



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

JUNE – JULY 2016

Something Special In September

At our September meeting, we will have a guest speaker, Linda Coughlin Brooks. She will be leading a conversation about The Physical, Emotional, Psychological Aspects Of Grief.

Linda has been a RN 37 years, and a Certified Grief Therapist and Counselor for more than 10 years.

Front Range POMC—Award

The National Board of Trustees is presenting our chapter with the Dorothy Lobes Memorial Award for Outstanding Chapter.

This award is presented in recognition of loyalty to the purpose and ideals upon which POMC was founded and superior program of assistance to survivors of homicide victims.

The award will be presented at the awards banquet at the National POMC Conference on July 23rd.

Upcoming VOICE Meeting

The next VOICE meeting will be held on Monday July 11th. 6pm—8pm
District 3 Denver Police Station
1625 S University Blvd. Denver, CO

Topics: Victim Service Notifications
Victim / Offender Dialogs
Q&A Session to follow

Walking Through Grief Together

The path of grief stretched out before me
I knew that I needed to take the first step
Bu I stood awhile waiting and watching
Waiting for the life before to continue

Tears filled my eyes as I waited

There was only this path for me now

I took a tentative step, shaking and scared

Loneliness surrounds me on this path

A hand came from ahead to grasp mine

I traveled hand in hand with that hope

Though still sad I wanted to help and hope

Grew as I reached for the hand of another
-Tanya Lord

Do you have a poem or an article that you think would be good for the news letter?
Please send them to me for consideration.
POMCColorado@gmail.com



PARENTS OF MURDERED CHILDREN NATIONAL OFFICE—CINCINNATI, OHIO

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:

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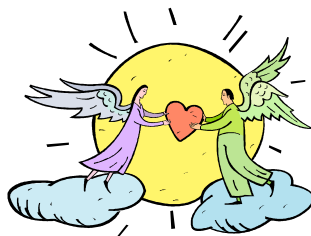
Memorials & Birthdays:
 Phil Clark, 303 748-6395

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.

New Members

Vivi Tsouris

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

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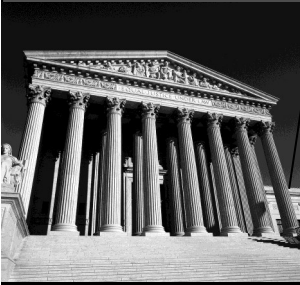
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Trials & Hearings

No Trial Updates

How Grief Can Make You Sick

By Dr. Sanjay Gupta

The loss of a loved one can impact survivors' mental and physical health.

Grief is a universal response to loss, but how it affects you is a very personal experience.

“No one ever told me that grief felt so like fear,” wrote author C.S. Lewis, reflecting on his wife’s death. Like fear, grief is a common human response with psychological and physical implications. Losing a loved one is an emotionally painful experience that can have a real effect on the mind and body.

“The best way to understand how grief can affect your health is to understand what bereavement entails: one, a major stressor; and two, loss of a close relationship,” says M. Katherine Shear, MD, professor of psychiatry at Columbia University and director of the Center for Complicated Grief.

“Close relationships help regulate our daily psychological and physical functioning,” explains Dr. Shear. “Their loss...typically leaves people feeling out of control and disoriented.”

Grief and Exhaustion

One of the most common early symptoms of grief is extreme tiredness that makes even routine tasks difficult. “I had no idea that grief would be physically exhausting,” says Anna Whiston-Donaldson, whose 12-year-old son Jack drowned in 2011. “My body felt fragile and very tired.”

- Continued on page 4 -

How Grief Can Make You Sick—continued from page 3

In her book *Surviving Grief ... and Learning to Live Again*, psychologist Catherine M. Sanders, PhD, writes that the bereaved can “become so weak that we actually feel like we have the flu...[and] this weakness frightens and perplexes us.”

Difficulty Thinking Clearly

Cognitive effects of grief “can interfere with the ability to think clearly, to make decisions and judgments, and problem solve,” Shear says.

Studies have associated bereavement with poorer memory performance and trouble concentrating.

Sense of Being Alone

Grief is often accompanied by feelings of loneliness or isolation. Intrusive thoughts about one’s loss “can be debilitating and make a person feel like they’re not connected to the world or anyone around them,” says traumatic grief counselor Joanne Cacciatore, PhD, associate professor of social work at Arizona State University.

People with prolonged grief disorder, also known as **complicated grief**, may experience “frequent insistent thoughts of the person who died, a sense of disbelief and difficulty feeling connected to other people...and a range of difficulties related to emotion regulation,” Shear says.

Depression and Substance Abuse

According to Mental Health America, a national advocacy group, prolonged grief can trigger anxiety attacks and depression. Research has found that about a quarter of people who lose their spouse experience clinical depression and anxiety in the first year.

Bereavement has been associated with substance abuse, and research published in *Substance Abuse Treatment, Prevention, and Policy* specifically found a greater risk of alcohol-related problems among bereaved men.

