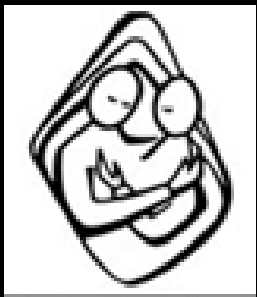


## Support Newsletter

April 2022

---

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



Parents of Murdered  
Children National Office –  
Cincinnati, OH

# POMC Colorado

## Front Range Chapter

### Celebrating the Courage of Victims of Crime

The 2022 Courage Walk will be on Saturday, April 30, at the Jefferson County Administration and Courts Facility.

The Courage Walk starts at 10:00 a.m. with a continental breakfast and registration. The short walk begins at 11:00 a.m. Doves will be released in honor of victims following a short ceremony at the Courage Garden. The Courage Garden was built to provide a place of respite for crime victims and their families on the courthouse grounds.

500 Jefferson County Parkway  
District Attorney Building  
Golden, CO 80401

**Click the Website Link for more information:**

<https://www.jeffco.us/3830/Courage-Walk>

---

### Board Member Reminder

Don't forget... we are always looking for those interested in participating.

“I think there's incredible pride in giving meaningfully to something that I care about.”

“Serving on the Board of an organization that I admire may be one of the most rewarding and valuable decisions I've made.”

Contact a current board member today!

## Contact Us

---

Phil Clark - Leader

303-748-6395

[POMCColorado@gmail.com](mailto:POMCColorado@gmail.com)

Tiffany Starrett - Treasurer

303-601-2416

[trstarrett@comcast.net](mailto:trstarrett@comcast.net)

Juli Jenicek - Secretary

720-666-2993

Julie Rudnick – Board Member

720-822-6551

Andy Starrett – Board Member

303-601-4165

Joe Cannata – Resource

303-345-7301

[kaknota@aol.com](mailto:kaknota@aol.com)

Kaye Cannata – Resource

720-366-4165

[kaknota@aol.com](mailto:kaknota@aol.com)

## “You Are Not Alone”

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

### The Mission of POMC:

POMC makes the difference through on-going emotional support, education, prevention, advocacy, and awareness.

## “We Are Here to Help”

- To support persons who survive the violent death of someone close as they seek to recover.
- To provide contact with similarly bereaved persons and establish self-help groups that meet regularly.
- To provide information about the grieving process and the criminal justice system as they pertain to survivors of a homicide victim.
- To communicate with professionals in the helping fields about the problems faced by those surviving a homicide victim.

---

***POMC National Office  
635 W 7th Street, Suite 104  
Cincinnati, OH 45203  
Email: [natlpomc@pomc.org](mailto:natlpomc@pomc.org)  
Website: [www.pomc.org](http://www.pomc.org)  
Office: (513) 721-5683***

---

## Love Gifts

---

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

None currently

## Comfort Corner

### NEGOTIATING THE EVER-CHANGING CURRENTS OF GRIEF

By: Thom Dennis

For most of us, grief is uncharted territory. When a loved one dies, we enter into some of life's most turbulent and troubled waters. It is important to find people and resources who can help us find our way through these rough times.

As a grief counselor, I sometimes think of myself as a seasoned river guide. I have accompanied people down this wild-river ride many times before and although every person's experience is unique, I have picked up a few tips along the way that you may find helpful. I have learned that what most people need falls into one of three general categories, I call them the Three R's of Grief.

#### 1. Re-education

In our culture, there are a lot of misconceptions about grief. Consequently, many people suffer from judgments or unrealistic expectations that make an already difficult situation even worse. I find that if I can correct some of the misinformation about grief, it lowers the person's stress level and allows them to focus their attention on what they can do to make their experience of loss more manageable.

