



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

February 2021

ANNOUNCEMENTS

Sad News

It is with saddened heart the we are announcing the passing of long time POMC member, Tom Rosser. Tom had been in hospice care for some time and with COVID, his family was not able to see him for 7 weeks. Nancy and the family were able to bring him home in mid December. Tom was surrounded by his family when he passed on Christmas day. Please pray for Nancy and the family as they deal with his passing.

Upcoming Online Events

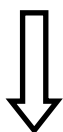


A free, online grief and bereavement support group for anyone experiencing loss of any kind. Grief takes different shapes. All are welcome.

About this Event

In partnership with the Mental Health Association of Central Florida this group is offered for FREE for adults grieving due to the loss of a loved one (family, significant other, pet, etc) or any grief affiliated with lifestyle changes and COVID-19. We welcome you to join this support system for additional comfort, resources, and guidance. Topics covered in this group involve stress of grief, tips for coping during the anniversary dates/holidays, and learning how to reach out for help during difficult times.

For further questions or concerns please reach out to group facilitator, Therapist Carol Roberts at croberts@pbsfl.org or Community Relations Director Juanita Carbajal at jcarbajal@pbsfl.org



Zoom links will be sent the evening before, and morning of the meeting date to those who register!

Tuesday, February 16
9:00—10:00 AM

Register: [Online Grief Support Group Tickets, Tue, Feb 16, 2021 at 11:00 AM | Eventbrite](#)



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

Juli Jenicek
720-666-2993

TREASURER

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

BOARD MEMBER

Andy Starrett
303-601-4165

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

*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...



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

Donations are tax-deductible Federal ID 31-1023437



COMFORT CORNER: GRIEF

Thoughts Provided by: Tiffany Starrett

We can often hide behind masks to blend in with society to feel “normal.” As we learn to express our feelings, it can be challenging to share our truth without fear of judgment from others, or even sometimes from ourselves. Look at the below to help explore your inner thoughts while understanding that feelings aren’t right or wrong and can be scary. If we allow ourselves to “see and accept” our emotions as they are, we can better verbalize to others for the support we need.



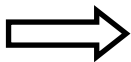


The Mourner's Bill of Rights

When we are grieving, we are changed. It can be very hard for us to accept these changes in ourselves, and harder still for others to understand and respect the difficulty of what is happening to us. Author and grief counselor Alan Wolfelt reminds us that we have special rights during this challenging time of healing. Knowing our rights while grieving can help us to take care of ourselves even when others do not "get it".

Here is a summary of those rights. Dr. Wolfelt's full version and many other helpful articles can be found at his website: www.centerforloss.com (<https://www.centerforloss.com/grief/i-am-grieving/>)

- 1. YOU HAVE THE RIGHT TO EXPERIENCE YOUR OWN UNIQUE GRIEF.**
Your grief is YOUR grief; you do not have to accept others' opinions about how you should be grieving.
- 2. YOU HAVE THE RIGHT TO TALK ABOUT YOUR GRIEF.**
Talking aids healing; seek those who will let you talk as much as needed. You also have the right to be silent when you do not feel like talking.
- 3. YOU HAVE THE RIGHT TO FEEL A MULTITUDE OF EMOTIONS.**
Grief is not just sadness. Find those who will listen to and accept your wide-ranging feelings.
- 4. YOU HAVE THE RIGHT TO BE TOLERANT OF YOUR PHYSICAL AND EMOTIONAL LIMITS.**
Grief can be exhausting. Listen to what your body and mind is telling you; don't be pushed into things you aren't ready for.
- 5. YOU HAVE THE RIGHT TO EXPERIENCE "GRIEFBURSTS".**
Grief sometimes comes from nowhere, engulfing you without warning. This is frightening, but a natural part of the process.
- 6. YOU HAVE THE RIGHT TO MAKE USE OF RITUAL.**
Memorial rituals allow you to mourn the loss in the company of those who can support you. You get to decide what is right and meaningful for you.
- 7. YOU HAVE THE RIGHT TO EMBRACE YOUR SPIRITUALITY.**
Your beliefs may be a source of comfort or a source of struggle. Allow yourself to be with those who can support you in this.
- 8. YOU HAVE THE RIGHT TO SEARCH FOR MEANING.**
You may find yourself asking "why" questions that have no easy answers. Others may offer ready answers such as "Think of what you have to be thankful for" but you don't have to accept them.
- 9. YOU HAVE THE RIGHT TO TREASURE YOUR MEMORIES.**
Memories are a precious, lasting legacy that can be shared with those who care about you. You don't have to ignore them.
- 10. YOU HAVE THE RIGHT TO MOVE TOWARD YOUR GRIEF AND HEAL.**
Healing does not happen quickly; your life has been forever changed. Be kind to your healing self, and avoid those who cannot accept you in these changes.



