



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

OCT – NOV 2018

*The 2018 National POMC Conference
was held in the Washington DC area.*

*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.
More information to come.*

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

64 Tips for Coping with Grief at the Holidays

Author Unknown

Back in the beginning of October I made this random list of 64 things I wish someone had told me about grief. We got approximately a zillion amazing comments with the things you wish someone had told you about grief to add to the list. With December upon us, your amazing comments have inspired me to make another list. This time about holiday grief, in hopes that we may get a zillion more comments with your thoughts and suggestions for dealing with grief at the holidays.

So, here it is—64 pro-tips for coping with grief at the holidays. Why 64 things? Eh, why not 64 things? Take some..leave some..love some..hate some. Because the holidays are tough for all of us, the least we can do are share our tips and tricks with one another so make the season just a smidge more tolerable.

- 1 Acknowledge that the holidays will be different and they will be tough.
- 2 Decide which traditions you want to keep.
- 3 Decide which traditions you want to change.

(continued on page 4)

*I believe that
tears can heal
that memories
can comfort
and
Love lives on
forever*



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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 Phil Clark, 303 748-6395

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

Healing & Bereavement Resources:
 Phil Clark, 303-748-6395

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.

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

New Members

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

Web Site
www.colorado-pomc.org

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Trials & Hearings

The trial Patrick, Cheryl Murphy's son, has been postponed until March 11th. The trial is being held at the Arapahoe County Justice Center in Centennial.

Comfort Food Pumpkin Chocolate Chip Cookies

Ingredients

1 cup canned pumpkin	1 cup white sugar
1/2 cup vegetable oil	1 egg
1 teaspoon vanilla extract	2 cups all-purpose flour
2 teaspoons baking powder	1 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg	1/2 teaspoon baking soda
1 teaspoon milk	1 cup semisweet chocolate chips
1/2 cup chopped walnuts	

Directions

1. Preheat oven to 375 degrees F (190 degrees C)
2. Mix in a large bowl, pumpkin, sugar, vegetable oil, egg and vanilla. Blend well
3. In a separate bowl, combine flour, baking powder, cinnamon, nutmeg, and baking soda
4. Stir in pumpkin mixture, and add the milk. Blend well
5. Stir in the chocolate chips and nuts
6. Use teaspoon to drop cookies on baking sheet
7. Bake 8 - 10 minutes

Serves 18 (3 dozen)