Heart Health and Immunity

The emotional impact of grief is often described as “heartache” or “heartbreak,” but the release of stress hormones associated with grief can cause actual cardiac problems.

“We know a fair amount about how stress affects the cardiovascular and immune systems, namely by activating both, and in vulnerable people this leads to increased rates of cardiovascular disease and cancer,” Shear says. “Acute stress can also cause something called stress cardiomyopathy, which is an acute form of cardiac illness.”

One study found that the incidence of an acute heart attack increases 21-fold within 24 hours of the death of a loved one, before declining steadily with each subsequent day. In another study, British researchers found that older people who are grieving are more likely to have weakened immune systems and develop infections.

Coping and Treatment

While potential health consequences related to grieving are a serious concern, Shear stresses that grief itself should not be treated as an illness. “Grief is the natural response to loss and when we lose someone we love, the loss is permanent and impactful, and grief is also permanent,” she says. “No one really gets over an important loss. Grief counselors often talk about positive outcome as finding a ‘new normal.’ ”

Dr. Cacciatore stresses the importance of self-care. “A person needs to take good care of themselves and their grief,” she says. “Sometimes remembering things as simple as eating well and drinking water can improve a person's quality of life. Even getting 20 minutes of sunshine outside can help.”

RELATED: Managing Grief After the Death of a Loved One

A grief specialist, whether it's a psychologist or a counselor, can help a bereaved person cope with their emotional and physical symptoms. “It provides a safe place for people to be with their grief and to remember their dead without others pressuring them to be okay,” Cacciatore says.

One of the ways Whiston-Donaldson, 44, copes with her continuing grief is by writing about it on her blog. “My coping methods have been writing, letting myself feel my feelings, and connecting with others who are hurting,” she says.

Shear agrees that sharing and connecting with others is key to finding that new normal following a loss. “We do not grieve well alone,” she says. “Part of the natural adaptive process involves reconnecting with others.”

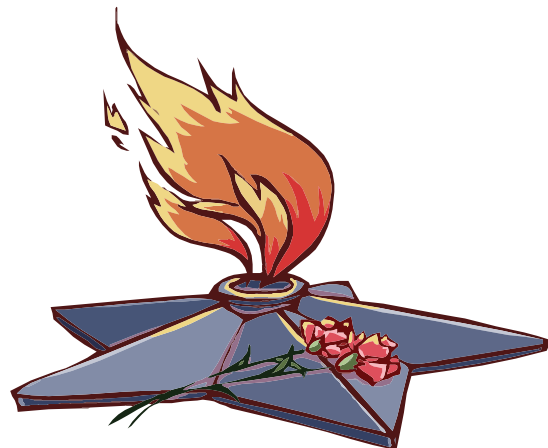
Birthdays Remembered

Cindi Talor	June	2	1975	Jesse Lamblin	July	15	1981
Gail Garcia-Hererra	June	3	1960	Denice Ann Hightower/Benson			
Brad Amack	June	4	1971		July	16	1975
Jesse Harris Pejko	June	4	1986	Elvin Landrum	July	19	1953
Clair Weaver	June	5	1940	Byris Williams	July	21	1988
Jim Gardner	June	7	1949	Levon George Griego	July	23	1984
Kathleen Annette David	June	7	1958	Ruth Ortega's son	July	23	1984
Jackie Gallegos	June	7	1966	Justin Maggard	July	24	1988
Terrell Ephriam	June	7	1993	Alexi Kaptanian	July	25	1972
Michael Ned	June	11	1964	Jordan Hood	July	25	1990
Natalie Lynn Boggs	June	12	1978	Ali Muhammad Sparks	July	26	1971
Mary Anne Southwick	June	13	1933	Marco Escobedo	July	27	1963
Danny Stanazyk	June	14	1978	Brandy DuVall	July	28	1982
Paris Lamar Davis	June	14	1981	Paul Hurtado Jr	July	29	1948
Scott Clarke	June	16	1976	Kimberly Greene-Medina	July	30	1977
Donna Wayne	June	21	1967				
Nick Thelley	June	22	1972				
Pamela Sue Alger Stone	June	25	1959				
Daniel Mauser	June	25	1983				
Robert Ursetta	June	26	1970				
Jared Whitney	June	26	1971				
Raymond Albert Nieto	June	26	1976				
Terry Sheeran	June	27	1957				
Nancy Begg Shoupp	June	29	1963				
Eddie Hairston, Jr.	June	30	1938				
Michael E. Duran Jr	July	1	1961				
Micheala Carol Hanson	July	1	1987				
Henry Kellie	July	1					
Leroy Martinez II	July	4	1973				
Joseph Nelson	July	4	1982				
Garry Gene Bailey	July	5	1972				
Matthew Boysen	July	7	1980				
Dan Suazo	July	8	1957				
David Wesley Stewart	July	8	1967				
Pamela Brandon	July	9	1957				
Alice Jane Hensley	July	9	1965				
Brandon Gushard	July	9	1969				
Dylan Lee Newman	July	10	1986				
Michael J. Loughrey	July	11	1954				
Russina Vale	July	12	1975				
Kevin Johnson	July	12	1978				
Nathan Engle	July	12	1986				
Amber Bullington	July	13	1981				
Antoinette "Toni" Clark	July	14	1985				



