face your new year while grieving.

I wish you a new year filled with as many happy times as possible.

PS – You know, of course, that for a griever a “new year” can begin at many places in the calendar — your loved ones birthday or day of death, your birthday or the beginning of summer and etc. At anytime you feel hopeless or especially sad missing your loved one, remember their gifts and then the good parts of your loved one will live on within you and give you peace.

Tricia Sample is a masters prepared artist and registered art therapist who worked in hospice for over 12 years. Her hospice patients, families, and coworkers were the inspiration for her Loving Farewells grief support programs.

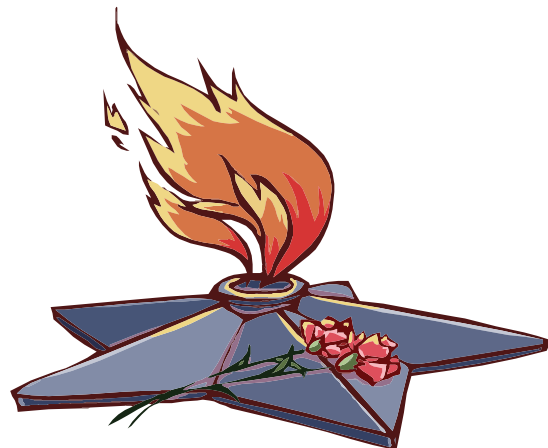
Birthdays Remembered

Randy Fleming	Feb	1	1960	Tina Sandoval	Mar	17	1972
Heather Harper	Feb	2	1975	Megan Patricia Neylon	Mar	17	1982
Martin Macias	Feb	3	1960	Gerry Schwartzman	Mar	18	1938
Sherri Majors	Feb	3	1969	Paul A. Stone	Mar	18	1980
Philisia Bunting	Feb	4	1974	McKinley Dixon Jr	Mar	20	1975
Tiffany Cuin	Feb	4	1981	Leslie Gonzales	Mar	20	1989
Ronald (Ron) Georgopoulos	Feb	8	1954	Troy Baker	Mar	23	1977
Kay Lyn Robinson	Feb	9	1961	David Aric Rothrock	Mar	23	
Roxanne Logan	Feb	12	1952	Anthony (Tony) Gonzales	Mar	24	1942
Lorren Holcomb	Feb	14	1943	Andrew Just	Mar	25	1980
James Mora	Feb	14	1972	Jesse Field	Mar	27	1979
Frank Sumpton, Jr	Feb	16	1973	Kaci	Mar	27	1982
Anthony Taiitt	Feb	18	1960	Jeffrey Smith	Mar	27	1992
Matthew Kechter	Feb	19	1983	Sid Wells	Mar	28	1961
Ryan Gray	Feb	19	1985	Chad Harvey	Mar	30	1975
Charles Harris	Feb	20	1976				
Cissy Foster	Feb	20	1979				
PJ Pierce	Feb	20	1986				
Beulah Lawson	Feb	22	1927				
Karla Winberg	Feb	22	1961				
Monica Martinez	Feb	22	1974				
Michael McMullen	Feb	22	1980				
Lonnell Friend	Feb	24	1978				
David Michael Kelly II	Feb	26	1977				
Chris Irish	Feb	27	1971				
Miranoa Rose Linn Baca	Feb	27	1985				
Vanessa Gushard	Feb	28	1976				
Garett Cordova	Mar	1	1965				
Jennifer Manchego	Mar	1	1974				
Jeremy Campton Craft	Mar	2	1970				
Sindy Wong	Mar	2	1977				
Corey DePooter	Mar	3	1982				
Beth Haynes	Mar	5	1972				
Danny Steve McQueen	Mar	5	1955				
Wayne Craig	Mar	6	1969				
John Rasser	Mar	7	1966				
Mark Francis	Mar	7	1978				
Michael Scott Reichert	Mar	8	1964				
Steven Johnson	Mar	8	1986				
Shaniqua Coffman	Mar	8	1991				
Nathan Bailey	Mar	10	1996				
Amy Hill	Mar	11	1979				
Edward Perez	Mar	15	1946				
Tina Abbott	Mar	15	1949				



