



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

POMC

SUPPORT
NEWSLETTER

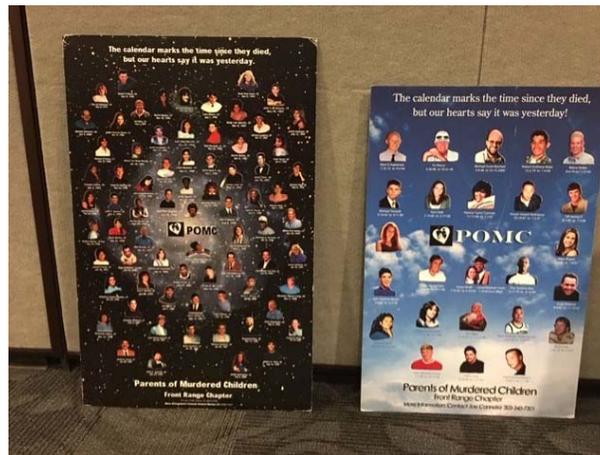
Front Range Chapter
Parents of Murdered Children

December 2019

ANNOUNCEMENTS

POMC Posters for Awareness

In the past, the Front Range Chapter created and distributed posters of our loved ones throughout several local agencies to help provide awareness of our organization. We want to produce new signs for 2020. If you are interested in participating, the cost is \$20.



Options to get us your photo:

Email to: POMCColorado@gmail.com. Indicate your loved ones: Name, Birth, and Death Date.
Or, bring a photo to the next December meeting.

Options to pay:

Bring a check (payable to POMC) or cash to the next December meeting.
Or, mail a check, or use Paypal. Address and information is on Page 3 of the newsletter.

The due date is December 21, 2019.

**Meetings beginning December 2019 will now include a 15-30 minute
Welcome Warm-up exercise.**

For suggestions: contact the Newsletter Editor



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

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POMCColorado@gmail.com
 Other Resources: Healing & Bereavement, Trials and Hearings

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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 is scheduled for December 9, 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: _____

Make Checks Payable to: **POMC**

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

The Grieving Teen

By Helen Fitzgerald, CT

Teen years are already tumultuous years, and the bereaved teen needs special attention. Under ordinary circumstances, teenagers go through many changes in their body image, behavior, attachments and feelings. As they break away from their parents to develop their own identities, conflicts often arise within the family system. Life becomes even more complex when a father, mother or other significant person dies – a shattering experience faced by one child in every 10 before the age of 18. While people in all age groups struggle with such losses, teenagers face particularly painful adjustments following the death of a loved one.

Do teens grieve like adults?

Teens grieve deeply but often work very hard to hide their feelings. Fearing the vulnerability that comes with expression, they look for distractions rather than stay with the grief process long enough to find real relief. Feelings can be turned off quickly, much like flipping a light switch. Teens can act as if nothing has happened while they are breaking up inside. You may observe teens who take on the role of caregiver to family members or friends, in effect denying their own grief.

Gender makes no distinctions when it comes to experiencing grief, but the outward signs may be different. Young men of this age may have a particularly hard time when they have been taught that showing emotion is something that girls do – but macho guys don't.

Who do teens trust and talk to?

Teens often trust only their peers, believing that no one else can understand how they feel and how they react to life's problems. Relationships with friends can be deep and meaningful, sharing conflicts occurring at home and details of their love lives.

How can adults gain the trust of teens?

To gain the trust of teens, adults must become good, nonjudgmental listeners. Let teenagers know that you are interested in them, in their views, in their ideas and thoughts. Let them know that you like and care for them. Support their ideas or gently introduce new ways to approach their ideas. Acknowledge their grief and offer your thoughts of how to ease their pain.

Does peer counseling work?

Because teens are most open to fellow teens, one approach to providing help is through peers. And it works. Peer counseling is now an elective course in many schools for teens. Peer counselors are trained to look at all kinds of life problems on a personal level and then at ways to help their peers. They are introduced to different situations that may occur, and speakers are brought in to teach them about specific topics.

Because teens are willing listen to other teens, peer counseling can play an important role in establishing communication with distressed classmates and friends, as well as steering them to professional help if it is needed. Peer counselors learn about depression, grief, communicating with parents and other adults, suicidal ideation, etc. At the same time, they learn their limitations and are assured of the support and expertise of their peer counseling teachers for consultation.

