



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

# POMC

SUPPORT  
NEWSLETTER

Front Range Chapter  
Parents of Murdered Children

January 2021

## ANNOUNCEMENTS

After everything you've endured this year, what does  
this mean to *you*?



PARENTS OF MURDERED CHILDREN NATIONAL OFFICE—CINCINNATI, OHIO



# 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.

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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](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...



## 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 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.



# 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

## A New Year and the Challenge of Grief

*By Hello Grief*

Here we are at the end of the first month of a new year. Usually most folks look forward to the new year since it can represent a new beginning and/or a chance to “do better” than in the previous twelve months. New Year’s Eve parties are planned and large community gatherings are organized. The agenda is to celebrate with friends, food, libations, confetti, noise-makers and resolutions. You, as a griever, have successfully made it through January. Good for you!

However, you may have had a much different take on New Year’s. It could have been hard to conjure up energy and joy about the approaching year. It was probably hurtful at times when the media and others encouraged you to have a HAPPY New Year. Your questions could have been (and may still be); what do I have to be happy about, how can I possibly look forward to a new year without the physical presence of my loved one, or what makes anyone think I have the extra energy to resolve to stop a bad habit or initiate a new more positive behavior?

Considering the emotional ups and downs that are a natural part of the grief process, you may have had a few experiences of happiness in January. Perhaps you had a moment when you looked forward to feeling better in the new year. Maybe you saw and felt another person’s joy about their possibilities in the new year and truly felt glad for them.

It could be, as this first month of the new year ends, you have chosen not to recognize the significance or possibilities for YOU in a “new year”. Even if you haven’t consciously decided to avoid the concept of a new year I invite you to stay with me here for what comes next. Your loved one has died, your heart feels broken, your grief process is overwhelming, you struggle daily with the draining emotion of sadness, and you don’t necessarily feel hopeful about your future. However, you are alive and you do have a future. Do you believe your future life can be better than you have ever imagined? I believe it can.

The passage of time will always bring about a new year. As a griever you do face a new year without your loved one but you can approach it positively by taking gifts from your loved one with you. Your loved one taught you many things, gave you treasured items, instilled within you important morals and ethics, genetically provided you with physical attributes, opened your mind to new and broad ideas and etc.

Make a list of the gifts your loved one has left with you. I suggest you write this list by hand and not use a computer. It is impossible to have anything “wrong” on your list. Your gifts may include things like: 1. beautiful red curling hair, 2. the ability to speak fluent Spanish, 3. the attitude of always seeing the glass half-full, 4. the opportunity to attend college, 5. bright blue eyes, 6. the habit of exercising, 7. the special recipes created, 8. the stamp collection that is so unique and beautiful, 9. the idea of practicing random acts of kindness and 10. etc.

**Continued to Next Page**



## COMFORT CORNER: HEALING

### Continued from Previous Page

You are singularly unique and your list of gifts will be unique as well. Your relationship with your loved one was important and they have influenced you physically, emotionally, spiritually and mentally. These are their permanent gifts for you.

After you have made your list of these loving gifts I invite you to get creative. Match each gift with something you can look at and experience. This “something” will become the symbol for the gift. For instance, if your gift is red curling hair you might cut off a small curl or get a piece of red ribbon that matches the red of your hair or get a pretty red bead or button from a craft shop. For the glass half-full — pick out an elegant glass. Use a thank-you card to represent the opportunity you have to attend college/trade school.

You could get a different bead or individual small candle for each gift. Engage the healing power of your creative self now. It is so important to your healing. However you match your gift with its symbol need only have meaning for you. Your choices don't have to be logical or understood by anyone else. The length of time you take to accomplish all of this will be perfect timing.

Once you have your list and have matched the gifts with their symbols place them on a dresser, table or window sill. Have them in a place you pass by frequently. As you pass by the symbols you have chosen, pause for a moment and recognize their value. Express gratitude for the gifts left for you, know your loved one will live on as you embrace and personalize your gifts and take them with you into the new year. This should help you feel stronger as you face your new year while grieving. I wish you a new year filled with as many happy times as possible.

PS – You know, of course, that for a griever a “new year” can begin at many places in the calendar — your loved ones birthday or day of death, your birthday or the beginning of summer and etc. At anytime you feel hopeless or especially sad missing your loved one, remember their gifts and then the good parts of your loved one will live on within you and give you peace.



For More Information:

<http://www.hellogrief.org/a-new-year-and-the-challenge-of-grief/>





# COMFORT CORNER: SELF CARE

## 5 Tips to Cope With Grief in the New Year

By Heather Stang, MA, C-IAYT

### 1. Focus on self-compassion and self-care instead of self-improvement.

If you are grieving in the new year, you may want to skip the typical New Year's resolutions and instead focus on self-care for your grieving mind, body, and spirit. Simple things like getting good sleep, eating nourishing food, and exercising a little bit each day will help your body and mind support you during loss. However, do these things with an attitude of self-care instead of self-improvement, which is often implied in our resolutions. Don't add to your suffering by trying to attain an unrealistic goal. Instead, treat yourself as you would treat a beloved friend in the same position.

### 2. Create your own mantra to replace "Happy New Year."

If you are like most grieving people, the idea of being happy is a bridge too far from where you are right now, but since you are going to hear these words again and again, you may as well incorporate them into your self-care practice. Instead of feeling bad for not feeling happy, or angry that someone would assume you could feel happy, use these three ubiquitous words as a reminder to send yourself compassion.

Try this: Each time you see or hear "Happy New Year," offer yourself words of kindness that resonate with you. For example, "May I treat myself with kindness this year," or "May I have a Compassionate New Year," or simply "This is hard and I am doing my best." This not only puts you back in the driver's seat so you have a modicum of control over your experience, but it is also a great bell of awareness that can remind you to take care of yourself.

