



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

October 2020

ANNOUNCEMENTS

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

Want to try something a little different this month? How about Inktober!

Inktober is a month long art challenge created by artist **Jake Parker** that is focused on improving skill and developing positive drawing habits. Every day for the month of October anyone participating in the Inktober challenge creates an ink drawing and posts it online.

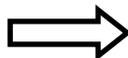
Inktober rules:

- 1) Make a drawing in ink (you can do a pencil under-drawing if you want).
- 2) Post it*
- 3) Hashtag it with #inktober and #inktober2020
- 4) Repeat

Note: you can do it daily, or go the half-marathon route and post every other day, or just do the 5K and post once a week. What ever you decide, just be consistent with it. Inktober is about growing and improving and forming positive habits, so the more you're consistent the better.

That's it! Now go make something beautiful.

*Post it on any social media account you want or just post it on your refrigerator. The point is to share your art with someone. :)



For More Information:

<https://inktober.com>
<https://www.mrjakeparker.com/>



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.

LEADER

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

SECRETARY

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 Other Resources: Newsletter Editor, Roster & Mailing List, Memorials & Birthdays

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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

*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.



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

Grief at Halloween: It's Spooky Scary Holidays and Special Days/Eleanor Haley

I'm just going to say it, I don't love Halloween. Please don't be mad at me and TP my house or anything.

I know many of you love Halloween and I support you in that, but it's just not for me...not anymore. I have my rational reasons – for instance, I'm bad at putting together Halloween costumes, I'm legit scared of scary movies, and one time a monster scratched me in a haunted house.

And I have other non-grinchy reasons as well. As some of you know, my mom died in late October and so this time of year is always a little rough for me. I tend to feel emotional and distracted and, inevitably, Halloween always manages to sneak up on me (and I don't mean in a fun, scary sort of way).

I'm sure *some of you* can relate to my Halloween apathy. Or perhaps you're more ambivalent...or anxious...or some other 'A' adjective. My point is, holidays can be difficult after the death of a loved one. Though we often think of major holidays as being the *most* difficult, we shouldn't underestimate the potential impact of traditions and grief triggers surrounding days like Halloween.

If Halloween is difficult for you, it's probably for reasons specific to you and your loved one. However, we'd like to discuss a few general reasons why Halloween might be tough for some grieving individuals.

You have bittersweet memories of the past:

Annual events, traditions, and holidays are rife with memories of the past. This year inevitably reminds you of last year and years before that. You may find yourself reflecting on years when your loved one(s) were alive, years when things seemed happier or simpler, or even years when things were very difficult.

After a loss, memories of the past gain new dimensions. A memory that at one point was remembered as purely happy can take on shades of sadness when it includes a person, place or time that's gone from our physical reality. So whether the memory is happy or sad, both can cause you to feel pain.

Does this mean you should avoid *all* memories of the past? No, definitely not. You lose far too much when you lock away all your memories, whether they're happy, sad, or mundane. Memory can be an immense source of comfort and connection, not just in grief, but in life. Happiness with a side of sadness is just something you have to get used to after a loved one dies.

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Your loved one was a baby, child, or adolescent when they died:

If your loved one was a child when they died, then not only might you be struggling with memories and losses related to the past, but you may also be grieving losses related to holidays they won't get to celebrate and experiences you won't get to share. For example, you might be consumed with thoughts about how old they would be and who or what they would want to dress up as.

Unfortunately, Halloween grief triggers are very difficult to avoid. There are parties at school and work, decorations throughout your neighborhood, entire sections of your grocery store dedicated to candy and costumes, and on Halloween, the trick or treaters are out in full force.

If Halloween is proving to be especially difficult for you this year, schedule a little extra self-care time throughout the week. And if you think it will be too difficult to hand out candy on Halloween night, plan to get out of the house by going to dinner, a movie, or some other non-Halloween related activity.

Halloween symbols are bothering you or are distressing someone in your life:

Spirits, ghosts, tombstones, skeletons and other reminders of death are everywhere during October. Adults may simply find it difficult to look at these symbols in the harmless and playful way they once did. While children, especially those struggling with questions like – “What happens to you after you die?”, “What happens to your body?”, “Are ghosts real?” – may find these images downright scary.

If you are supporting a young child who is grieving, you may want to check in with them about how they are feeling about Halloween. Here are support resources for talking to grieving kids about Halloween from the National Center for School Crisis and Bereavement and from the Dougy Center.

You're just not that into it:

Halloween is a pretty playful holiday. Some people really get into it. Maybe you even used to get into it, but this year you're feeling kind of 'meh'. Grief takes a lot out of you and, in such times, you may find you need to conserve your limited amounts of energy and enthusiasm.

So here are the options as I see them.

Participate with simplicity and support: You may not have the option to skip Halloween because you have children in your care, your work requires you to participate, or for some other reason. If this is the case, try to keep things simple. Embrace store-bought costumes or maybe just go as a grieving person, people tend to find that very scary (I wish I were kidding) ☐ And don't forget to ask for support from family and friends.

