

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

# POMC

SUPPORT  
NEWSLETTER

Front Range Chapter  
Parents of Murdered Children

October 2019

## ANNOUNCEMENTS

**Saturday October 19, 2019**

POMC Meeting 7 pm

Join us! This month's meeting will begin with a 30-minute interactive "Welcome Warm-Up" activity

**Saturday November 9, 2019**

9 am — 4 pm

**19th Annual  
Evergreen Alternative Gift Fair**

Shop for fabulous handmade crafts, jewelry, textiles, food and other great gifts at our unique holiday fair featuring items from nearly 50 non-profit organizations.

Cynthia from the Front Range POMC chapter will be hosting a booth!!

For questions go to:



<https://www.gifttwice.org/>



# FRONT RANGE CHAPTER

## “We Are Here to Help”

[www.colorado-pomc.org](http://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.

**LEADER**

Phil Clark  
303-748-6395  
POMCColorado@gmail.com  
Other Resources: Healing & Bereavement, Trials and Hearings

**SECRETARY**

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**TREASURER**

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trstarrett@comcast.net  
Other Resources: Newsletter Editor, Roster & Mailing List, Memorials & Birthdays

**BOARD MEMBER**

Joe Cannata  
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Other Resources: Trials and Hearings

**BOARD MEMBER**

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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](mailto:POMCColorado@gmail.com)

\*They may be edited for length and conciseness.

Newsletter Feedback: We are OPEN to receiving! Comments and suggestions can be emailed to the Editor and/or [POMCColorado@gmail.com](mailto:POMCColorado@gmail.com).



## LOVE GIFTS

Thank you from our Chapter for the following donation in honor of their loved one...



## NEW MEMBERS



## TRIALS & HEARINGS

Juli Jenicek:

Miss Valdes was sentenced with First Degree Murder, Life Without Parole with an additional 16 years.

Tiffany & Andy Starrett:

Suspect Arturo Garcia was extradited to Arapahoe County on June 11, 2019. The preliminary hearing/proof evident hearing is scheduled for November 6, 2019.



## 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: \_\_\_\_\_

Mail Checks to:

**POMC**  
9888 W Belleview Ave. #103  
LITTLETON, CO 80123

**PAYPAL ACCOUNT : pomccolorado@gmail.com**

Donations are tax-deductible Federal ID 31-1023437



# COMFORT CORNER: GRIEF

## What Helps When We're Experiencing the Unthinkable

*By Elizabeth Harper Neeld, Ph. D.*

I looked at my watch: 8:17 P. M.

"He really should be back," I thought. "I know it's harder to jog here than back home. But, even so, he's had enough time to finish his run by now." Work had gone well today, and after supper Greg had said, "Want to join me for a six-mile run?"

"No, sir, offer declined," I said. "I'll do the two-mile route and see you back here when you're finished." So I had run to the Possum Creek bridge and back, and it was now time — past time — for Greg to be home. Minutes passed. "I bet these hills did get to him," I said to myself. "He's probably walking the last miles. I'll take the car and go pick him up; he'll appreciate a ride back home."

When I got to the curve above Possum Creek, a large crowd was there. So was the black-and-white car that belonged to the sheriff's patrol. And so was the orange-and-white ambulance....

I got out of the car. One man stood on my right side and one on my left. We began to walk, not touching, toward the ambulance. Greg, my husband, was dead. (Excerpt from *Seven Choices* by Elizabeth Harper Neeld)

What happens to us when we get this kind of terrible news? Perhaps the news comes in the form of a telephone call. Or a doctor's announcement. Or the arrival of someone at our front door. Whatever the source of the information, we experience the impact immediately, and we do respond. We may go numb. We may be swept by emotion. We may have a physical response that feels as if someone has punched us in the stomach.

How can we understand what is happening to our bodies when we get this terrible news? One of the uses of our emotions is that they regulate our lives, give us a sense of coherence in our lives. So the minute that we get news that makes our life seem incoherent, that makes it seem not to make any sense anymore, the emotions are triggered.