Resource: [Understanding-Grief-Adult-packet.pdf \(transitionslifecare.org\)](http://www.transitionslifecare.org)



From Bill Jenkins—POMC Member

Survivor's Pledge



I am a Victorious Survivor

If peace can be had, I will find it.

If meaning and purpose can be made, I will make it.

If redemption can be done, I will do it.

If life can be lived, I will live it.

I will stand tall, I will breathe deep, and

I will love and honor myself without shame or stigma.

I will learn to love, laugh, and relax, as best as I am able,

so to speed my healing now that the danger has passed.

I survived. I will thrive. I will be a Victorious Survivor.

© Bill Jenkins, *What to Do When the Police Leave*, www.wbjpress.com, 2018



Feel No Guilt in Laughter

Feel no guilt in laughter,
They'd know how much you care.
Feel no sorrow in a smile
that they are not here to share.

You won't grieve like this forever;
They would not want you to.
They'd hope that you could carry on
the way you always do.

So, talk about the good times
and the way you showed you cared,
The days you spent together,
all the happiness you shared.

Let memories surround you,
a word someone may say
Will suddenly recapture a time,
an hour or a day:

That brings them back as clearly
as though they were still here,
And fills you with the feeling
that they are always near.

For if you keep those moments,
you will never be apart,
And they will live forever locked
safely within your heart.



BIRTHDAYS REMEMBERED

Randy Fleming	2	1	1960
Heather Harper	2	2	1975
Martin Macias	2	3	1960
Sherri Majors	2	3	1969
Philisia Bunting	2	4	1974
Drake Smith	2	6	2003
Ronald (Ron) Georgopulos	2	8	1954
Kay Lyn Robinson	2	9	1961
Roxanne Logan	2	12	1952
James Mora	2	14	1972
Loren Holcom	2	14	1943
Lorren Holcomb	2	14	1943
Anthony Taiitt	2	18	1960
Matthew Kechter	2	19	1983
Cissy Foster	2	20	1979
John Wann	2	21	1973
Karla Winberg	2	22	1961
Michael McMullen	2	22	1980
Monica Martinez	2	22	1974
Lonnell Friend	2	24	1978
David Michael Kelly II	2	26	1977
Chris Irish	2	27	1971
Vanessa Gushard	2	28	1976

*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

Louis Muradian	2	x	1985	Robert Zajac	2	27	2002
Brandon Gushard	2	1	1987	Jordan Miranda	2	29	2016
David Michael Kelly II	2	1	1996				
Jackie Maldonado	2	3	2002				
Abraham Hansen	2	4	2017				
Robert Ursetta	2	4	1995				
Bryan D. Lusk	2	5	2007				
Amber Bullington	2	6	2000				
Ada Johnson	2	9	1983				
Garett Cordova	2	11	2002				
Chris Stockwell	2	16	2017				
Marco Escobedo	2	16	2008				
Vera Escobedo	2	16	2008				
Antoinette "Toni" Clark	2	17	2008				
Clair Weaver	2	17	1991				
Mark Eastwood	2	19	2019				
Gertrude Brown/Nussel	2	20	1992				
Carmina "Nina" Anderson	2	21	1973				
Peter Beaupre`	2	23	1995				
Clarence Thomas	2	25	2017				
McKinley Dixon Jr	2	25	1994				
Terrell Ephriam	2	26	2014				
Erin Golla	2	27	2002				
Robert "Bobby" Zajac	2	27	2002				



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 to receive
an invite.***

ADDRESS SERVICE REQUESTED

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Aurora, CO 80013