

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

# POMC

SUPPORT  
NEWSLETTER

Front Range Chapter  
Parents of Murdered Children

April 2021

## ANNOUNCEMENTS

### Newsletter UPDATE!

Starting this month, a new section called “Ongoing Hope” has been added. This page is dedicated to sharing our positive stories, the silver linings we’ve experienced along our journeys. Feel free to submit yours to the editor.

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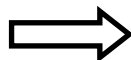
**Monday, April 19, 2021  
@ 5:00-6:30 p.m.**

The National Crime Victims’ Rights Week virtual event is scheduled to be held through Zoom. More details to follow.

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**Saturday, April 24, 2021  
@ 11 a.m. MDT  
2021 Virtual Courage Walk**

We hope you will join us for the Virtual Courage Walk Streamed ONLINE on our Facebook Page in celebration of National Crime Victim’s Rights Week.



For More Information:  
[\(15\) 2021 Virtual Courage Walk | Facebook](#)



# 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](mailto:POMCColorado@gmail.com)  
Other Resources: Healing & Bereavement, Trials and Hearings

### SECRETARY

Juli Jenicek  
720-666-2993

### TREASURER

Tiffany Starrett  
303-601-2416  
[trstarrett@comcast.net](mailto:trstarrett@comcast.net)  
Other Resources: Newsletter Editor, Roster & Mailing List, Memorials & Birthdays

### BOARD MEMBER

Andy Starrett  
303-601-4165

### BOARD MEMBER

Julie Rudnick  
720-822-6551

### OTHER CONTACTS

Joe Cannata, 303-345-7301  
Kaye Cannata, 720-366-4165  
[kaknota@aol.com](mailto:kaknota@aol.com)

### POMC NATIONAL OFFICE

4960 Ridge Ave., Suite 2  
Cincinnati, Ohio 45209  
Email: [natlpomc@pomc.org](mailto:natlpomc@pomc.org)  
Website: [www.pomc.org](http://www.pomc.org)  
Office: (513) 721-5683  
Fax: (513) 345-4489  
Toll Free: (888) 818-POMC (7662)

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...



## 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.  
The trial has been rescheduled to April 13, 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](mailto:pomccolorado@gmail.com)**

Donations are tax-deductible Federal ID 31-1023437



# COMFORT CORNER: GRIEF

## How Coping With Grief Can Affect Your Brain

*Posted on June 04, 2018 by Henry Ford Health System Staff*

You've probably heard the term "baby brain" to describe the mind-numbing fog that sets in when you bring a new baby home and you're overwhelmed and under-slept. You may have also heard of "chemo brain," where people who are going through cancer treatment have trouble concentrating as a reaction to the medications swirling through their bodies. The concept of "grief brain" is less discussed, but equally real.

### Effects of Grief on the Brain

While many people associate grief with a loss or death, that's not always the case. People can also grieve when adjusting to any sort of new normal. "Maybe you're becoming an empty nester, or you're newly retired," says Jannel Phillips, Ph.D., a neuropsychologist at Henry Ford Health System. "The emotions you experience look similar to grief – and underneath that grief are neurological changes that take place in the brain."

In fact, several regions of the brain play a role in emotion, including areas within the limbic system and pre-frontal cortex. These involve emotional regulation, memory, multi-tasking, organization and learning. When you're grieving, a flood of neurochemicals and hormones dance around in your head. "There can be a disruption in hormones that results in specific symptoms, such as disturbed sleep, loss of appetite, fatigue and anxiety," says Dr. Phillips.

When those symptoms converge, your brain function takes a hit. After all, if you're overwhelmed with grief, it stands to reason that you won't absorb your environment the same way you would when you're content.

### Grief Brain "Remedies"

Unfortunately, there's no magic tonic that can restore your ability to function when you're overcome with emotion. But, the following strategies may help you feel more peaceful as you find your way to a new normal.

**Practice self-care.** When it feels like your world is falling apart, the most important thing you can do is focus on yourself. If you take time out to eat well, exercise and sleep, you'll help your body and your mind recuperate from grief. Insufficient shut-eye is particularly challenging to the post-grief mind. "Disrupted sleep interferes with cognition and concentration," says Dr. Phillips. "Grief often leads to trouble sleeping, so you need to do what you can to establish a good sleep routine."