Continued from page 1

64 Tips for Coping with Grief at the Holidays

- 4 Create a new tradition in memory of your loved one.
- 5 Decide where you want to spend the holidays – you may want to switch up the location, or it may be of comfort to keep it the same. Either way, make a conscious decision about location.
- 6 Plan ahead and communicate with the people you will spend the holiday with in advance, to make sure everyone is in agreement about traditions and plans.
- 7 Remember that not everyone will be grieving the same way you are grieving.
- 8 Remember that the way others will want to spend the holiday may not match how you want to spend the holiday.
- 9 Put out a ‘memory stocking’, ‘memory box’, or other special place where you and others can write down memories you treasure. Pick a time to read them together.
- 10 Light a candle in your home in memory of the person you’ve lost.
- 11 Include one of your loved one’s favorite dishes in your holiday meal.
- 12 Be honest. Tell people what you DO want to do for the holidays and what you DON’T want to do.
- 13 Make a donation to a charity that was important to your loved one in their name.
- 14 Buy a gift you would have given to your loved one and donate it to a local charity.
- 15 If you are feeling really ambitious, adopt a family in memory of your loved one. This can often be done through a church, salvation army, or good will.
- 16 See a counselor. Maybe you’ve been putting it off. The holidays are especially tough, so this may be the time to talk to someone.
- 17 Pick a few special items that belonged to your loved one and gift them to friends or family who will appreciate them.
- 18 Make a memorial ornament, wreath, or other decoration in honor of your loved one.
- 19 If you have been having a hard time parting with your loved one’s clothing, use the holidays as an opportunity to donate some items to a homeless shelter or other charity.
- 20 Send a holiday card to friends of your loved one who you may regret having lost touch with.
- 21 Visit your loved one’s gravesite and leave a grave blanket, wreath, poinsettia, or other meaningful holiday item.
- 22 Play your loved one’s favorite holiday music.
- 23 If your loved one hated holiday music, that’s okay! Play whatever music they loved.
- 24 Journal when you are having an especially bad day.
- 25 Skip holiday events if you are in holiday overload.
- 26 Don’t feel guilty about skipping events if you are in holiday overload!
- 27 Don’t get trapped. When you go to holiday events, drive yourself so you can leave if it gets to be too much.
- 28 Pull out old photo albums and spend some time on the holiday looking at photos.
- 29 Talk to kids about the holidays – it can be confusing for kids that the holidays can be both happy and sad after a death. Let them know it is okay to enjoy the holiday, and it is okay to be sad.
- 30 Make a dish that your loved one used to make. Don’t get discouraged if you try to make their dish and you fail. We’ve all been there (or, at least I’ve been there!).
- 31 Leave an empty seat at the holiday table in memory of your loved one.
- 32 If leaving an empty seat is too depressing, invite someone who doesn’t have family to spend the holiday with.
- 33 Don’t send holiday cards this year if it is too sad or overwhelming.
- 34 Don’t feel guilty about not sending holiday cards!
- 35 Create a ‘dear photograph’, with a photo of a holiday past.
- 36 Skip or minimize gifts. After a death, material things can seem less meaningful and the mall can seem especially stressful. Talk as a family and decide whether you truly want to exchange gifts this year.
- 37 Put out a photo table with photos of your loved one at holiday celebrations in the past.

- 38 Go to a grief group. When everyone looks so gosh-darn filled with holiday cheer, sometimes it is helpful to talk with others who are struggling.
- 39 Skip (or minimize) the decorations if they are too much this year. Don't worry, you'll see plenty of decorations outside your house.
- 40 Don't feel guilty if you skip or minimize the decorations!
- 41 Remember that crying is okay. The holidays are everywhere and who knows what may trigger a cry-fest. We've all been there and it is okay to cry (even if you are in the sock aisle at Target).
- 42 Volunteer in your loved one's memory.
- 43 Let your perfectionism go. If you always have the perfect tree, perfectly wrapped gifts, and perfect table, accept that this year may not be perfect and that is a-okay. I know this is easier said than done for you type-As, but give it a try.
- 44 Ignore people who want to tell you what you "should" do for the holiday. Listen to yourself, trust yourself, communicate with your family, and do what works for you.
- 45 Seek gratitude. I am the queen of holiday funks, so I know this is tough. But try to find one daily gratitude throughout the holiday season. Write it down, photograph it, share it on facebook. Whatever. Just look for the little things. Here are some tips if you're struggling with it.
- 46 Watch the food. Food can make us feel better in the short term (damn you, dopamine!) until we feel like crap later that we ate that whole tin of holiday cookies. Don't deprive yourself, but be careful that you don't let food become your holiday comfort.
- 47 Watch the booze. Alcohol can become a fast friend when we are grieving. If that holiday party is getting to be too much, head home instead of to the open bar.
- 48 If you are stressed about making the holiday dinner, ask someone else to cook or buy dinner this year.
- 49 If you are stressed about the crowds at the mall, cut back on gifts or do your shopping online.
- 50 Splurge on a gift for you. Grief can make us feel a little entitled and self-involved, and that is okay sometimes (within reason, of course). Splurge on a holiday gift for yourself this year, And make it a good one!
- 51 Say yes to help. There will be people who want to help and may offer their support. Take them up on their offers.
- 52 Ask for help. If people aren't offering, ask. This can be super-hard if it isn't your style, but it is important. Asking others to help with cooking, shopping, or decorating can be a big relief.
- 53 Have a moment of silence during your holiday prayer or toast in memory of your loved one.
- 54 Donate a holiday meal to a family in need through a local church, salvation army, or department of social services.
- 55 Identify the people who will be able to help and support you during the holidays and identify who may cause you more stress. Try to spend more time with the former group and less with the latter.
- 56 Make some quiet time for yourself. The holidays can be hectic, make quiet time for yourself to journal, meditate, listen to music, etc.
- 57 Practice self-care. I know, how cliché. But it is true – whatever it is that helps you recharge, do it. You can find some self-care tips here.
- 58 Support kids by doing a memorial grief activity together.
- 59 Donate altar flowers or other holiday decorations at your place of worship in memory of your loved one.
- 60 Prioritize and don't overcommit. When the holidays are filled with so many parties, dinners, and events, save your energy for those that are most important. Look at everything you have to do and rank them in order of importance. Plan for the most important and skip the rest.
- 61 Make a list and check it twice. Grief makes it harder for us to concentrate and remember things. When you have a lot going on at the holidays, make a list even if you aren't usually a list-maker, and write things on the calendar.
- 62 Skip it. Really. If you just can't face the holiday it is okay to take a break this year. Before you get to this extreme, consider if you could just simplify your holiday. If you do skip, still make a plan. Decide if you will still see friends or family, go see a new movie, or make another plan.
- 63 Enjoy yourself! The holidays will be tough, but there will also be love and joy.
- 64 Remember, it is okay to be happy – this doesn't diminish how much you love and miss the person who isn't there this holiday. Don't feel guilty for the joy you do find this holiday season.

