



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

November 2020

ANNOUNCEMENTS

Effectively Immediately — The Front Range Chapter has a new mailing address:
18121 E. Hampden Ave Unit C #145
Aurora, CO 80013

Looking for Some Extra Support?

Tending to Our Grief in Autumn: A Courage & Renewal® Retreat

VENUE:

Zoom*— with gracious time off camera!

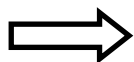
SCHEDULE:

Friday, November 13th Introductory & Grounding Session
10:00 a.m. – 12:30 p.m. MT
Saturday, November 14th Tending Our Personal Grief
8:00 a.m. – 2:30 p.m. MT
Saturday, November 21st Tending Our Collective Grief
8:00 a.m. – 2:30 p.m. MT

COST:

A gift of support of your choosing

Registration Deadline: Monday, November 9th.



For More Information:

<http://www.couragerenewal.org/events/tendinggriefautumn2020/>



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.

<p>LEADER Phil Clark 303-748-6395 POMCColorado@gmail.com Other Resources: Healing & Bereavement, Trials and Hearings</p>	<p>SECRETARY Juli Jenicek 720-666-2993</p>	<p>TREASURER Tiffany Starrett 303-601-2416 trstarrett@comcast.net Other Resources: Newsletter Editor, Roster & Mailing List, Memorials & Birthdays</p>
<p>BOARD MEMBER Andy Starrett 303-601-4165</p>	<p>BOARD MEMBER Julie Rudnick 720-822-6551</p>	<p>OTHER CONTACTS Joe Cannata, 303-345-7301 Kaye Cannata, 720-366-4165 kaknota@aol.com</p>
<p>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)</p>	<p>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.</p> <p>Newsletter Feedback: We are OPEN to receiving! Comments and suggestions can be emailed to the Editor and/or POMCColorado@gmail.com.</p>	



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 trial is scheduled for April 7, 2020.

The trial has been rescheduled to June 16, 2020.

The trial has been rescheduled to August 4, 2020.

The trial has been rescheduled to September 22, 2020.

The trial has been rescheduled to February 9, 2021.



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

18121 E. Hampden Ave Unit C #145

AURORA, CO 80013

PAYPAL ACCOUNT : pomccolorado@gmail.com

Donations are tax-deductible Federal ID 31-1023437



COMFORT CORNER: GRIEF

7 Worst Things You Can Do When You're Grieving ***By Amy Schlinger Jun 1, 2017***

We as humans grieve because we love, and it's the natural response to a loss. "It's a way to acknowledge and honor who or what was lost," explains Mary Martineau, LCSW, MSW, a grief therapist in Salt Lake City. "We must move through grief, not by 'getting over it' or 'moving on' but by experiencing it wholly, which takes time."

While there's no "incorrect" way to grieve, it's common to respond by doing things that actually make it harder for you to process the loss and move forward. Here are several reactions you should try to side-step so you can focus on healing. (Want to pick up some healthier habits? Sign up to get healthy living tips, weight loss inspiration, slimming recipes and more delivered straight to your inbox!)

Turning to alcohol and drugs

Many people use alcohol and illegal substances to forget about the pain they're going through—but the fix is only temporary. "Alcohol and other drugs numb people's feelings, however they block the person from moving through the grieving process," explains Denise Tordella, MA, LPC, a therapist in Alexandria, Virginia. Once sober, you'll be right back where you started. Plus, you also the possibility of going too far, hurting yourself, and possible overdosing.

Keeping yourself uber-busy

Distracting yourself with work, household chores, and other activities might help some individuals, but it's not a cure-all. Most people need to devote some time and energy to feeling the loss, says Martineau. "Be kind to yourself, and rest when you need to. It takes time to move through grief." So if you feel like spending the day on the couch watching television, do just that.

Cutting yourself off from the world

Grieving is a difficult process, and keeping your thoughts and feelings bottled up may lead to more stress and anxiety. Yes, you may need quiet time alone, but "sometimes a loss needs to be talked about over and over again in order to process what has happened," says Rita Morgan, MA, LMHC, a therapist in New York City. "Seeing a mental health professional or joining a loss support group can be helpful and healing."