#### 2. Reassurance

Everybody (and I mean everybody) asks me in one way or another, "Is it normal to feel this way?" I encourage people to remove the word normal from their grief vocabulary. Instead, I prefer the word common. Normal has many meanings but in the back of our minds one point stands out; the oppo-site of normal is abnormal. I am inclined to believe that on some level people are really thinking, "If the way I am grieving is not normal, then there must be something wrong with me!" The truth of the matter is, it is the situation that's crazy, not you. And yes, it is common for people to feel this way! When we grieve, the difficulties we face are compounded by the fact that it is hard to concentrate, and we have less emotional energy. I find that people already have many coping skills that can be applied to this new stressful situation. They just need to be reminded of that fact. And even if they don't have pre-existing coping skills, I remind them that they are not alone, that there are other people who can help them find their way.

#### 3. Resources

Wouldn't it be nice if grief came with a map or a set of instruction booklets? The fact is, there are tons of books and other resources

people can turn to, but it is hard to know which ones are right for you. Because the currents of grief are constantly changing, I cannot predict at any particular moment what kinds of resources you will need. However, I think it helps to ask the following question: If grief were a river, what would I need for the trip?

Imagine you are planning a whitewater rafting trip. Although every person's experience will be different, I think everything a person needs for the journey probably falls in to one of the following four categories.

**COMPANIONS** None of us can make it on our own. We need people who can help us—friends, family, co-workers. Sometimes, through no fault of their own, these people are not able to help us in the way we need. This might be the time to call upon the support of a seasoned river guide. Whether it is a counselor, grief support group or simply the widow who lives down the street, it is invaluable to talk with someone who knows something about grief.

When we grieve, we need a boatload of support. Think of all the groups that you belong to and consider every individual in each of those groups. Don't forget unconventional sources of support: the family pet, internet chat rooms or grief blogs, and never underestimate the power of prayer. Figuring out who to call is only the first step. The really big challenge is asking for their help.

### SANDBARS

No one can grieve twenty-four/seven. It is essential to occasionally take a break from grief. Look for places that you can rest along the way. Your wounded heart is going to need extra sleep to recuperate and heal. Don't expect yourself or anyone else who is grieving to carry on with business as usual. Go to the movies, read a novel, take the dog for a walk. Take small breaks throughout the day and schedule a real vacation. Don't worry, you are not avoiding your feelings if, in the depth of winter, you take your journal and go grieve on a beach for a week or two.

### FOOD FOR THE JOURNEY

If you were embarking on a river expedition, you would need to take along some supplies. Your survival will depend on getting proper nourishment. Think in terms of things that will feed your body, mind and spirit. It is always important to eat a well-balanced diet and to exercise, but now it is more important than ever. Some people consider chocolate to be a major food group. I'm told that chocolate actually creates endorphins, the "feel good" chemicals of the brain. If you need permission to give yourself a treat once in a while, consider it granted, but remember, all things in moderation. (S'mores anyone?) No one knows better than you what you need, so stop and listen to the

yearning of your soul. Consider getting that massage, buy that CD, take a class, find a group of like-minded individuals. Feed yourself first.

### PROVISIONS

Provisions are all of the resources that you can either rent or buy to make your grief journey more manageable. On a river, you will need a boat, a paddle and remember to never enter the water without some type of flotation device. The same can be said of grief.

Provisions are the books on grief, the home security system and the kid next door who can mow the yard. Look for things that say “free,” but do not be afraid to spend a little extra money on any activity that will make those long evenings and weekends more bearable.

One final thought. A man in a support group said it best; “I don’t think grief ever goes away, we just get better at it.” The death of your loved one leaves a hole in your life that can never be filled. From my perspective grief lasts a lifetime, but trust me, it will be transformed over time. If you hang in there, you will get better at negotiating the currents of grief. The rapids of grief will give way to calmer waters and you will again be able to return your focus on the events and scenery of everyday life.