Birthdays Remembered

Ray "Paisano" Lineberger	10	1	1944	Tami Medina	11	6	1977
Cindy Stewart	10	1	1955	Cassie Bernall	11	6	1981
Damon A Roberts	10	1	1972	Thomas Hollar	11	6	1992
Colin Ehlers	10	1	1974	Polly Elizabeth Sullivan	11	7	1954
Damon A. Roberts	10	1	1977	Julie Gordy	11	7	1958
Ada Johnson	10	2	1963	Stoneham Farris	11	7	1973
Matthew Worden	10	2	1966	Jamie Paine	11	7	1979
ChristineWaegele	10	3	1969	Shashan S Ortiz	11	9	1980
Dale Yanda	10	4	1967	Gina Padilla	11	9	1983
Shaundra Schell	10	5	1966	Paula Ross Stiner	11	13	1966
Damon J. Murphy	10	5	1972	John C. Abeyta	11	15	1977
Frankie Paul	10	6	1969	Jessica Ann Arredondo	11	20	1967
Cynthia Mc Queen	10	7	1959	Virginia Sakala / Russo	11	21	1964
Jodi Carrigg	10	7	1959	Amy Raber	11	21	1998
Martha Munoz	10	7	1981	Ron Haynes	11	22	1979
Ronald Eugene Hinson Jr	10	8	1959	Laura Hetes	11	23	1968
Brooklyn Ricks	10	8	1973	Marcos Torres	11	24	1978
Brooklyn Jean Ricks	10	8	1973	Douglas "Dougie" Charles	11	25	1957
Jason Ortiz	10	9	1974	Eddie Garcia	11	25	1978
Ray (Paisano) Linebarger	10	12	1944	Chris Stockwell	11	26	1982
Katheryn Gonzales	10	12	1990				
Britt Mackay	10	14	1980				
Mark Antony Wilson	10	15	1972				
Fernando Sanchez	10	15	1980				
Jennifer Mesa	10	16	1970				
Matt Ownbey	10	17	1980				
Thoedore "Ted" Carleton	10	19	1954				
Ted Carleton	10	19	1954				
Peter Beaupre`	10	24	1974				
Jessica Morehouse	10	25	1973				
Charley Richards	10	26	1967				
Joni Lynn Bradshaw	10	27	1960				
Lori Bases	10	28	1968				
Katie Bailey	10	30	1975				
Ryan C. McDaniel	10	30	1994				
Yvonne Cossio	10	31	1969				
Marquis Garcia	11	2	1992				
Kurt Gillotte	11	4	1970				
Rickey Ritter	11	4	1981				
Ralph Earl Pettis	11	5	1928				
Phillip Rose Jr	11	6	1969				
Tami Medina	11	6	1977				



