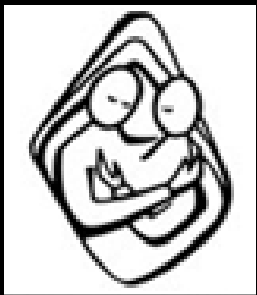


Support Newsletter

February 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

February Feelings!

Using photography is a great way to cope with grief, and it allows us to express feelings that are sometimes indescribable. Send us your photos and any captions, and in next month's newsletter, we'll "talk" grief.



We want to know how we are doing!

It's our priority to ensure we are providing meaningful restorative resources each month. Help us continue to grow and evolve our meetings by sharing what you find useful, new ideas/topics, etc.

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“You Are Not Alone”

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
Website: 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

Grief: What's Normal, What's Not – and 13 Tips to Get Through It How to cope with bereavement and loss July 27, 2018 / Mental Health

There's no easy way to part with those we love. Wherever there is attachment and loss, there is the pull of grief.

"While death ends a life, it does not end the relationship," says Amy Greene, MDiv, DMin., Director of the Center for Spiritual Care at Cleveland Clinic.

"Adjusting to the new reality takes time and does not follow a totally predictable pattern (in spite of what many people will tell you)," she says.

It's unique to each person

Grieving is a process as unique as every individual who experiences it.

At times, emotions may get tucked under a rather out-of-body feeling. At other times, you may feel your insides squeeze with loss. One day, you may feel like throwing something that would shatter. Another day, you could feel a strange sense of peace.

This is why, Ms. Greene says, it's so important to be patient with yourself. You have your own unique way of handling things.

Often, the caring and well-intentioned people around you lack understanding about grief, and about the natural process of grieving.

They might say, "Keep busy." But often, this simply postpones a necessary emotional upheaval, a process we all have to go through.

"We live in a culture that wants to quickly move past grief, as though it were an obstacle," Ms. Greene says. "We just want to be 'over it.' But the truth is, it's normal for someone who is grieving to feel off-kilter for a very long time."

Do your best to be patient with those around you whose intentions may be kind but who sometimes speak without enough forethought about what a bereaved person is really feeling.

"Unless a person is trained in grief counseling, they may find it challenging to understand the phases of grieving," Ms. Greene says.

The difference between grief and depression

It is a myth that “time heals everything” or that you must “move on” within a certain number of months (or even years). Grief can last a long time.

This why it is important to find professionals and/or support groups (preferably both, according to Ms. Greene) that can help you continue to monitor what is “normal” grief.

“This can help you take precautions as well as get the help you need and deserve if your grief becomes more complicated,” Ms. Greene says.

People may mistake the very normal phases of grieving for something unhealthy.

“After a deep loss, it’s normal to struggle to eat or sleep. Often, people don’t drink enough water. They may not want the sleeping pills. They just go through this intense sadness, which is normal in the first few months,” Ms. Greene says.

At this stage, people around you may become overly concerned. But after decades of marriage or after losing a child or someone dear to you, learning to live without them in your life can’t happen quickly. It is a process.

This is different from depression, which does happen, too.

This can occur if a grieving person gets into an unhealthy spiral of lack of sleep or unhealthy eating and drinking habits, or lack of exercise — especially if these habits continue more than a few weeks. People are especially at risk for depression if they don’t take good physical care of themselves as well as if they become too isolated.

To combat this, Ms. Greene suggests joining a support group moderated by a trained grief counselor.

“I’ve seen how much this can be a reprieve; griever can see an example of others who have coped and are getting through the toughest parts.”

“It helps many people realize, ‘I’m not alone.’ They see that grief is a human thing we all share,” Ms. Greene says.

Tips for dealing with grief

While there’s no simple formula for getting through a deep loss, Ms. Greene offers the following tips:

1. Accept some loneliness. Loneliness is completely normal, but it is important not to get too isolated. Reach out to people and

support groups who are comfortable with grief — who can let you move through the process at your own pace.

