



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

JUNE–JULY 2014

Summer Months

The days are longer, the sun shines brighter, signs of growth and change are happening all around us, so why do we still feel depressed and gloomy? Those “tough” days are behind us, but this time of year can be just as difficult as the winter holidays with upcoming family vacations, several more national celebrations and what I feel can be the most difficult...Mother’s Day and Father’s Day. These milestones can impact you in a very personal way when you’ve lost a child. Every day is a new day filled anxiety, uncertainty and dread.

Have you ever asked yourself these questions?

Can I still celebrate Mother’s Day and Father’s Day when I have lost a child?

People ask me how many children I have. What should I say?

I feel guilty for celebrating. Is this normal?

You will always be a parent. You’re child was here and that counts. Some of us are comfortable talking about our kids, some are not. There is no right way to deal with this; you need to do what’s right for you. This isn’t about making other people feel comfortable, it’s about you making it through another milestone.

Joining us for POMC meetings can help you cope with these emotions and questions. If you’ve found ways to cope with times like this, please come and show support for those that are beginning their journey.

POMC National Conference

The 28th Annual **Parents Of Murdered Children, Inc. National Conference (POMC)** is being held in Rochester, Minnesota on August 14 - 17, 2014, at the Kahler Grand Hotel. The theme for the conference is "Rebuilding Shattered Lives: Renewing Hope for Tomorrow." You can register for the conference on the website www.pomc.org.

The Office of Victims Of Crime notified us that we are approved for Conference scholarships. The scholarship application is on the POMC website. The reimbursement is for the hotel **only**. The scholarship is for \$240.00 which is for 3 nights at \$80.00 per night (You will be responsible for the remainder of hotel bill). You must stay for all **3 nights** of the conference. You have to pay for the hotel bill at time of departure and send receipts into the National Office before you will be reimbursed a check for \$240.00.

JULY 14 IS DATE FOR NEXT VOICE FORUM

Once again all victims of crime are invited to the quarterly VOICE (Victims Organized in Correctional Exchange) meeting to be held:

Where: District 3 Denver Police Station
1625 S University Blvd
Denver, Colorado

When: Monday, July 14, 2013

Time: 6:00 – 8:30 PM.

(Ample free parking is available)

VOICE is a quarterly forum providing victims the opportunity to engage with Department of Correction officials in constructive dialogue about DOC operations.



PARENTS OF MURDERED CHILDREN NATIONAL OFFICE—CINCINNATI, OHIO

POMC

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 bi-monthly 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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Robert Curnow, 303 948-3494

Healing & Bereavement

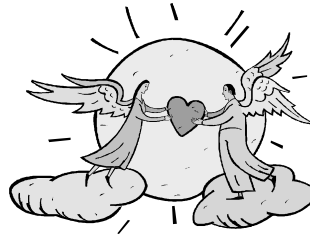
Resources:

Barbara Kaptanian, 303-792-5432

Trials and Hearings:

Tom Rasser, 303 798-2841

Love Gifts



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

Tom and Nancy are on vacation and the donations we received this month will be posted in the next newsletter.

Have a great summer.

New Members

Tim & Gale Boonstra

Robin Paquet

Seajaye Sillaser

Donna Tate

Susan Ascitutto

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

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(7662)



Trials & Hearings

No trial information for this month.

Judi's House has expanded their age range for support.

The death of a loved one can be an overwhelming experience for anyone. For a child, whose entire experience of the world is defined by their connection to a handful of people, the death of one of those people can be isolating, confusing, life-altering ... devastating. While other family members are overcome with their own experience of grief and loss, children often become forgotten mourners.

At Judi's House, children, teens and young adults ages 3-25 have the opportunity to participate in support groups with youth their own age who have had similar experiences of bereavement. Children and their adult caregivers learn healthy coping mechanisms for dealing with the death of a loved one. Through programs such as Pathfinders, highlighted in the video above families are given the freedom to grieve in their own way and at their own pace, and ultimately learn that hope and healing are possible. **Find more information on Judi's House at www.judishouse.org**

To Be A Man In Grief

(Author Unknown)

To be a man in grief,

Since "men don't cry" and "men are strong",

No tears can bring relief.

It must be very difficult to stand up to the test
and field calls and visitors so she can get some rest.

They always ask if she's alright and what she's going through,
But seldom take his hand and ask, "My friend, but how are you?"

He hears her crying in the night and thinks his heart will break.
He dries her tears and comforts her, but "stays strong" for her sake.

It must be very difficult to start each day anew
And try to be so very brave. He lost his child too.

From Barb Kaptanian

The Work of Mourning What Might I Expect?