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Making big life decisions or drastic changes

After losing a loved one, you might feel like you need a fresh start. But it's usually a good idea to hit the pause button before selling your house, quitting your job, or breaking up with a long-term partner. Any of those things might turn out to be right for you, but it's hard to think clearly while you're still reeling. "When people experience loss, initially they may be numb, confused, distressed, fearful or overwhelmed," explains Tordella. "We do not want to make life decisions from these parts of ourselves. Instead, focus on what needs to be done immediately to establish a sense of safety and stability." Save big decisions for when your emotions have settled.

Being hard on yourself

If you're not feeling up to your usually daily routine, that's OK, especially immediately after a loss. "Learn to prioritize, set small goals, and be kind to yourself," says Martineau. "If today isn't the day to get it done, there is always tomorrow." Cut yourself a break and know that you'll get back to your "normal" eventually.

Neglecting basic self-care

If your appetite has vanished and you're finding it hard to sleep at night, that's typical. But try not to let these issues linger too long. "Survivor's guilt can sometimes have a way of stopping us from taking care of ourselves in a sufficient manner, thereby impairing our health," explains Morgan. Even if you're not hungry, try eating small meals throughout the day, and nap when you're feeling tired.

Ignoring serious depression

Grief can look a lot like depression, but they aren't the same. One important distinction is that grief tends to lessen over time. "If you are finding it difficult to function after the first few weeks or month, or you're feeling helpless, hopeless, and/or worthless, then you may be experiencing clinical depression," explains Martineau. "Your healthcare provider can refer you for counseling and/or medication if applicable." If you are having thoughts of harming yourself or others, call a crisis line or go to the nearest emergency room right away.



For More Information:

<https://www.prevention.com/life/a20463195/7-worst-things-you-can-do-when-youre-grieving/>



COMFORT CORNER: SELF CARE

- 30 days of self care -

1 Print pictures & display them somewhere.	2 Drink coffee in bed.	3 Wear your favorite outfit to work.	4 Read for pleasure.	5 Have a dance party.	6 Bake something yummy.	7 Get out in nature.
8 Write a letter to yourself or a loved one.	9 Meditate.	10 Take back your morning.	11 Buy your favorite wine. Have a glass.	12 Light a new candle.	13 Turn off your phone for 30 minutes.	14 Take a bubble bath or long shower.
15 Treat yourself to breakfast.	16 Pop champagne. Just because.	17 Write a bucket list.	18 Wear lipstick. Or ditch makeup all together.	19 Plan a trip.	20 Visit your favorite coffee shop.	21 Have dessert.
22 Write a gratitude list.	23 Cook dinner. Or order out from your favorite place.	24 Buy yourself flowers.	25 Do your nails or get them done.	26 Wear your favorite workout outfit & actually workout.	27 Watch your favorite trashy TV show.	28 Go to church. Pray. Or just sit quietly.
29 Do a face mask.	30 Take time to reflect & journal.	<i>- invest in yourself -</i>				



MINDFUL MEMES

"As far as I can see, **grief will never truly end in this lifetime**. It may become softer over time, more gentle, and some days will feel sharp. But *grief will last as long as love does* - **forever**. It's simply the way the physical absence of your loved one manifests in your heart - a deep longing, accompanied by the deepest love. Some days, the heavy fog may return, and the next day, it may recede once again. It's all an ebb and flow, a constant **dance of sorrow and joy, pain and sweet love**."