In Memoriam

Louis Muradian	Feb		1985	Carrie Lee Gonzales	Mar	11	1984
Brandon Gushard	Feb	1	1987	Larry Heil	Mar	12	1991
David Michael Kelly II	Feb	1	1996	Roxanne Logan	Mar	12	1995
Marilyn Gillespie	Feb	2	2010	Scott Clarke	Mar	14	2011
Jackie Maldonado	Feb	3	2002	Roderick Paulsen	Mar	15	1997
Robert Ursetta	Feb	4	1995	Eddie Garcia	Mar	15	1998
Bryan D. Lusk	Feb	5	2007	Nathan Leon	Mar	17	2013
Levon George Griego	Feb	6	1985	Lee Pumroy	Mar	18	1993
Ruth Ortega's son	Feb	6	1985	Sherri Majors	Mar	18	1996
Amber Bullington	Feb	6	2000	Theodore C. Carleton	Mar	18	1996
Alan Cardares	Feb	7	2013	Meglan Renaud	Mar	21	1989
Ada Johnson	Feb	9	1983	Guillermo Quinones	Mar	21	2012
Garett Cordova	Feb	11	2002	Lori Jean Burritt	Mar	22	1990
Heather Riccardi,	Feb	15	2014	Paul Hurtado Jr	Mar	22	1990
Kevin Johnson	Feb	16	2003	Natalie Lynn Boggs	Mar	27	2013
Vera Escobedo	Feb	16	2008	Michelle Vinson	Mar	28	1992
Marco Escobedo	Feb	16	2008	Cher Elder	Mar	28	1993
Clair Weaver	Feb	17	1991	Paris Lamar Davis	Mar	29	1998
Toni Clark	Feb	17	2008	Jennifer Behling	Mar	31	2006
Gertrude Brown/Nussel	Feb	20	1992				
Aaron Richart	Feb	20	1999				
Carmina "Nina" Anderson	Feb	21	1973				
Peter Beaupre`	Feb	23	1995				
McKinley Dixon Jr	Feb	25	1994				
Terrell Ephriam	Feb	26	2014				
Erin Golla	Feb	27	2002				
Robert Zajac	Feb	27	2002				
Sheldon Sullivan	Mar	1	1998				
Mark Francis	Mar	1	2002				
Maria Cordova	Mar	1	2003				
Maria Fierro	Mar	1	2003				
Falon Watson	Mar	1	2014				
Alice Jane Hensley	Mar	3	2001				
Mark Smith	Mar	4	1995				
Ron Haynes	Mar	4	2006				
Ronald Overstreet	Mar	4	2006				
Martin Macias	Mar	4					
James Mora	Mar	7	1992				
Andrew Just	Mar	7	1998				
Ruby Sparks	Mar	8	1981				
Gloria Bailey	Mar	8	1981				
Ralph Earl Pettis	Mar	9	1986				
Harold Lee Prelow	Mar	9	1996				
Alan Friedman	Mar	10	1989				

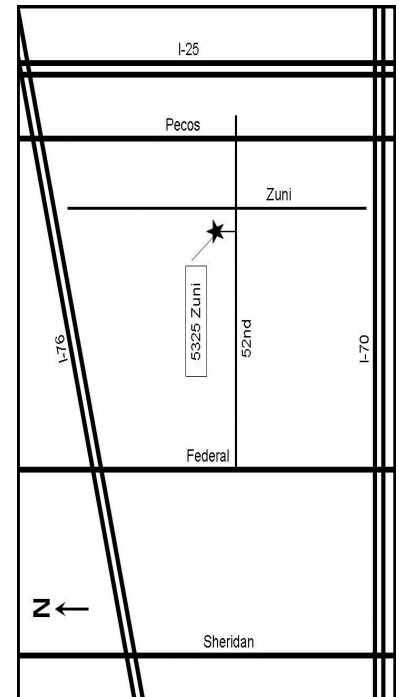


ANNOUNCEMENTS

- Feb 20 - Support Group at 7:30 PM
- Mar 19 - POMC Board Meeting 6:00 PM
Support Group at 7:30 PM
- Apr 11 - VOICE Meeting 6:00 pm
Presentation by the Colorado
Board of Parole

ADDRESS SERVICE REQUESTED

POMC
 P. O. BOX 375
 LITTLETON, CO
 80160-0375



We meet in the
**cafeteria of the
 CenturyLink Building**
 at 5325 Zuni in Denver on
the 3rd Saturday