Alan D. Wolfelt, Ph.D., the founder and director of the Center for Loss and Life Transition in Fort Collins, Colorado, is an internationally known consultant for grief and loss and devotes much of his life to the issues surrounding the wounds of the bereaved. He is the author of numerous publications and a much-in-demand speaker and educator. The information described in this brief column will be taken from his booklet *Understanding Grief – Helping Yourself to Heal*. A compassionate guide to coping with the death of someone loved, Wolfelt states that in... “helping yourself to heal in grief stems from a very personal commitment of wanting to heal.” He hopes that his book will create a safe place to embrace the grief experience and freedom to express it. “The death of someone loved changes life forever and repressing or denying the pain will not make it go away. But moving toward your pain will help you heal.”

ADW writes that grief is not something we as human beings “get over.” Instead, it is something we “live with.” How we learn to live with the new person we must become after horrific loss is a process and entails exploration in how you think and feel right now and embracing your own unique journey into grief. This will be the hardest work you will ever do calling on your emotional, physical, intellectual and spiritual energy. No, you can’t skirt around the edges; you must go directly through the process. So with this in mind, Wolfelt highlights some of the common myths about grief and mourning and also lists why *your grief is unique* and what your rights are as a mourner. Briefly:

My Grief is Unique

Factor 1	The nature of the relationship with the person who died
Factor 2	Circumstances surrounding the death
Factor 3	Circumstances surrounding your support system
Factor 4	Your unique personality
Factor 5	The unique personality of the person who died
Factor 6	Your own cultural background
Factor 7	Your religious or spiritual background
Factor 8	Other crises or stresses in your life
Factor 9	Your biological sex
Factor 10	The ritual or funeral experience

12 Freedoms of Healing in Grief

Freedom 1	You have the freedom to realize your grief is unique! No one grieves in the same way. Take a one-day-at-a-time approach that allows you to grieve at your own pace.
Freedom 2	You have the freedom to talk about your grief! Allow yourself to speak from your heart and express your grief openly. Find caring friends, relatives, counselors who will listen without judging.
Freedom 3	You have the freedom to expect to feel a multitude of emotions! <i>A normal</i> part of the grief process is feeling a myriad of emotions: confusion, disorganization, fear, guilt, relief, explosive emotions – these may come one after the other or even simultaneously. Again,

- these are natural responses.
- Freedom 4 You have the freedom to allow for numbness!
Feeling dazed or numb serves a valuable purpose: it gives your emotions time to catch up with what your mind has told you and helps create insulation from the reality of the death until you can tolerate what you don't want to believe.
- Freedom 5 You have the freedom to be tolerant of your physical and emotional limits!
Feelings of fatigue, inability to think clearly, impaired decision making, are common. Nurture yourself, get daily rest, eat balanced meals, lighten your schedule.
- Freedom 6 You have the freedom to experience grief attacks or memory embraces!
A surge of grief may overwhelm you and can be frightening. This is natural.
- Freedom 7 You have the freedom to develop a support system!
Reach out to others and accept support with someone who can encourage you and acknowledge your feelings.
- Freedom 8 You have the freedom to make use of ritual!
Ritual acknowledges the death, provides you with support, and allows you a way to freely express grief outside yourself rather than repressing feelings. And importantly, allows you and others to pay tribute to the one you lost.
- Freedom 9 You have the freedom to embrace your spirituality!
Freely express the faith that seems appropriate to you.
- Freedom 10 You have the freedom to allow a search for meaning!
Questions such as, "Why did he/she die?" "Why this way?" "Why now?" Some questions may have answers, many will not. Pose these questions, talk and think them through, allow yourself the freedom not to have all the answers. The search for meaning is a normal process.
- Freedom 11 You have the freedom to treasure your memories!
Memories are one of the best legacies that exist after a loved one dies. Treasure them – laugh, cry, remember.
- Freedom 12 You have the freedom to move toward your grief and heal!
The capacity to love requires the necessity to grieve. It takes time; it is a process, not an event. Be patient and tolerant with yourself and have no expectations for the journey. The death of your child changes your life forever. You are a new you!

Common Myths about Grief and Mourning

- Myth #1 Grief and mourning are the same experiences
- Myth #2 The experiences of grief and mourning progress in predictable and orderly stages
- Myth #3 Move away from grief, not toward it
- Myth #4 Following the death of someone loved, the goal should be to "get over" your grief as soon as possible
- Myth #5 Tears expressing grief are only a sign of weakness

Caution: Do NOT surround yourself with people who adhere to these myths and who may be insensitive to your needs, who judge you, and who are unable to emotionally support you in your grief process, where you are right now! It is important that you experience the grief journey you deserve!