Scientists tell us that our emotions can be triggered faster than one beat of a hummingbird's wing. They can be triggered faster than one blink of the eye.

When the emotions are triggered by the terrible news, that causes a body response. Perhaps the CRH hormone is increased. This CRH hormone actually produces anxiety. Or the central nervous system can be stimulated. Chemicals might be released throughout the body. The heart may beat faster, the muscles contract, the T-cells leave what they usually do and take on another role. Our blood vessels may constrict and sometimes even reroute the blood. Neurohormones may (at least temporarily) close down a part of our awareness so that we don't fully realize what is happening. No matter their form, the body responses are varied and profound when our emotions are triggered.

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## What's Normal When We're Experiencing the Unthinkable?

- *Presence of strong emotion*
- *Absence of emotion and feeling*
- *Need to roam; inability to sit still*
- *Inability to concentrate*
- *Yearning and longing*
- *Being dominated by memories*
- *Body biorhythms disturbed (sleep, eating, etc.)*
- *Plagued by anger, blame, guilt*
- *Experiencing fear, disorientation, confusion*

## What Can We Do?

First of all, we need to give ourselves permission to feel any way we feel and to express those feelings in any way that is appropriate for us. We need to know that there is no right way to respond, no right way to grieve. And we need to know that it is dangerous not to choose to express grief fully. Studies show that those who suppress their emotions have more physical and psychological ailments during the first month, remain disturbed much longer, and, even as long as thirteen months after the loss, are still displaying more marked disturbances than people who were willing to express fully their feelings following the loss. So expressing our emotions — in whatever form is right for each individual — is a healthy and normal response to experiencing a loss.

## What Helps When We're Experiencing the Unthinkable?

Stay close to people who love you.

Talk to the lost person as if she or he were actually present.

Ask for anything you need.

Spend as much time as you can with someone who encourages you to grieve in any way you want to.

Slow down.

Take care of yourself.

Talk to a professional. There are wonderful counselors, care professionals, social workers, and therapists who can be a guide in this painful grieving process.



For questions go to:

<http://connect.legacy.com/inspire/page/show?id=1984035%3APage%3A5112>



# COMFORT CORNER: SELF CARE

## Your Self-Care Plan for The Fall: 8 Activities to Take Better Care of Yourself

### Autumn Self-Care Plan

#### 1. Exercise Outside.

As the temperatures cool down and the landscape transforms into radiant golds, reds, oranges, and yellows, take advantage of opportunities to exercise outdoors. Perhaps it is going for a hike with friends, cycling around the neighborhood while the sun sets, or even joining an outdoor yoga class. There are a multitude of opportunities to stay active outside during the fall. Just be mindful of shorter days and cooler weather, and go prepared with layers and extra lighting (flashlight, headlamp, etc) as needed.

#### 2. Take a Warm Bath.

Ease the day's tensions and release the shivers of that first autumn cold snap with a warm bath before bed. In addition to cleansing and hydrating your skin, a warm bath can help relieve that annoying seasonal sinus pressure as well as reduce muscle pain. Cooling off from a warm bath right before bed has also been shown to help promote better and longer sleep. Take your bath up a notch by lighting a couple candles, playing calming music, and using a bath bomb with a scent you find relaxing. This will be a great addition to your evening routine, and to your self-care plan for the season.

#### 3. Add Scents to Your Home.

The aromas of pumpkin spice lattes, Thanksgiving dinner cooking, and holiday cookies baking seem to permeate the final few months of the year. But did you know, some fall scents can actually boost your brain health? Peppermint has been shown to enhance cognitive functioning and relieve pain. Cinnamon may aid memory. Vanilla can elevate feelings of joy and relaxation, and pumpkin might even serve as an aphrodisiac. Find candles, incense, or essential oils with your favorite fragrances of the season and smell on.