**Take a time out.** It's appropriate – even necessary – to take some time off from work and daily responsibilities to process your grief. Every situation is unique, and there's no set timeline for when you need to get back in the game. But it's important to establish a reasonable timeline so your grief doesn't run your life.

**Challenge negative thought patterns.** Sharing memories is healthy but ruminating on *what-ifs* can be mind-numbing. "It's not just that we're thinking about our loss, but also the situations tied to that loss," Dr. Phillips explains. So instead of heading down a rabbit hole of negative self-talk – *maybe I should have said something, maybe I should have done something, maybe it's my fault* – choose to delight in your happy memories.

**Continued to Next Page**



# COMFORT CORNER: HEALING

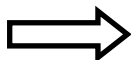
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**Get support.** If you're struggling to think straight, and get back to your daily activities, get help. Support groups can offer valuable resources to help manage grief. People who have been where you are can share tools and strategies to help you get back to living. Brief individual counseling can also be beneficial, particularly if you are struggling to complete your normal activities and interact with loved ones.

**Search for the silver lining.** It's not uncommon for grief to evolve into maladaptive thinking. With some practice, you can learn to reframe nearly every situation to focus on the positive. "The idea is to reframe your experience in a way that allows you to move forward with more peace," says Dr. Phillips.

While there's no timetable for the grieving process, most people take steps toward getting back to their lives and responsibilities after two to three weeks.

"When grief is interfering with your relationships, your ability to parent or your work, your loss becomes even greater," Dr. Phillips says. "Most important, if your grief reaction is explosive, extreme or if you're having suicidal thoughts, get help. A doctor, therapist or counselor can help you identify coping strategies."



Resource: [How Coping With Grief Can Affect Your Brain | Henry Ford LiveWell](#)



## APRIL SELF-CARE CHALLENGE

- |              |                 |                |
|--------------|-----------------|----------------|
| 1. Goals     | 11. Softness    | 21. Sunshine   |
| 2. Spirit    | 12. Growth      | 22. Bedtime    |
| 3. Joy       | 13. Love        | 23. Music      |
| 4. Rest      | 14. Favorites   | 24. Nap        |
| 5. Energy    | 15. Connection  | 25. Daydream   |
| 6. Unplug    | 16. Breathe     | 26. Selfie     |
| 7. Adventure | 17. Communicate | 27. Friendship |
| 8. Tasks     | 18. Hygge       | 28. Movies     |
| 9. Break     | 19. Release     | 29. Meditation |
| 10. Share    | 20. Calm        | 30. Stretch    |

BlessingManifesting



The best and most  
beautiful things in  
the world cannot be  
seen or even  
touched -- they  
must be felt with  
the heart.

Helen Keller





# ONGOING HOPE

On April 5, 2018, the Jenicek family lost Andrew Jenicek to a tragic robbery/murder. Through this tremendous loss the Andrew Jenicek Memorial came to be...

Andrew Jenicek's countless D'Evelyn friends and family members have established a Memorial Award to acknowledge and encourage the unique individual who, like Andrew, never fails to fully express themselves without fear of others judging or criticizing them. This award is intended to recognize students who demonstrate kindness, loyalty, artistic expression, and who, while deserving of accolades, does not necessarily fit the profile of most academic/athletic scholarship recipients.

The cash awards of are given annually to a graduating seniors in memory of Andrew. Said cash awards are given to students demonstrating genuine kindness, humor and overall "good". D'Evelyn displays the Andrew Jenicek Memorial plaque in the school lobby come by anytime and say hi!

## SAVE THE DATE

Andrew Jenicek Memorial Golf Tournament

BENEFITING THE D'EVELYN FOUNDATION ANDREW JENICEK MEMORIAL SCHOLARSHIP FUND

### DATE

Sunday, August 22, 2021

### TIME

Shotgun Start 7:30 AM

### PLACE

Applewood Golf Course  
14001 W. 32nd Avenue  
Golden, CO 80401

### COST

Early Registration - \$150 per player  
*Includes 18 holes, green fee & cart rental*

### REGISTER

- More information coming soon!