### 3. Know that you are not leaving your loved one behind.

When you cross the threshold of a new year without your special person by your side, it can feel like you are leaving them behind. That isn't the case. Yes, the annual change of the calendar is a marker that time is passing, but you will never forget your special person, no matter how many years go by.

Take some time out early this year to reflect on the ways you carry your special person with you. What habits, likes, dislikes, hobbies, or mannerisms do you share with them? What are your favorite memories of your time together? If they are a blood relative, in what ways do you look like them? They have left their mark on your heart, and that will never go away.

### 4. Prioritize your grief-work with your new calendar.

Instead of just scheduling things you have to do, use your new calendar to plan what you need to do to support yourself this year.

While none of us have a crystal ball, most people find holidays and anniversaries especially challenging. Record them on your calendar, and plan how you want to spend those special days. If you are a member of Awaken, you will find a roadmap and worksheet that helps you fill the day with meaning. And knowing what you are going to do on these special grief-days may help reduce your anxiety. Whether scheduling coffee over Zoom with a supportive friend on your loved one's birthday, or joining a wider circle of friends and family to reminisce on the anniversary of their death, be sure to connect with others unless you really prefer to spend time alone. You can also plan ahead to attend grief support groups and memorial events through your local hospice or grief group, many of which are offered online during the pandemic. I host the Awaken Meditation & Journaling for Grief Group online every Tuesday, and can tell you firsthand how beneficial regular group support can be. Members of Awaken also benefit from a library of grief resources, including guided meditations, videos, journaling prompts, and other supportive self-care tools. Prioritize your group by putting it on your calendar now, before work and other obligations take over. You can also block off self-care time for self-massage, yoga, meditation, journaling, or just free time to do as you wish.

### 5. Steady your mind in the present with meditation.

The human brain is rarely fully present, and this is especially true when we are grieving. Part of us wants to fast forward and leave this awful time behind, but an even bigger part wants to turn around and sprint back to the time when our loved one was still alive. The reality, of course, is that we can't control the passing of time, but we can control what we do with our attention. In the meditation world, we call this bouncing around "monkey mind." Although it is just a side-effect of being human, ruminating rarely reduces our suffering. There are countless ways you can learn to tame your mind with meditation, but I find that in the early days, months, and even years of grief, focusing meditation practices can be especially helpful.

Try this: with your eyes open or closed, turn your attention toward your breath. As you breathe in, silently say to yourself – In. As you breathe out, silently say to yourself – Out. Do this over and over each time you breathe, for three to five minutes. When your monkey mind wanders off, find your breath again and start over. It doesn't matter how often you need to begin again. After a few minutes, you may feel calmer and more in control of your own mind.



**For More Information:**

[Grief In The New Year: 5 Mindful Tips To Cope With Loss \(mindfulnessandgrief.com\)](https://mindfulnessandgrief.com)



## MINDFUL MEMES

Every human being must find his own way to cope with severe loss. The only job of a true friend is to facilitate whatever method he chooses.

- Caleb Carr





# BIRTHDAYS REMEMBERED

Jan Mariano	1	1	1952
Sarah Robinson	1	3	1985
Neal Eldrenkamp	1	5	1959
Lori Jean Burritt	1	6	1953
Alan Friedman	1	9	1951
Thad "T.J." Tigges	1	9	1968
Marlon Horton	1	10	1984
Angie Fite	1	11	1970
Judy Gushard	1	11	1945
Mitch Anderson	1	11	1975
Ricky Bobian	1	15	1974
Zoey Espinoza	1	15	2003
Heather Moore	1	16	1974
Jacine Gielinski	1	16	1975
Carrie Lee Gonzales	1	17	1957
Jason Paiz	1	17	1979
Aaron Richart	1	18	1978
Bailey Davidson	1	20	2005
Isaiah Vialpando	1	20	1995
Dylan Gushard	1	21	1971
Bryan D. Lusk	1	24	1976
Cameron Weaver	1	29	1989
Javad Marshall-Fields	1	29	1983

Leah Mandell	1	29	1972
Maitreya Byrd	1	29	1985

\*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

Ashley Raguindin	1	1	2012
Brad Amack	1	1	1998
Jordan Shuford	1	1	2002
Michael Cates	1	1	1994
Phillip McCain	1	1	1994
Shuford	1	1	2002
Tiff Vainey 5th	1	2	2006
Conrad Duran	1	3	2010
Robert Mejia	1	3	2004
Cindi Talor	1	4	1996
Christa Benton	1	6	2016
Steven Johnson	1	7	1995
Mary Rogers	1	8	2001
Marquis Garcia	1	10	2017
David Gonzales Shuker	1	11	2004
Elvin Landrum	1	12	1996
Gina Padilla	1	13	1996
Cameron Weaver	1	14	2013
Gary Clark	1	14	1988
Jolene Romero	1	15	1994
Kimberlie Rose Urstadt	1	16	2011
Ryan C. McDaniel	1	16	1996
Josh Harman	1	18	1999
Eric Martinez	1	20	2001

Jamie Paine	1	20	1997
Craig Jackman	1	21	1981
John Flores	1	21	1989
Nate Tallman	1	21	2014
Nick Thelley	1	23	2004
Page Ten Brook	1	23	1997
Chris Mains	1	25	1999
Thad "T.J." Tigges	1	25	2001
Garry Gene Bailey	1	26	1996
Robert Hayden	1	26	1999
Edward Gomez (Martinez)	1	27	1997
Drake Smith	1	27	2018
James Springer Jr	1	27	2002
Dylan Gushard	1	30	1987
Judy Gushard	1	30	1987
Vanessa Gushard	1	30	1987





## 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.***

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