#### 4. Incorporate Fall Superfoods.

Take your autumn meal planning to the next level this season by incorporating fall superfoods that are both symbolic of the season as well as super healthy for you. Rich with potassium, acorn and butternut squash can be melded into sweet and savory dishes. Vitamin C-loaded cruciferous veggies including cauliflower, kale, and broccoli are must-have additions to salads and grain dishes. And sweet potatoes packed with Vitamin A are an obvious addition to any holiday meal and self-care plan. Read also: [11 Tricks to Save Money This Fall](#)

#### 5. Volunteer.

The final months of the year are ripe with service opportunities as nonprofits and charities are looking for generous holiday givers. Sign up to volunteer at a local fall festival or Thanksgiving charity run. Pitch in at a neighborhood or river clean up. Do something simple and nice for an elderly neighbor like raking their leaves or making them a warm meal. Whatever you decide to do, prioritize giving back and helping others this season. Caring for others is one of the greatest ways to take care of yourself.

#### 6. Create a Holiday Bucket List.

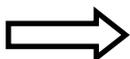
Fall paves the way to what often ends up being a somewhat chaotic holiday season. Once Halloween rolls around it's all meal planning, shopping, travel scheduling, visiting family, you get the picture. Take the fresh pause Autumn offers to make your holiday bucket list. That's a list that captures all the things you want to accomplish this holiday season. It might include volunteering as a bell ringer, seeing a holiday lights show, or planning that weekend trip you've been eyeing for months.

#### 7. Address Pain Points.

Don't go into the homestretch of the year with a ho-hum attitude of "this is as good as it gets." If chronic pain or a sports injury has you avoiding social gatherings, skipping workouts, and dreading the holidays, take the time now to address it and find a solution. Even if you're sporting an arm sling for an injured shoulder, or stuck in a knee brace and discouraged from running for a month. There are still ways to stay active and find happiness this season. Try a different exercise activity. Ask for help. Prioritizing your own health, happiness and self-care plan can go a long way to helping you topple your frustrations.