**Click the Website Link for more information:**

**<https://pomc.org/survivor-support/survivors-newsletter/>**

## Donations

---

**Love Gifts provide restorative resources for the participants of the Colorado Front Range Chapter.**

Make Checks Payable to:  
POMC  
18121 E. Hampden Ave  
Unit C #145  
AURORA, CO 80013

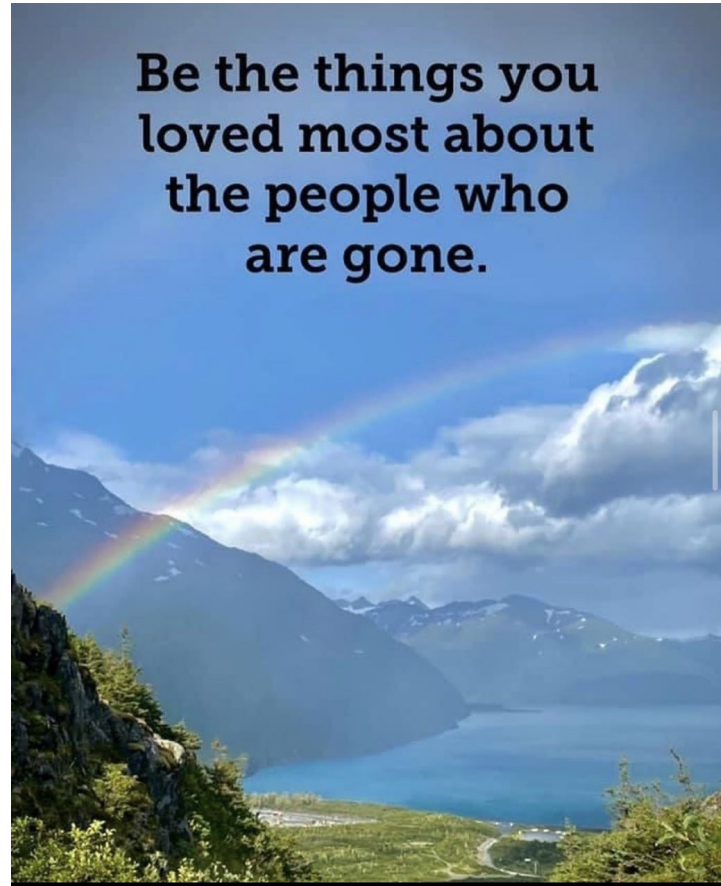
PAYPAL ACCOUNT:  
pomccolorado@gmail.com

Donations are  
tax-deductible.  
Federal ID: 31-1023437

\*If you wish to be  
acknowledged in the  
POMC newsletter, please  
ADD A DONOR NAME in  
the FOR section of your  
check or ADD A NOTE if  
donating by PAYPAL.

Acknowledgements are  
located on Page 3.

## Mindful Meme



## **Trials & Hearings**

---

Member Experiences...

None currently

## **Paroles Denied**

Parents Of Murdered Children, Inc.'s, Parole Block Program<sup>SM</sup> strives to give survivors a sense of control, as well as a positive outlet for the anger, frustration and disillusionment with the criminal justice system. PBP allows them to participate in the parole process by attempting to keep murderers behind bars for their minimum sentence, thus protecting society from potential repeat offenders.

Since its inception, approximately 1546 convicted murderers have been denied parole through POMC's Parole Block Program<sup>SM</sup>. Below is the partial list of murderers who have been denied parole through our Parole Block Program. Those that have been released early will be listed on our Killer Alert<sup>SM</sup> page.

**Click the Website Link for more information:**

**<https://pomc.org/online-support/paroles-denied/>**

## Meeting Information

---

Want to attend via Zoom or in person? No problem!

Email:  
[POMCColorado@gmail.com](mailto:POMCColorado@gmail.com)  
to receive more information.

See you then!

## Additional Information

---

This newsletter is published monthly by volunteers and it is the official publication of the Front Range Chapter of POMC. Articles, poems, recipes, and letters from members are welcomed.

Email:  
[POMCColorado@gmail.com](mailto:POMCColorado@gmail.com).

Note: They may be edited for length and conciseness.

P.S. We'd love your feedback! Email:  
[POMCColorado@gmail.com](mailto:POMCColorado@gmail.com)  
with comments and suggestions.

## Monthly Meetings

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

For Year: 2022

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

\*Board meetings begin at 5:30 PM