Skip it (if you have the option): Leave the decorations in their boxes and go to a movie on Halloween instead. Take comfort in the thought that maybe next year you'll feel more up to it (or maybe not, and that's okay).



For More Information:

<https://whatsyourgrief.com/grief-and-halloween/>



10 TIPS TO STRESS LESS 10

THE WONDER TICKET
LOOK FOR OPPORTUNITIES IN LIFE'S CHALLENGES

PARK PASS
GO FOR A WALK WITH A FRIEND

ENJOY THE RIDE
FOCUS MORE ON THINGS YOU CAN CONTROL

SUPER MULTIPASS
ASK FOR HELP

CARTHE BLANCHE
YOU GIVE SOMEONE A NICE COMPLIMENT
HAVE A SMILE

A GOOD TICKET FOR YOU
GET INVOLVED WITH A CAUSE YOU BELIEVE IN

WINNING TICKET
REMINISCENCE
ABOUT GOOD TIMES

DREAM TICKET
GO TO BED EARLIER

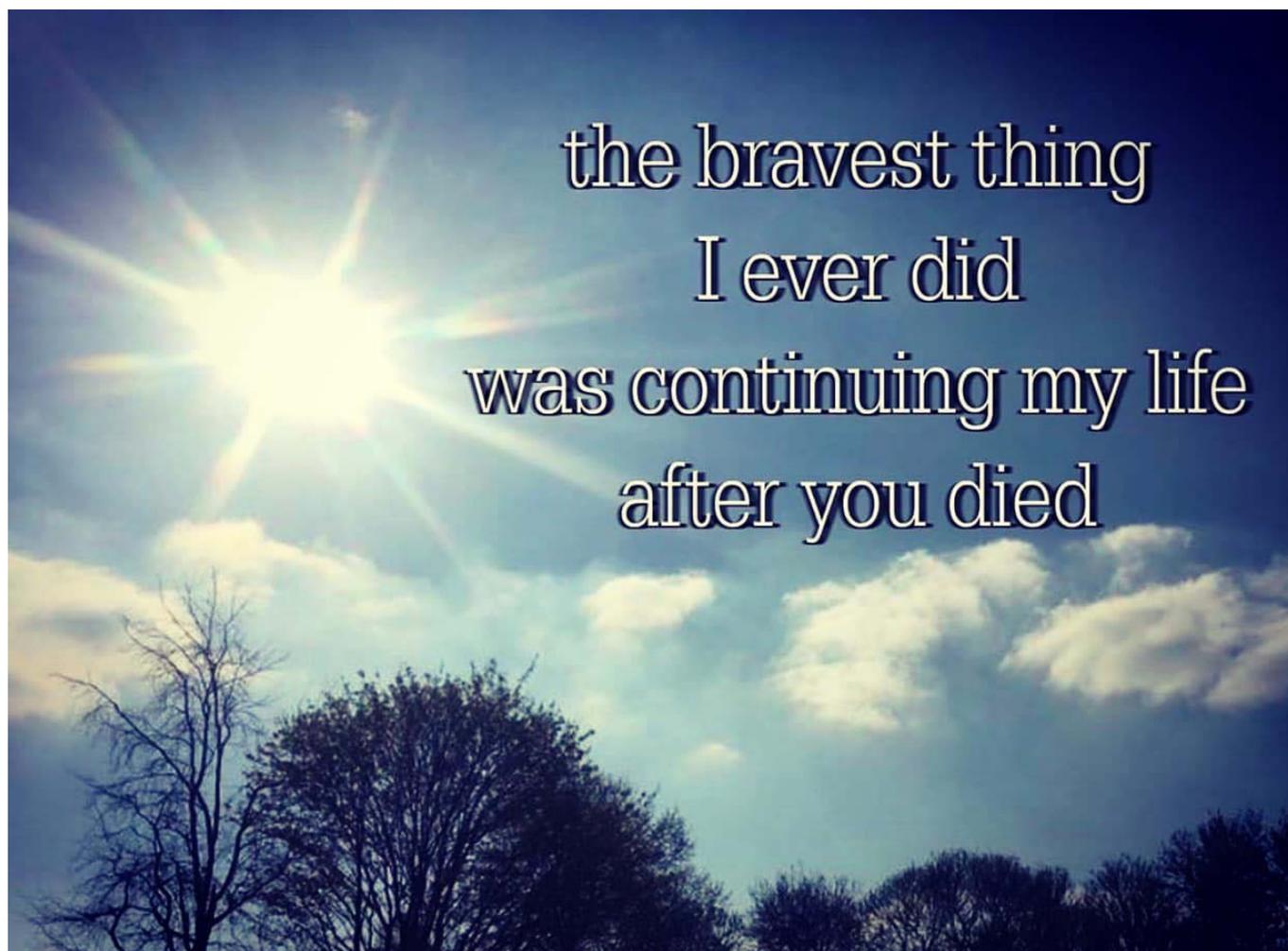
FREE AIR TICKET
BREATHE

VERY IMPORTANT PERSON
TAKE A DANCE CLASS

VISIT WWW.MENTALHEALTH.ASN.AU
MENTAL HEALTH ASSOCIATION NSW 1300 794 991
SPONSORED BY NSW HEALTH



MINDFUL MEMES





BIRTHDAYS REMEMBERED

Cindy Stewart	10	1	1955	Britt Mackay	10	14	1980
Colin Ehlers	10	1	1974	Fernando Sanchez	10	15	1980
Damon A Roberts	10	1	1972	Mark Antony Wilson	10	15	1972
Damon A. Roberts	10	1	1977	Jennifer Mesa	10	16	1970
Ada Johnson	10	2	1963	Matt Ownbey	10	17	1980
Isaiah Gargia	10	2	1993	Ted Carleton	10	19	1954
Matthew Worden	10	2	1966	Thoedore "Ted" C. Carleton	10	19	1954
ChristineWaegele	10	3	1969	Robert Grau	10	22	1960
Dale Yanda	10	4	1967	Alexis V. Bush	10	24	1996
Damon J. Murphy	10	5	1972	Kayden Montoya	10	24	1995
Shaundra Schell	10	5	1966	Peter Beaupre`	10	24	1974
Frankie Paul	10	6	1969	Jessica Morehouse	10	25	1973
Cynthia Mc Queen	10	7	1959	Charley Richards	10	26	1988
Cynthia McQueen	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