In Memoriam

Jim Gardner	10	3	1997	Jesse Lamblin	11	19	1996
Joni Edwards	10	4	1995	Buffy Rice Donahue	11	21	1993
Gary McGee	10	7	2001	Matthew Foley	11	21	1996
Bill Leis	10	8	1999	Cody Faust	11	22	2002
Anthony Ruchick	10	8	2018	Blaine Eric Noble	11	23	1993
Michael Reichert	10	9	2000	Diane J. Caldwell	11	23	1998
Joni Lynn Bradshaw	10	10	1986	Pedro A. Dominguez	11	23	2015
Ennis Walton	10	10	1999	Jessica Ann Arredondo	11	25	1988
Kevin Blunt	10	15	1997	Danny Steve McQueen	11	25	1992
Alan Michael Conner	10	15	1998	Geronimo Maestas	11	26	1993
Greg Swazo	10	15	2001	H Gregory Jukiewicz	11	26	1994
Anthony Taiitt	10	16	1981	Jason Ortiz	11	27	1994
Earl Mitchell	10	16	1984	Julie Gordy	11	28	1982
Michael Loughrey	10	17	1983	Linda Zambotti	11	28	1996
Rebecca Lynn Ochs	10	17	1995	Ali Muhammad Sparks	11	29	1998
Mel Gurule Jr.	10	17	1997	Angel Delgado	11	29	2005
Mel Gurule	10	17	1997	Gregory Scott Stone	11	25 24	1992
Henry Kellie	10	18	1975	Alan Little	11		2003
David Enos	10	19	2002				
Virginia Sakala / Russo	10	21	1994				
Shantel Duran	10	23	1998				
Jason Trembath	10	25	1992				
Ronald (Ron) Georgopulos	10	26	1988				
Dale Yanda	10	26	1988				
Amanda Anders	10	27	2014				
Michael Allendorf	10	29	1994				
Kimberly Greene-Medina	10	29	1996				
Roy Cozby	10	31	1994				
Larry	10		2004				
Sgt Lyle Wohlers	11	4	1992				
Larry	11	6	1988				
Randy Arlin Russom	11	8	1983				
Pamela Brandon	11	12	1991				
Melodie Robertson	11	14	2003				
Michael Adams	11	16	1985				
Lorren Holcomb	11	16	2001				
Raymond Albert Nieto	11	17	1996				
Justin Andrew Archuleta	11	17	1996				
Patrick Murphy	11	17	2016				
Christine Waegele	11	18	1993				
Jan Mariano	11	19	1991				
Jesse Lamblin	11	19	1996				



ANNOUNCEMENTS

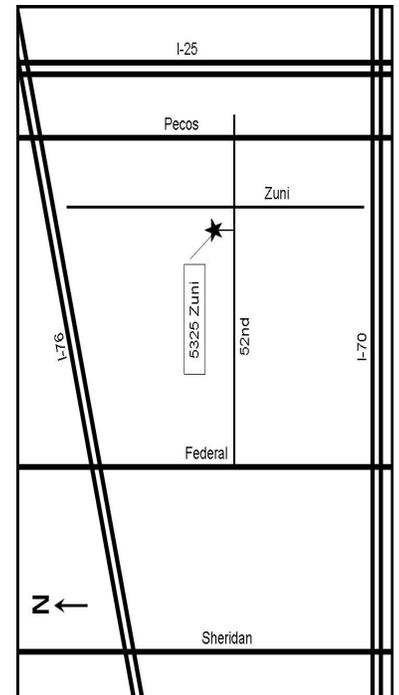
Oct 20 - Support Group at 7:30 PM

Nov 17 - Board Meeting at 6:00
Support Group at 7:30 PM

Dec 15 - 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.