A valuable tool for helping yourself in the grieving process: Understanding Grief – Helping Yourself Heal
By Alan D. Wolfelt, Ph.D. Accelerated Development Inc. Publishers ISBN 1-55959-038-6
I strongly advocate taking the time to care for yourself in the best way possible! You're worth it! Blessings, Barb

Birthdays Remembered

Cindi Talor, June 2, 1975
Gail Garcia-Herrera, June 3, 1960
Brad Amack, June 4, 1971
Jesse Harris Pejko, June 4, 1986
Clair Weaver, June 5, 1940
Jim Gardner, June 7, 1949
Kathleen Annette David, June 7, 1958
Jackie Gallegos, June 7, 1966
Michael Ned, June 11, 1964
Mary Anne Southwick, June 13, 1933
Danny Stanazyk, June 14, 1978
Paris Lamar Davis, June 14, 1981
Scott Clarke, June 16, 1976
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
Kevin Johnson, July 12, 1978
Nathan Engle, July 12, 1986
Amber Bullington, July 13, 1981
Antoinette "Toni" Clark, July 14, 1985
Jesse Lamblin, July 15, 1981
Denice Ann Hightower/Benson, July 16, 1975
Elvin Landrum, July 19, 1953
Levon George Griego, July 23, 1984
Ruth Ortega's son, July 23, 1984
Justin Maggard, July 24, 1988
Alexi Kaptanian, July 25, 1972
Jordan Hood, July 25, 1990
Ali Muhammad Sparks, July 26, 1971
Marco Escobedo, July 27, 1963
Brandy DuVall, July 28, 1982
Paul Hurtado Jr., July 29, 1948
Kimberly Greene-Medina, July 30, 1977



In Memoriam

- Latoya Cisneros**, June 1, 1999
David Wesley Stew, June 2, 1992
Lindsey Kay Creason, June 3, 1993
James Sanchez, June 5, 2011
Nathan Engle, June 5, 2011
Daniel Chavez, June, 1993
Jeff Walker, June 7, 1997
Shashan S Ortiz, June 8, 1986
Jodi Carrigg, June 9, 1996
Miranoa Rose Linn Baca, June 9, 2006
Chris Irish, June 10, 1994
David Blea, June 12, 1997
Edward Perez, June 12, 2004
Pamela Sue Alger Stone, June 13, 1982
Donna Wayne, June 13, 1986
Lonnell Friend, June 16, 1993
Matthew Boysen, June 18, 1998
David Aric Rothrock, June 19, 1994
Jason Paiz, June 19, 1997
Javad Marshall-Fields, June 20, 2005
Chad Ferguson, June 20, 2009
PJ Pierce, June 21, 2005
Leslie Gonzales, June 23, 1999
Rebecca Lynn Gonzales, June 23, 1999
Katheryn Gonzales, June 23, 1999
Cathlynn Morse's son, June 23, 2002
Robert Grau, June 24, 2008
Eddie Wayne Hairston, June 25, 1995
Kip Merry, June 26, 1991
Michael Julius Ford, June 26, 2006
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
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
Tyrone Anthony Bennett, July 11, 1993
Jesus Diaz, July 11, 1998
Jackie Gallegos, July 12, 1994
Jennifer, July 14, 1992
Kim Hadley, July 15, 1993
Brooklyn Jean Ricks, July 15, 1995
Patricia "Trisha" Green, July 16, 2000
Jesse Harris Pejko, July 17, 2008
Donald Hubbard, July 18, 2011
Michael O'Fallon, July 19, 1980
Philisia Bunting, July 19, 1990
Brandon Hurtado, July 19, 1998
A.J. Boik, July 20, 2012
Martin "Marty" L. Martinez, July 21, 1976
Jesse Maldonado, July 22, 1995
Mark Antony Wilson, July 22, 1997
Thomas Hollar, July 23, 1993
Cindy Wilson/Langlois, July 24, 1986
Denice Ann Hightower/Benson, July 24, 2002
Bailey Davidson, July 24, 2008
Amy Hill, July 24, 2008
Troy Krause, July 27, 1977
Jessica Morehouse, July 30, 1988
Dennis Sanchez, July 30, 1992
Kathleen Annette David, July 31, 1996
Sammy Burks, July 31, 2003
Lucinda Carbonell, July, 1999



ANNOUNCEMENTS

June 21 - Support Group at 7:30 PM

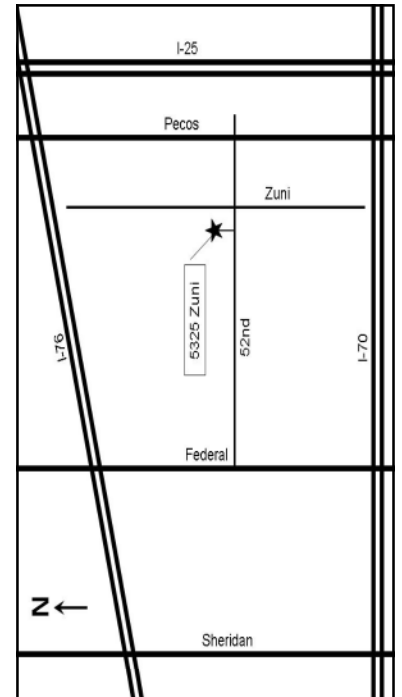
July 14 - VOICE Forum
(see Pg 1 for details)

July 19 - Board Meeting at 6:00 PM
Support Group at 7:30 PM

August 14-17 - National POMC Conference

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**