Selecting the right teacher for this is of course critical, since he or she must gain the trust and respect of the students – just as students will seek the trust and respect of the peers they may be called upon to counsel.

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COMFORT CORNER: HEALING

Do grief support groups work?

Another approach is through grief support groups, and they work, too. By sharing feelings with one another, teens find out they are not alone and that others are also struggling to rebuild shattered lives. Grief groups help teens feel understood, accepted and supported.

What activities work with teens?

Teens will tell you that they just want to talk and not have any activities. For some grief groups this is true, but you need some ideas to fall back on if a particular group is silent and non-responsive. The following activity gets group members comfortable with each other because it immediately addresses the reason why they are there.

When should a referral to professionals be made?

It can be difficult to separate normal teen behavior from that of a grieving teen in trouble. Some of the indicators that let you know when a teen needs more than the help group or peer counselors offer are:

- **Dramatic behavior changes.** A teen's home, school and social life are the arenas for observing behavior changes. Listen and take notes if comments and concerns are being expressed.
- **Extraordinary pressure.** Get to know the teen and invite discussion regarding his or her activities at home or at school. Find out if keeping up with work is a problem or if the teen is feeling overwhelmed with what needs to be done. Ask if there is some time to spend alone or with friends.
- **Isolation.** Is the teen spending too much time alone, canceling on dates and parties, or dropping out of after-school activities?
- **Depression.** Discuss the differences between bereavement depression and clinical depression. Encourage the teen to consider further help, if indicated. Supply information about where to go to get counseling.
- **Death wish.** Always take any talk of dying seriously and explore the teen's thoughts and feelings on the matter. Listen carefully to messages from the teen indicating there is a death wish. When a loved one has died, it isn't uncommon to make statements such as, "I just wish I could go to sleep and not wake up in the morning," or "I don't care if I get in a car wreck." These are passive death wishes – something or someone causing a death.

On the other hand, if a teen starts talking about when, where and how to do "it," or if there is a history of depression or suicidal behavior, this is a much more serious matter and needs immediate attention. Get prompt professional help.

- **Anger.** Anger can often create problems at home, at school or with friendships. Anger needs to be expressed, but in appropriate ways. Unspoken anger can become depression. If the angry teen is creating problems, and normal ways of expression are not helping, this teen may need further counseling for anger management.

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COMFORT CORNER: SELF CARE

- **Guilt.** Feelings of guilt often leave the teen isolated and alone, with an absence of self-esteem. The shame that accompanies guilt takes the form of deep, dark secrets – a very heavy weight to carry around. You can help the teen find some relief from these feelings by being a good listener and by not trying to talk him or her out of it. Suggest writing a letter to the person who died asking for forgiveness, perhaps even taking that letter to the grave and reading it out loud. Or list the things that are most guilt-inducing on a biodegradable helium balloon and let it go. If measures like this don't help, don't hesitate to refer the teen for further therapy.
- **Substance abuse.** Have information about the perils of substance abuse available. There are times when teens use drugs or alcohol to try to take away the pain. Look for denial, anger and guilt with teens you suspect are using drugs or alcohol. When referring such a teen for additional help, find a therapist who specializes in grief and substance abuse.
- **Skipping school or dropping grades.** A normal part of grief is not caring about anything and a lack of motivation or interest. Help the teen understand that these intense feelings of grief are temporary, and that the more they skip school or don't do their homework, the harder it will be to catch up. Teens who are staying away from school may not know that, if this continues, they could be brought before a judge and sent to a probation home or juvenile detention center.
- **Acting out sexually.** The pain of grief is so great and the emptiness so profound, it is not uncommon to look for a warm body to fill the void. This closeness is only a temporary fix that usually leads to regret, shame, and fear of disease and pregnancy. If a girl is thinking that sex will make her feel better, help her understand her displaced needs and what she may get herself into. If a boy is showing the same tendency, help him understand that the issue goes beyond contraception; what is involved is his own need to address his grief in way that will bring him real relief.

Making Referrals and Offering Resources

Develop a list of mental health centers and know what services they offer. Put together a list of private therapists who specialize in adolescents, grief, substance abuse and depression. Update this list yearly.