**LOTS OF SWAG AND FUN TO BE HAD!**

**You do not want to miss this!!**

#### Volunteers, Sponsorship & Donations Needed!

Please contact RaNae or Juli to learn more about helping at the event!  
[raae.rubio@me.com](mailto:raae.rubio@me.com)  
[julijenicsek@msn.com](mailto:julijenicsek@msn.com)  
Are you interested in donating? A donation letter is attached

Contact: [julijenicsek@msn.com](mailto:julijenicsek@msn.com) with questions!





## BIRTHDAYS REMEMBERED

Dennis Sanchez	4	1	1977
James Sanchez	4	1	1987
Maria Cordova	4	1	1974
Martin "Marty" Lawrence Martinez	4	3	1962
Mary Rogers	4	3	1983
Troy Krause	4	3	1967
Latoya Cisneros	4	4	1985
David Gonzales Shuker	4	5	1979
Daniel Walsh	4	6	1976
Asjer Kirlan	4	7	2004
Gary McGee	4	7	1970
Greg Swazo	4	8	1982
Kim Hadley	4	8	1975
Kris Kirk	4	8	1970
Larry Carmichael	4	8	1961
Nolan Ware	4	11	0
Stephanie Bechtold	4	13	1989
Amanda Anders	4	14	1995
Amdrea Anders	4	14	1995
Mary Buso	4	16	1913
Dennis Meredith	4	17	1956
Chris Mains	4	20	1972
Falon Watson	4	22	1998

Rodney Lee	4	22	1988
Anne Elise Gibson	4	24	1996
Carlos Luna	4	24	1969
Kevin Blunt	4	27	1973
Devon Smeltz	4	28	1996
Jolene Romero	4	28	1975
Michael Nigg	4	28	1969
Cher Elder	4	30	1972

\*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

Phillip Rose Jr.	4	1	1992
Christopher Aragon	4	2	1994
Dylan Lee Newman	4	3	2007
Andrew Jenicek	4	5	2018
Chelsea Strouse	4	8	2010
Phillip Dearing	4	9	2002
Yvette Strong	4	10	1992
Jared Whitney	4	11	1997
Mitch Anderson	4	11	2001
Kris Kirk	4	14	2014
Andrea Weiss	4	15	2015
Beth Haynes	4	16	1994
Charla Nicholson	4	16	2017
Maitreya Byrd	4	16	2018
Mark Nicholson	4	16	2017
Tawni Nicholson	4	16	2017
Carol Peoples III	4	17	0
Paul Klein	4	17	1993
Terrance Mayo	4	17	1995
Douglas "Dougie" Charles	4	19	2000
Abdul Muhammed	4	20	2015
Cassie Bernall	4	20	1999
Corey DePooter	4	20	1999
Cynthia Mc Queen	4	20	1983

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Dan Rohrbough	4	20	1999
Daniel Mauser	4	20	1999
Desiree Holland	4	20	2002
John Tomlin	4	20	1999
Matthew Kechter	4	20	1999
Rachel Scott	4	20	1999
Steven Robert Curnow	4	20	1999
Jesse Field	4	21	1998
Monica Martinez	4	22	1991
Ethan Wolf	4	23	1996
Nolan Ware	4	25	2015
Gail Garcia-Herrera	4	27	1984
Dan Suazo	4	28	1995
Nancy Begg Shoupp	4	28	1990
Sgt. Tim Mossbrucker	4	28	1995
Jacine Gielinski	4	29	1997
Heidi Green	4	30	2019
Stoneham Farris	4	30	1996



## MONTHLY MEETINGS

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

For Year: **2021**

***January 16\****

February 20

***March 20\****

April 17

***May 15\****

June 19

***July 17\****

August 21

***September 18\****

October 16

***November 20\****

December 18

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

***Due to COVID:***

***Both Support and Board meetings are being held  
via ZOOM.***

***Email [POMCColorado@gmail.com](mailto:POMCColorado@gmail.com) to receive  
an invite.***

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

ADDRESS SERVICE REQUESTED