



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

JUN – JUL 2018

POMC Board of Directors Needs You

Would you like to help your POMC chapter? We are coming up to that time of year where we looking for new board members.

If you're interested in helping out, please contact Phil at 303-748-6395 or at POMCColorado@gmail.com

*Today, the words come slowly
To express the weight upon my heart
Missing you
Is the hardest thing I have ever had to do
The poetry and prose
Can all be summed up
In the simplest of worlds
Spoken by so many
Thought by even more*

Grief sucks

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



This years National POMC Conference is being held in the Washington DC area. For more information, go to POMC.com.

The 2019 National Conference will be held in DENVER COLORADO!!

We are looking forward to hosting the National Conference. This will give a lot more of us the opportunity to attend.



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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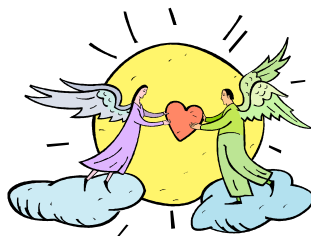
Memorials & Birthdays:
 Phil Clark, 303 748-6395

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

Pam and Art Williams
 Juli Jencek

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

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www.colorado-pomc.org

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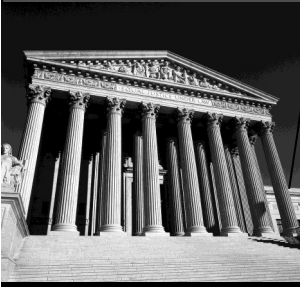
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Trials & Hearings

On April 6th, 2017, in Bondurant, Iowa, Cynthia Thye's nephew Chase, purchased a shotgun and killed his mother Charla, father Mark and his sister Tawni.

On April 30th, 2018, he was sentenced to 3 consecutive life sentences.



Grief, I've learned,
is really just love. It's all the
love you want to give, but cannot.
All that unspent love gathers
up in the corners of your eyes,
the lump in your throat, and in
that hollow part of your chest.

Grief is just love with
no place to go"

~ Jamie Anderson

lessonslearnedinlife.com

Ten Hard Truths About Grief

by Thom Dennis

#1 Some things are beyond our control - We would all prefer to live with the illusion that we are in control of our own lives, but a sudden change in the weather, an unwelcome diagnosis or a random act of violence reminds us that no one is the master of their fate. The truth is: In this life there is very little of real consequence that we can control. The challenge is to accept this reality and refocus attention on what is within our power to change. We can acknowledge our feelings and choose how we will respond to whatever life has thrown in our direction.

#2 There are consequences to being mortal -In our office there is a beautifully illustrated book called, *Lifelines*, by Bryan Mellonie and Robert Ingpen. We use it to explain death to children. When it comes to grief, we are all little children needing comfort, reassurance, and gentle age-appropriate explanations. The sad truth is that people die. In fact, everything dies. Death is a natural part of life. As much as we would like to believe our parent, spouse, sibling, child, friend or loved one will live forever, they will eventually die. In the end, even you and I will die. It's not fair, but it's part of being mortal.

#3 It's Suppose to Hurt! -Leo Buscaglia, the “Love Doctor”, once said, “the opposite of love is not hate; the opposite of love is apathy.” To say it another way, apathy means, “I don’t care.” The reason grief hurts so much is because we care deeply for the person who died. If we didn’t care, it wouldn’t hurt so much. The more we love, the more it will hurt. The two seem to be unalterably linked. To look at it a slightly different way, the pain we feel is love’s testament to the bond we shared. Should we guard our hearts against the depths of loss, we would never have the opportunity to experience the lofty heights of love.

#4 Life will Never Be the Same -The death of a loved one not only leaves a hole in our hearts that can’t be filled, it also impacts practically every other aspect of our lives. Widows and widowers report changes in their social relationships. Adults whose parents have died say they also lost their best friend or most trusted adviser. Family dynamics invariably shift when one person in the equation is taken away. The economic impact of the death can also have lasting effects. Even when we feel like we’ve adjusted to an environment without the deceased and life has returned to some degree of “normal,” life will never be the same again. Living always requires adapting to some sort of change, so finding a reason to embrace life after the death of a loved one may be challenging. Acknowledging that life will never be the same doesn’t mean that the future will be all bad.

#5 The Rest of the World Doesn’t Share Our Grief -Beyond the circle of our acquaintances, the rest of the world won’t know our loved one has died. The people we encounter on a daily basis will be focused on their own wants, oblivious to our needs and concerns. Our creditors will still require us to meet our financial obligations. Our bosses and customers will still require a certain level of job performance. Our neighbors will still be annoying. Our children will still need every ounce of what remains of our patience and praise. On the flip side, It’s a good thing that the stock market, oil prices, and the weather do not depend on the rise and fall of our moods. Even though we are grieving, it’s good news that babies are being born and the sun will rise again tomorrow morning.