BIRTHDAYS REMEMBERED

Marquis Garcia	11	2	1992
Kurt Gillotte	11	4	1970
Rickey Ritter	11	4	1981
Ralph Earl Pettis	11	5	1928
Cassie Bernal	11	6	1981
Phillip Rose Jr.	11	6	1969
Tami Medina	11	6	1977
Thomas Hollar	11	6	1992
Jamie Paine	11	7	1979
Julie Gordy	11	7	1958
Polly Elizabeth Sullivan	11	7	1954
Stoneham Farris	11	7	1973
Gina Padilla	11	9	1983
Shashan S Ortiz	11	9	1980
Conrad Duran	11	10	1984
Kacey Hegerlein	11	12	1990
Paula Ross Stiner	11	13	1966
John C. Abeyta	11	15	1977
Sammy Burks	11	16	1987
Lynn Cannata	11	17	1966
Kimberlie Rose Urstadt	11	18	1990
Jessica Ann Arredondo	11	20	1967
Ally Raber	11	21	1998
Virginia Sakala / Russo	11	21	1964
Ron Haynes	11	22	1979

Laura Hetes	11	23	1968
Linnea Dick	11	23	1987
Marcos Torres	11	24	1978
Douglas "Dougie" Charles	11	25	1957
Eddie Garcia	11	25	1978
Chris Stockwell	11	26	1982

*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

Alan Little	11	0	2003
Sgt. Lyle Wohlers	11	4	1992
Larry Carmichael	11	6	1988
Cymone Duran	11	8	2018
Randy Arlin Russom	11	8	1983
Ibrahim Bradley	11	9	1996
Joseph Nelson	11	10	2005
Pamela Brandon	11	12	1991
Justin Maggard	11	13	2009
Tiffany Brill Jarmon	11	13	2008
Melodie Robertson	11	14	2003
Zoie Alexa Martin-Macko	11	16	2015
Loren Holcom	11	16	2001
Lorren Holcomb	11	16	2001
Michael Adams	11	16	1985
Justin A. Archuleta	11	17	1996
Justin Andrew Archuleta	11	17	1996
Justin Archuleta	11	17	1996
Patrick Murphy	11	17	2016
Raymond Albert Nieto	11	17	1996
ChristineWaegele	11	18	1993
Jan Mariano	11	19	1991
Jesse Lamblin	11	19	1996
Buffy Rice Donahue	11	21	1993
Jakob Montoya	11	21	2019
Kayden Montoya	11	21	2018
Matthew Foley	11	21	1996

Cody Faust	11	22	2002
John LaRose	11	22	2009
Blaine Eric Noble	11	23	1993
Diane J. Caldwell	11	23	1998
Pedro A. Dominguez	11	23	2015
Danny Steve McQueen	11	25	1992
Gregory Scott Stone	11	25	1992
Jessica Ann Arredondo	11	25	1988
Geronimo Maestas	11	26	1993
H Gregory Jukiewicz	11	26	1994
Martel Thomas	11	26	2013
JaSon Ortiz	11	27	1994
Julie Gordy	11	28	1982
Linda Zambotti	11	28	1996
Ali Muhammad Sparks	11	29	1998
Angel Delgado	11	29	2005



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

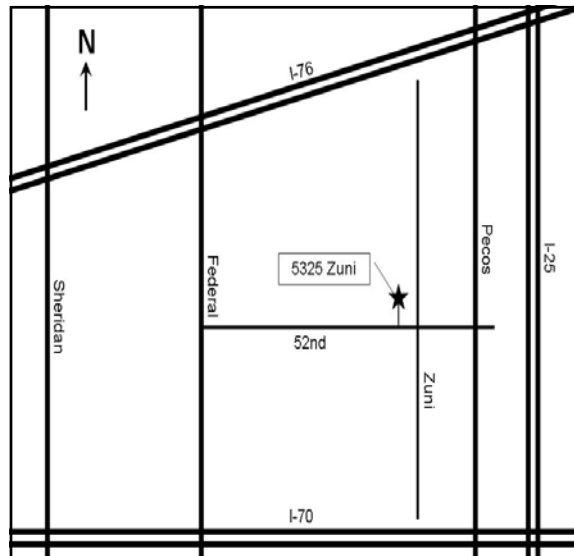
September 19*

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
18121 E. Hampden Ave Unit C #145
Aurora, CO 80013

ADDRESS SERVICE REQUESTED