Ashley Raguindin	10	8	1983	Ryan C. McDaniel	10	30	1994
Brooklyn Jean Ricks	10	8	1973	Heidi Green	10	31	1965
Ronald Eugene Hinson Jr.	10	8	1959	Yvonne Cossio	10	31	1969
JaSon Ortiz	10	9	1974				
Donald Hubbard	10	12	1958				
Katheryn Gonzales	10	12	1990				
Ray (Paisano) Linebarger	10	12	1944				



IN MEMORIAM

Larry Orrantia	10	0	2004	David Enos	10	19	2002
Jim Gardner	10	3	1997	Virginia Sakala / Russo	10	21	1994
Joni Edwards	10	4	1995	Shantel Duran	10	23	1998
Jack Koller	10	5	2009	Jason Trembath	10	25	1992
Beulah Lawson	10	6	2006	Kacey Hegerlein	10	25	2014
Glen Tate	10	6	1997	Ron Griego Jr	10	25	2003
Gary McGee	10	7	2001	Dale Yanda	10	26	1988
Anthony Rudnick	10	8	2018	Ronald (Ron) Georgopulos	10	26	1988
Bill Leis	10	8	1999	Amdrea Anders	10	27	2014
Michael Reichert	10	9	2000	Amanda Anders	10	29	2014
Ennis Walton	10	10	1999	Kimberly Medina	10	29	1996
Joni Lynn Bradshaw	10	10	1986	Michael Allendorf	10	29	1994
Frank Sumpton, Jr	10	13	1989	Jacob Wiens	10	31	2015
Rachelle Bergeron-Hammerling	10	14	2019	Roy Cozby	10	31	1994
Alan Michael Conner	10	15	1998				
Greg Swazo	10	15	2001				
Kevin Blunt	10	15	1997				
Casey Korgan	10	16	2010				
Earl Mitchell	10	16	1984				
Anthony Taiitt	10	16	1981				
Mel Gurule Jr.	10	17	1997				
Michael J. Loughrey	10	17	1983				
Rebecca Lynn Ochs	10	17	1995				
Henry Kellie	10	18	1975				

*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!



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

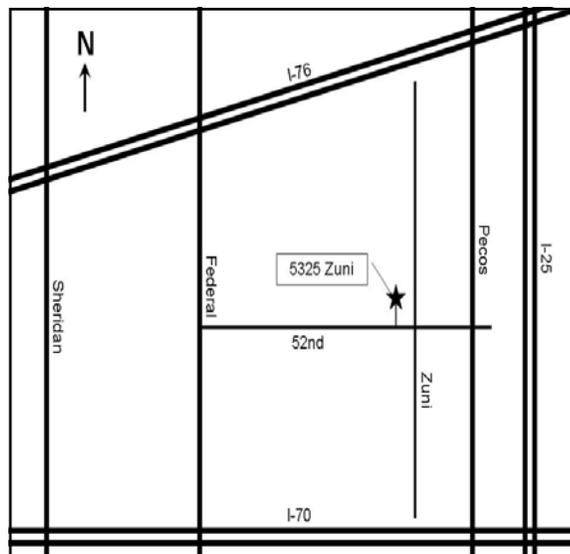
September 19*

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.

ADDRESS SERVICE REQUESTED

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