#6 People Will Say Dumb Things My list of the ten most shocking and outrageous things people say to the newly bereaved is worthy of the David Letterman Show. Except, in this case the response would be gasps not laughs. From coworkers suggesting that “things could be worse,” to neighbors wondering if you plan to sell your house, I’ve come to the conclusion that most people simply don’t think before they open their mouths. People just don’t know what to say, so they try to “wing it.” Either they say something inappropriate or they err on the side of not saying anything at all. (I’m not sure which is worse.) We have the right to educate them about the comments they make, but if we can see these blunders as fumbled attempts to offer comfort, than it is easier to experience the sympathy that underlies their misspoken comments.

#7 Friends and Family Will Disappoint You -If you have friends and family who love and support you, consider yourself blessed. There are lots of folks who don’t have a built-in support network and when their loved one dies, they have to start from scratch. One of the most common laments I hear in support groups is the failure of family and friends to offer the kind of support that we need. I encourage people to consider the temperament of each of the people in their circle of support. Are they generally a good listener? If not, is it fair to expect them to change now? Remember that each family member had a different relationship with the deceased. Consequently, their grief will look different from yours. If your spouse hasn’t lost a parent, they may not “get it” when your parent dies. Best friends may not know how to react, so they might pull away. You may feel like a third wheel at social gatherings. You may need to be more direct when it comes to expressing your needs. It may also take some time, but you will gravitate toward people who have 2 experienced a similar type of loss. You will find additional sources of support. You will hear from old friends, or an acquaintance may step forward to fill the void.

#8 We Have to be Assertive -It’s not easy to ask for help. But that is exactly what we have to do if we want our needs to be met. Whether it’s legal, financial, or cooking, we have to ask for advice. Whether it’s respect, intimacy needs, or driving directions, we have to be more assertive. What is the alternative? Also, we will have to mention our loved one’s name at the family or holiday gathering, because most people will be afraid to say it out fear that it might upset us. Little do they know that our departed loved one’s name is sweeter to us than our own.

#9 Decisions Still Have to be Made -Immediately following a death in the family, certain decisions have to be made. Hopefully, there are people around to share the burden, but more often than not, the sole responsibility falls on our shoulders. As time passes, the business of life requires that other decisions be made. Our loved one may have been our most trusted advisor or decision-making partner; and yet, we still have to make important decisions. We will make some mistakes, but we will learn from them. If we choose to accept the challenge, we will grow from this experience and become stronger and wiser.

#10 There is No Time Frame and No Road Map for Grief -If grief were on a time clock, we could punch in and punch out at our own convenience. That way, we could schedule our tears to fit neatly into daily life. If someone offered a roadmap for grief, we could take a shortcut or bypass the tricky spots. Everyone grieves in their own way and at their own pace, so don’t let other people project their discomfort with grief onto you. Stop and take a break when you need it. This is not a race. Linger along the back roads of memory; it is there that treasures will be found.

Birthdays Remembered

Cindi Talor	6	2	1975	Jesse Lamblin	7	15	1981
Gail Garcia-Hererra	6	3	1960	Denice Ann Hightower/Benson			
Brad Amack	6	4	1971		7	16	1975
Jesse Harris Pejko	6	4	1986	Elvin Landrum	7	19	1953
Clair Weaver	6	5	1940	Byris Williams	7	21	1988
Clarence Thomas	6	6	1983	Levon George Griego	7	23	1984
Jim Gardner	6	7	1949	Ruth Ortega's son	7	23	1984
Kathleen Annette David	6	7	1958	Justin Maggard	7	24	1988
Jackie Gallegos	6	7	1966	Alexi Kaptanian	7	25	1972
Michael Ned	6	11	1964	Jordan Hood	7	25	1990
Natalie Lynn Boggs	6	12	1978	Ali Muhammad Sparks	7	26	1971
Mary Anne Southwick	6	13	1933	Marco Escobedo	7	27	1963
Danny Stanazyk	6	14	1978	Brandy DuVall	7	28	1982
Paris Lamar Davis	6	14	1981	Paul Hurtado Jr	7	29	1948
Scott Clarke	6	16	1976	Kimberly Greene-Medina	7	30	1977
Donna Wayne	6	21	1967				
Nick Thelley	6	22	1972				
Pamela Sue Alger Stone	6	25	1959				
Daniel Mauser	6	25	1983				
Robert Ursetta	6	26	1970				
Jared Whitney	6	26	1971				
Raymond Albert Nieto	6	26	1976				
Terry Sheeran	6	27	1957				
Nancy Begg Shoupp	6	29	1963				
Eddie Hairston, Jr.	6	30	1938				
Michael E. Duran Jr	7	1	1961				
Micheala Carol Hanson	7	1	1987				
Henry Kellie	7	1					
Leroy Martinez II	7	4	1973				
Joseph Nelson	7	4	1982				
Garry Gene Bailey	7	5	1972				
Abraham Hansen	7	6	1995				
Matthew Boysen	7	7	1980				
Dan Suazo	7	8	1957				
David Wesley Stewart	7	8	1967				
Pamela Blandon	7	9	1957				
Alice Jane Hensley	7	9	1965				
Brandon Gushard	7	9	1969				
Dylan Lee Newman	7	10	1986				
Michael J. Loughrey	7	11	1954				
Russina Vale	7	12	1975				
Kevin Johnson	7	12	1978				
Nathan Engle	7	12	1986				
Amber Bullington	7	13	1981				
Toni Clark	7	14	1985				