2. Choose good company. Look for friends, old and new, who know how grief feels and who can let you be “alone but not alone” when you just need company and who won’t place any further burdens or expectations on you.
3. Be gentle with yourself. Try not to judge yourself for not “doing better” or “keeping it together.” It will get easier over time to feel like your normal self.
4. Get extra rest. Physical and emotional exhaustion is common. You will need more rest than usual.
5. Embrace all emotions. Realize that feelings come whether we like it or not. All we can do is let them move through, like waves in the ocean or clouds in the sky. It is neither weak nor abnormal to feel these waves. There are many approaches under the category of “mindfulness” that can help with emotional self-regulation. It’s also important to know when to seek professional help.
6. Set a regular sleep schedule. Make it a goal to go to bed and awaken at the same time each day. Give yourself a good amount of time to rest, but be on guard for sleeping too much as a way to avoid the hard work of grieving.
7. Move your body. Get up and walk or move around, preferably outside, at least a little each day.
8. Talk to your doctor. Tell your primary care doctor you are bereaved so he or she can help you keep an on eye on healthy habits.
9. Keep structure in your day. This means groom and dress, even if you are not leaving the house. Also, eat small, regular meals, even if you are not hungry.
10. Set goals. Set small, reachable, short-term goals so that you don’t get overwhelmed.
11. Make a list of daily activities. This can help while you are grieving because forgetfulness is common.
12. Be cautious. Do not make any major decisions or changes in home or work right after you are bereaved.

13. Take care of your inner needs. Find time, whether through a spiritual practice or a creative outlet, to connect to things that give you inspiration and help you maintain your sense of meaning and purpose. You could keep a journal, write a song, poem or letter to your loved one.

Click the Website Link for more information:

<https://health.clevelandclinic.org/grief-whats-normal-whats-not-and-13-tips-to-get-through-it/>

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

Ongoing Hope

If you have a story, you'd like share...

Email: POMCColorado@gmail.com



Forever In Our Hearts

We apologize if we have missed any dates or they were posted incorrectly.

Please Email:

POMCColorado@gmail.com

and we will update our records accordingly.

Thank you!

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) Georgopoulos	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

Forever In Our Hearts

We apologize if we have missed any dates or they were posted incorrectly.

Please Email:

POMCColorado@gmail.com

and we will update our records accordingly.

Thank you!

In Memoriam

Louis Muradian	2	0	1985
Brandon Gushard	2	1	1987
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
Robert Zajac	2	27	2002
Jordan Miranda	2	29	2016

Hybrid Information

Want to attend via Zoom?
No problem!

Email:
POMCColorado@gmail.com
to receive your invite.

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.

Note: They may be edited for length and conciseness.

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

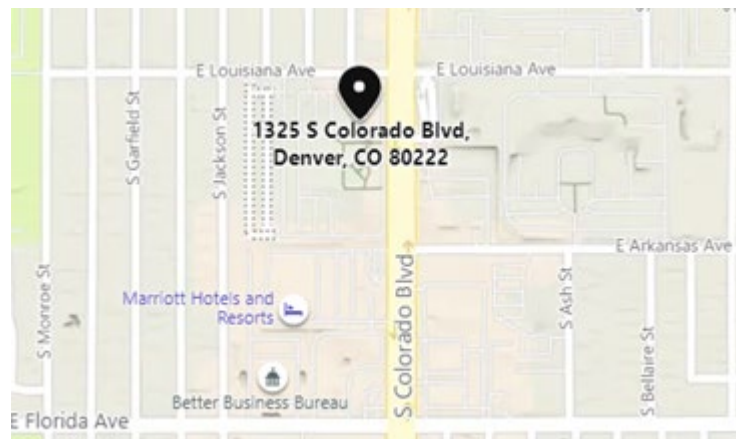
Monthly Meetings

Support meetings are held the 3rd Saturday of every month at 7:00 PM. (Doors close at 7:15)

For Year: 2022

January 15*
February 19
March 19*
April 167
May 21*
June 18
July 16*
August 20
September 17*
October 15
November 19*
December 17

*Board meetings begin at 5:30 PM



We meet in Suite 508-B of the Empire Park Building B at 1325 South Colorado Blvd in Denver. Parking is in the back.