#### 8. Go For a Walk.

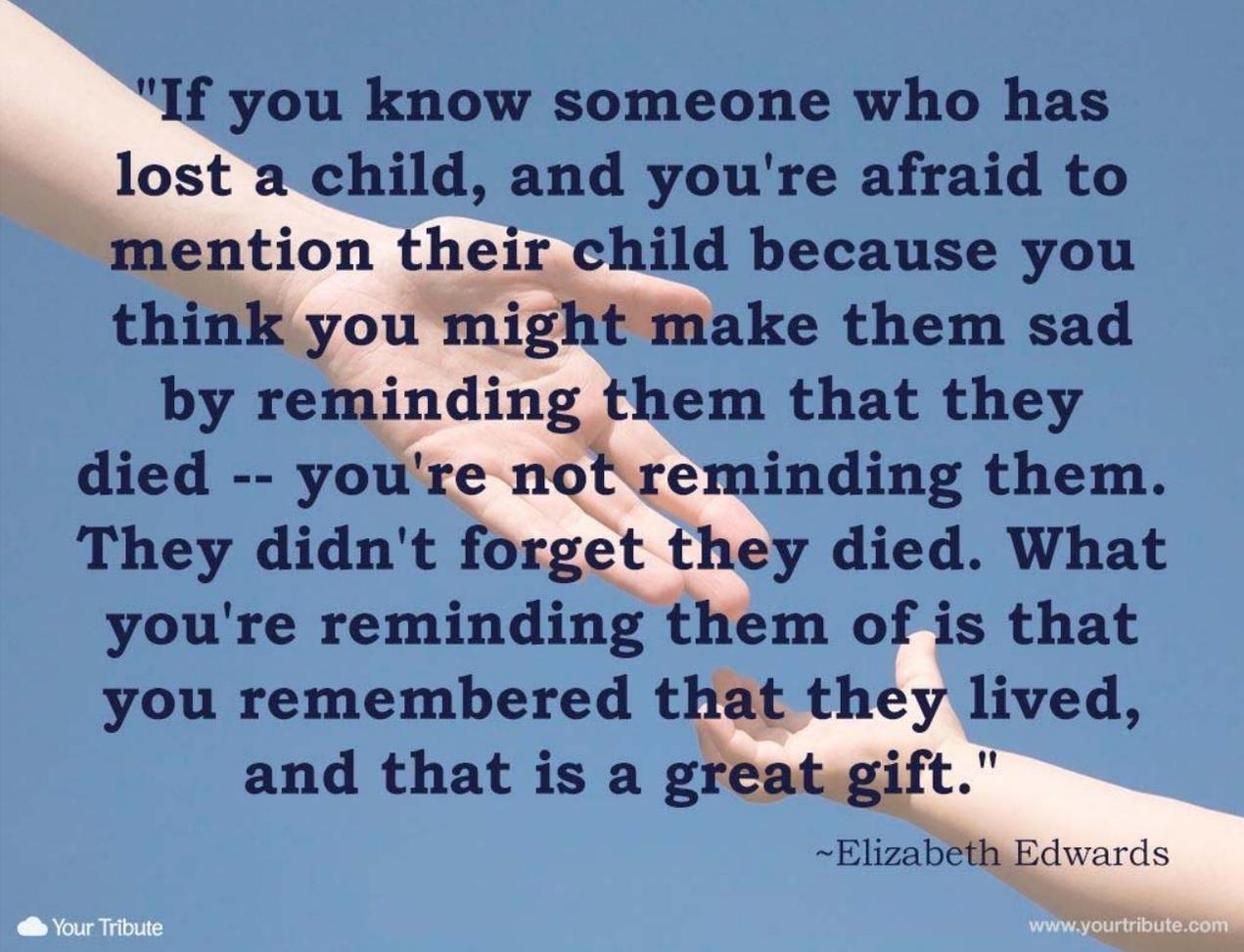
It sounds so simple, but can an early morning walk in fall really benefit your own well-being? Absolutely. The crisp, cool air of fall mornings foster the perfect environment for wrapping up and taking a walk. Also, the changing colors of your surroundings and very presence through nature can help lower stress levels and boost your attentiveness. A simple walk also affords you a window of time in the day to simply relax. Let your thoughts wander to the ideas and daydreams that make you feel joyful and calm. That's how a good self-care plan for the fall looks like. Where will you begin?



<https://letsreachsuccess.com/self-care-plan/>



## MINDFUL MEMES



**"If you know someone who has lost a child, and you're afraid to mention their child because you think you might make them sad by reminding them that they died -- you're not reminding them. They didn't forget they died. What you're reminding them of is that you remembered that they lived, and that is a great gift."**

~Elizabeth Edwards

 Your Tribute

[www.yourtribute.com](http://www.yourtribute.com)



# BIRTHDAYS REMEMBERED

Cindy Stewart	10	1	1955	Mark Antony Wilson	10	15	1972
Damon A Roberts	10	1	1972	Fernando Sanchez	10	15	1980
Colin Ehlers	10	1	1974	Jennifer Mesa	10	16	1970
Ada Johnson	10	2	1963	Matt Ownbey	10	17	1980
Matthew Worden	10	2	1966	Theodore C. Carleton	10	19	1954
Isaiah Gargia	10	2	1993	Robert Grau	10	22	1960
ChristineWaegele	10	3	1969	Chris Waters	10	22	1970
Dale Yanda	10	4	1967	Peter Beaupre`	10	24	1974
Shaundra Schell	10	5	1966	Kayden Montoya	10	24	1995
Damon J. Murphy	10	5	1972	Jessica Morehouse	10	25	1973
Chelsea Strauss	10	5	1985	Andrew Sheppard	10	25	2006
Frankie Paul	10	6	1969	Charley Richards	10	26	1967
Cynthia Mc Queen	10	7	1959	Joni Lynn Bradshaw	10	27	1960
Jodi Carrigg	10	7	1959	Lori Bases	10	28	1968
Martha Munoz	10	7	1981	Katie Bailey	10	30	1975
Ronald Eugene Hinson Jr	10	8	1959	Ryan C. McDaniel	10	30	1994
Brooklyn Jean Ricks	10	8	1973	Heidi Green	10	31	1959
Ashley Raguindin	10	8	1983	Yvonne Cossio	10	31	1969
Jason Ortiz	10	9	1974				
Ray (Paisano) Linebarger	10	12	1944				
Donald Hubbard	10	12	1958				
Katheryn Gonzales	10	12	1990				
Britt Mackay	10	14	1980				