In Memoriam

Latoya Cisneros	6	1	1999	Lysa Beth Moser	7	8	2001
David Wesley Stewart	6	2	1992	Leon Nuanes	7	11	1990
Lindsey Kay Creason	6	3	1993	Tyrone Anthony Bennett	7	11	1993
James Sanchez	6	5	2011	Jesus Diaz	7	11	1998
Nathan Engle	6	5	2011	Jackie Gallegos	7	12	1994
Daniel Chavez	6	6	1993	Russina Vale	7	12	2014
Jeff Walker	6	7	1997	Jennifer Manchego	7	14	1992
Shashan S Ortiz	6	8	1986	Kim Hadley	7	15	1993
Jake	6	8	2016	Brooklyn Jean Ricks	7	15	1995
Jodi Carrigg	6	9	1996	Patricia "Trisha" Green	7	16	2000
Miranoa Rose Linn Baca	6	9	2006	Trisha Green	7	16	2000
Chris Irish	6	10	1994	Amber Carlson	7	16	2006
David Blea	6	12	1997	Jesse Harris Pejko	7	17	2008
Edward Perez	6	12	2004	Michael O'Fallon	7	19	1980
Pamela Sue Alger Stone	6	13	1982	Philisia Bunting	7	19	1990
Donna Wayne	6	13	1986	Brandon Hurtado	7	19	1998
Lonnell Friend	6	16	1993	A.J. Boik	7	20	2012
Matthew Boysen	6	18	1998	Martin "Marty" Lawrence Martinez			
David Aric Rothrock	6	19	1994		7	21	1976
Jason Paiz	6	19	1997	Jesse Maldonado	7	22	1995
Javad Marshall-Fields	6	20	2005	Mark Antony Wilson	7	22	1997
Chad Ferguson	6	20	2009	Thomas Hollar	7	23	1993
PJ Pierce	6	21	2005	Cindy Wilson/Langlois	7	24	1986
Katheryn Gonzales	6	23	1999	Denice Ann Hightower/Benson	7	24	2002
Leslie Gonzales	6	23	1999	Amy Hill	7	24	2008
Rebecca Lynn Gonzales	6	23	1999	Bailey Davidson	7	24	2008
Cathlynn Morse's son	6	23	2002	Troy Krause	7	27	1977
Robert Grau	6	24	2008	Jessica Morehouse	7	30	1988
Eddie Wayne Hairston	6	25	1995	Dennis Sanchez	7	30	1992
Anne Elise Gibson	6	25	2017	Kathleen Annette David	7	31	1996
Kip Merry	6	26	1991	Sammy Burks	7	31	2003
Michael Julius Ford	6	26	2006	Lucinda Carbonell	7		1999
Andre` Price Jr	6	27	1995				
Randy Wesely	6	29	1988				
Tiffany Cuin	6	30	2008				
Guy Oliver Morton	6		1975				
Emily Reilly	7	1	1998				
Lynn Cannata	7	2	1987				
Zoey Espinoza	7	2	2005				
Carolyn Walker	7	3	1987				
Laura Hetes	7	3	1992				
Kurt Gillotte	7	3	2016				
Angie Fite	7	5	1998				
Marlon Horton	7	5	2002				
Michael Kramer	7	5	2014				
Cindy Stewart	7	6	1999				
John Wann	7	6	2015				
Jennifer Mesa	7	8	1987				
Jeffrey B. Packard	7	8	1991				



ANNOUNCEMENTS

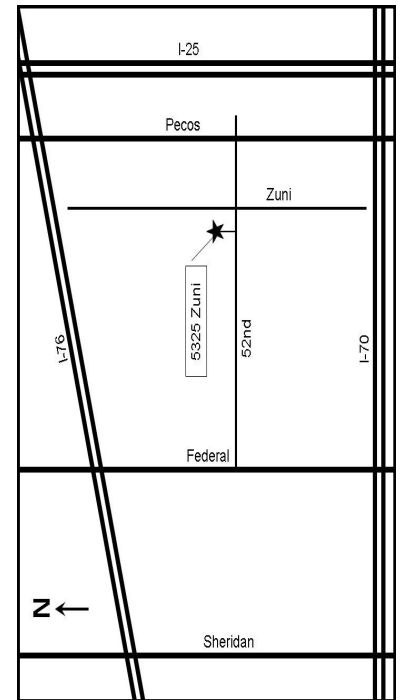
Jun 16 - Support Group at 7:30 PM

Jul 21 - Board Meeting at 6:00
Support Group at 7:30 PM

Aug 18 - Support Group at 7:30 PM

ADDRESS SERVICE REQUESTED

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



We meet in the cafeteria of the CenturyLink Building at 5325 Zuni in Denver on the 3rd Saturday. The entrance to parking is on 52nd.