In Memoriam

Latoya Cisneros	June	1	1999	Tyrone Anthony Bennett	July	11	1993
David Wesley Stewart	June	2	1992	Jesus Diaz	July	11	1998
Lindsey Kay Creason	June	3	1993	Jackie Gallegos	July	12	1994
James Sanchez	June	5	2011	Russina Vale	July	12	2014
Nathan Engle	June	5	2011	Jennifer Manchego	July	14	1992
Daniel Chavez	June	6	1993	Kim Hadley	July	15	1993
Jeff Walker	June	7	1997	Brooklyn Jean Ricks	July	15	1995
Shashan S Ortiz	June	8	1986	Brooklyn Ricks	July	15	1995
Jodi Carrigg	June	9	1996	Patricia "Trisha" Green	July	16	2000
Miranoa Rose Linn Baca	June	9	2006	Trisha Green	July	16	2000
Chris Irish	June	10	1994	Jesse Harris Pejko	July	17	2008
David Blea	June	12	1997	Michael O'Fallon	July	19	1980
Edward Perez	June	12	2004	Philisia Bunting	July	19	1990
Pamela Sue Alger Stone	June	13	1982	Brandon Hurtado	July	19	1998
Donna Wayne	June	13	1986	A.J. Boik	July	20	2012
Lonnell Friend	June	16	1993	Martin "Marty" Lawrence Martinez			
Matthew Boysen	June	18	1998		July	21	1976
David Aric Rothrock	June	19	1994	Jesse Maldonado	July	22	1995
Jason Paiz	June	19	1997	Mark Antony Wilson	July	22	1997
Javad Marshall-Fields	June	20	2005	Thomas Hollar	July	23	1993
Chad Ferguson	June	20	2009	Cindy Wilson/Langlois	July	24	1986
Chad Ferguson	June	20	2010	Denice Ann Hightower/Benson			
PJ Pierce	June	21	2005		July	24	2002
Leslie Gonzales	June	23	1999	Bailey Davidson	July	24	2008
Rebecca Lynn Gonzales	June	23	1999	Amy Hill	July	24	2008
Katheryn Gonzales	June	23	1999	Troy Krause	July	27	1977
Cathlynn Morse's son	June	23	2002	Jessica Morehouse	July	30	1988
Robert Grau	June	24	2008	Dennis Sanchez	July	30	1992
Robert Grau	June	24	2008	Kathleen Annette David	July	31	1996
Eddie Wayne Hairston	June	25	1995	Sammy	July	31	2003
Kip Merry	June	26	1991	Sammy Burks	July	31	2003
Michael Julius Ford	June	26	2006	Lucinda Carbonell	July		1999
Andre` Price Jr	June	27	1995				
Randy Wesely	June	29	1988				
Tiffany Cuin	June	30	2008				
Guy Oliver Morton	June		1975				
Emily Reilly	July	1	1998				
Lynn Cannata	July	2	1987				
Carolyn Walker	July	3	1987				
Laura Hetes	July	3	1992				
Angie Fite	July	5	1998				
Marlon Horton	July	5	2002				
Michael Kramer	July	5	2014				
Cindy Stewart	July	6	1999				
Jennifer Mesa	July	8	1987				
Jeffrey B. Packard	July	8	1991				
Lysa Beth Moser	July	8	2001				
Leon Nuanes	July	11	1990				



ANNOUNCEMENTS

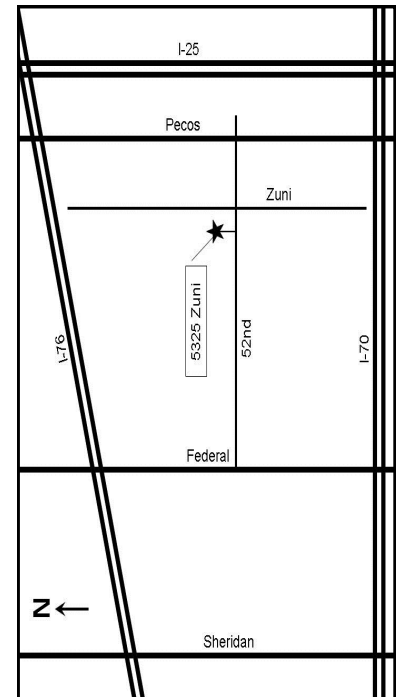
June 18 - Support Group at 7:30 PM

July 11 - VOICE Meeting 6:00 pm
Victim Service Notifications
Victim / Offender Dialogs

July 16 - POMC Board Meeting 6:00 PM
Support Group at 7:30 PM

ADDRESS SERVICE REQUESTED

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LITTLETON, CO
80160-0375



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