\*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.



# IN MEMORIAM

Jim Gardner	10	3	1997	Shantel Duran	10	23	1998
Joni Edwards	10	4	1995	Jason Trembath	10	25	1992
Jack Koller	10	5	2009	Ron Griego Jr	10	25	2003
Glen Tate	10	6	1997	Kacey Hegerlein	10	25	2014
Beulah Lawson	10	6	2006	Dale Yanda	10	26	1988
Gary McGee	10	7	2001	Ronald (Ron) Georgopoulos	10	26	1988
Bill Leis	10	8	1999	Michael Allendorf	10	29	1994
Anthony Ruchick	10	8	2018	Kimberly Greene-Medina	10	29	1996
Michael Scott Reichert	10	9	2000	Amanda Anders	10	29	2014
Joni Lynn Bradshaw	10	10	1986	Roy Cozby	10	31	1994
Ennis Walton	10	10	1999	Jacob Wiens	10	31	2015
Frank Sumpton, Jr	10	13	1989	Larry Orrantia	10	x	2004
Kevin Blunt	10	15	1997				
Alan Michael Conner	10	15	1998				
Greg Swazo	10	15	2001				
Anthony Taiitt	10	16	1981				
Earl Mitchell	10	16	1984				
Casey Korgan	10	16	2010				
Michael J. Loughrey	10	17	1983				
Rebecca Lynn Ochs	10	17	1995				
Mel Gurule Jr.	10	17	1997				
Henry Kellie	10	18	1975				
David Enos	10	19	2002				
Virginia Sakala / Russo	10	21	1994				



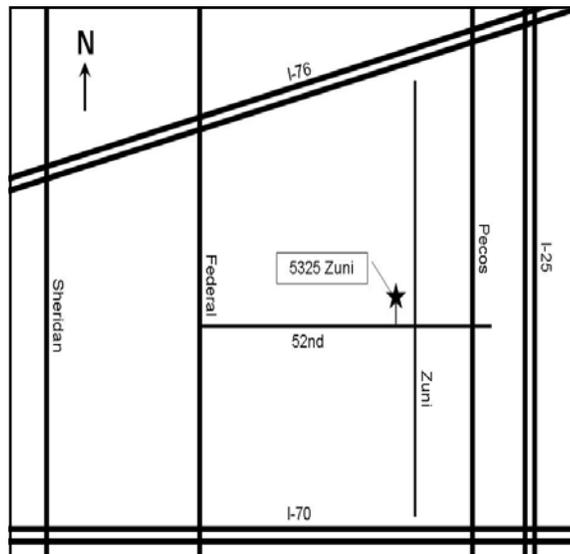
# MONTHLY MEETINGS

Support meetings are held the 3rd Saturday of every month  
at **7:00 PM**

January 19, 2019  
February 16, 2019  
March 16, 2019  
April 20, 2019  
May 18, 2019  
June 15, 2019  
July 20, 2019  
August 17, 2019  
September 21, 2019  
October 19, 2019  
November 16, 2019  
December 21, 2019

Board meetings are held the 3rd Saturday of every other month  
at **5:30 PM**

January 19, 2019  
March 16, 2019  
May 18, 2019  
July 20, 2019  
September 21, 2019  
November 16, 2019



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

POMC  
9888 W Bellevue Ave. #103  
LITTLETON, CO  
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ADDRESS SERVICE REQUESTED