Working with teens is both challenging and rewarding – challenging because you need to break into their world and develop a trusting relationship; rewarding because of the pleasure you will have in being a confidante to their secrets and concerns, seeing smiles and cheery greetings gradually replace those frowns and stares. Becoming a part of a teen's life as he or she struggles with life-shattering grief is a privilege to be exercised with care, but a privilege all the same.



For questions go to:

<http://connect.legacy.com/inspire/page/show?id=1984035%3APage%3A9931>



MINDFUL MEMES

Perhaps they are not stars in the sky but rather openings where our loved ones shine down to let us know they are happy.



Positivity, Love and all things Good.



BIRTHDAYS REMEMBERED

Rubon Wayne Norwood	12	1	1938
Ethan Wolf	12	1	1974
Chad Ferguson	12	1	1977
Robert Mejia	12	2	1979
Meglan Renaud	12	3	1976
Paul Anthony Ciaramitaro	12	4	1959
Kyra Harris	12	7	1958
Jason Trembath	12	9	1974
Dale Morris	12	11	1931
Marilyn Gillespie	12	11	1951
Mel Gurule Jr.	12	11	1959
Chandra Haak	12	12	1975
Christa Benton	12	15	1978
Charla Nicholson	12	16	1962
Martel Thomas	12	18	1947
Craig Jackman	12	18	1964
Tammy Lamberty	12	18	1970
Jake	12	18	2007
Edward Gomez (Martinez)	12	19	1962
Randy Arlin Russom	12	20	1964
Desiree Holland	12	20	1975
Frank Hernandez Jr	12	21	1979
MichelleVinson	12	22	1968

Michelle Mellema-Witherell	12	23	1967
Daniel Chavez	12	25	1972
Diane J. Caldwell	12	26	1950
Cindy Wilson/Langlois	12	26	1954
Michael Adams	12	26	1962
Jakob Montoya	12	26	1998
Michael L. Crouch	12	27	1957
Brandon Cruz Sigala	12	28	1983
Linda Zambotti	12	29	1954
Doug Bradley	12	29	1967
Emily Reilly	12	29	1991

*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

Jacy Kadison Marshall	12	1	2018
Leroy Martinez II	12	2	1993
Yvonne Cossio	12	2	1993
Steve Murgatroyd	12	4	1993
Wayne Craig	12	4	1998
John Rasser	12	5	1996
Terry Sheeran	12	5	1999
Cody Martell	12	10	2002
Dennis Meredith	12	11	1992
Byris Williams	12	11	2004
Matt Ownbey	12	12	2000
Fernando Sanchez	12	12	2004
Cindy Jolene Tiemann	12	16	1987
Frank Hernandez Jr	12	17	1998
Jerry Baca	12	18	2008
Megan Patricia Neylon	12	19	1998
Michelle Mellema-Witherell	12	20	1992
Heather Moore	12	21	1995
Michael McMullen	12	22	2007
Polly Elizabeth Sullivan	12	25	1998
Martha Munoz	12	26	1998
Paul Christopher Bueno	12	28	1999
Doug Bradley	12	28	2017
Damon A Roberts	12	30	1992

Christine Marie Zablocki-Alicata	12	31	1986
Michael L. Crouch	12	31	1986



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

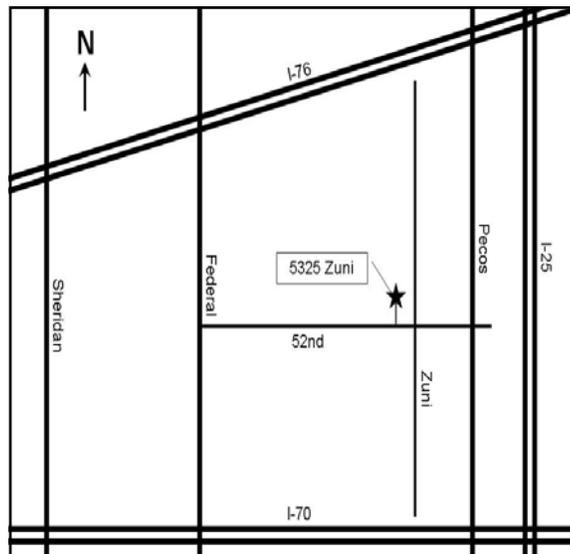
September 19*

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.**

POMC
9888 W Bellevue Ave. #103
LITTLETON, CO
80123

ADDRESS SERVICE REQUESTED