



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

July 2019

ANNOUNCEMENTS

The 33rd Annual - 2019 National Conference

will be held in DENVER, **August 8-11th**.

The convention will be held at the Denver Tech Center Marriott.

This years theme is "Together We Climb The Mountain To The Peak Of Hope"

Denver Marriott Tech Center, 4900 S. Syracuse Street,
Denver, CO 80237-2725

If you need help with the registration fee, up to 20 people from Denver can get their registration paid for



Register NOW:

<https://www.eventbrite.com/e/2019-pomc-national-conference-registration-51110146825?ref=ebtn>



I Am Not Broken: 5 Ways to Transform Trauma @ People House, Denver, CO

Wed, Jul 24, 2019 @ 6:30 PM

People House
3035 W 25th Ave, Denver, CO 80211

[Show more events at People House](#)

Data from: [Eventbrite](#)

When traumatic experiences leave us feeling disconnected from ourselves and our community, many of the myths about trauma can fan the flame of suffering:

The idea that you need to just talk to a therapist...

Or that yoga and meditation will cure you...

This sense of being broken because your nervous system doesn't work like other people's seem to...

The feeling the you can't accept what happened to you, keeping you stuck in the past...

The thought that you need to find the strength to barrel through this alone, because no one understands...

These thoughts may have come from your own mind, well-meaning friends, even doctors.

And each one of them does it's part to prevent healing from actually happening.

We offer this event because this information is VITAL to healing trauma. We take a look at each one of these myths, talking through, and inviting discussion around what is True about healing trauma.

This event is for you if you are sick of running on the hamster wheel of healing, trying so many different things with limited progress. This is for you if you are ready to take that next step of healing, to own the process and move forward.

This is for you if you're ready to embrace life again - whatever that means for YOU!



This is a free event but space is limited, so reserve your ticket now!

Register NOW:

<https://www.eventbrite.com/e/i-am-not-broken-5-ways-to-transform-trauma-tickets-63890806121>



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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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

Juli Jenicek:

Mr. Howard and Mr. Vigil were found guilty of first and second degree murder among many other charges. Howard was sentenced to LIFE plus 279 and Vigil was sentenced to LIFE plus 118 years. Miss Valdes severed from the trial and will her own trial July 18, 2019.

Tiffany & Andy Starrett:

Suspect Arturo Garcia was extradited to Arapahoe County on June 11, 2019. The preliminary hearing/proof evident hearing is scheduled for September 6, 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: _____

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

Helping Children Through Grief

By Helen Fitzgerald, CT

- As soon as possible after the death, set time aside to talk to your child.
 - Give your child the facts in a simple manner -- be careful not to go into too much detail. Your child will ask more questions as they come up in his/her mind.
 - If you can't answer your child's questions, it's okay to say, "I don't know how to answer that, but perhaps we can find someone to help us."
 - Use the correct language - say the word "dead" etc. Do not use phrases such as: "He's sleeping," or "God took her," or "He went away," etc.
 - Ask your child questions to better understand what he or she may be thinking or feeling. "What are you feeling?" "What have you heard from your friends?" "What do you think happened?" etc.
 - Explain your feelings to your child, especially if you are crying. Give children permission to cry. We are their role models and it's appropriate for children to see our sadness and for us to share our feelings with them.
 - Use the given name of the deceased when speaking of him or her.
 - Understand the age and level of comprehension of your child. Speak to that level.
 - Talk about feelings, such as: sad, angry, feeling responsible, scared, tearful, depressed, worried, etc.
 - Read an age-appropriate book on childhood grief so you have a better understanding of what your child may be experiencing. (Click on the Books tab of the Grief at School menu for suggested resources.)
 - Read an age-appropriate book on death to your child. Take time to discuss what you have read and relate it to what is happening to you. (Click on the Books tab of the Grief at School menu for suggested resources.)
 - Talk about the viewing and funeral. Explain what happens at these events and find out if your child wants to attend.
 - Think about ways your child can say "goodbye" to the person who has died.
 - Talk to your child about God, if appropriate, and what happens to people after they die.
 - Invite your child to come back to you if he or she has more questions or has heard rumors -- tell your child you will help get the correct information.
 - Talk about memories, good ones and ones not so good.
 - Watch out for "bad dreams." Are they occurring often? Talk about the dreams.
 - Watch for behavioral changes in your child both at home or at school.
 - Friends, family, schoolmates, etc, frequently find solace and comfort in doing something in the name of the person who died - a memorial.
- You might see some of the following behavior:
- Tearfulness
 - Irritability
 - Clinging to you
 - Whining
 - Somatic complaints
 - Temporary dip in grades
 - More pronounced fears, e.g, of dying or of you dying, of the dark, etc.
 - Regression in behavior
 - Aggressive behavior

These are normal emotions. If, however, you ever feel the reactions are more extreme or lasting longer than you think they should be, never hesitate to consult a professional.

- Offer your child loving, touching support.



COMFORT CORNER: HEALING

Grief Recovery: Learning to Live Healthily with Your Loss

By Therese Rando, Ph.D.

Learning to Live with the Loss in Terms of Yourself

- You have returned to your normal levels of psychological, social, and physical functioning in all realms of your life.
- There is a general decline in all of your symptoms of grief.
- You are not overwhelmed by emotions in general or whenever the loss is mentioned.
- You are back to your normal level of self-esteem.
- You can enjoy yourself without feeling guilty, and you don't feel guilty for living.
- Your hatred and anger, if any, doesn't consume you and is not directed inappropriately at others.
- You do not have to restrict your emotions and thoughts to avoid confronting something painful.
- It is not that you don't hurt, but the hurt now is limited, manageable, and understood.
- You appreciate how you are similar to and different from other bereaved persons.
- You do not have to obsess about nor think solely of the deceased and the death.
- You feel that you have done what you needed to do, either to atone for your guilt or to learn to live with it.
- You lead the pain, it doesn't lead you.
- You can appreciate the bittersweet quality of certain experiences, such as holidays and special events in which you feel the sweetness of those who are around you as well as the sadness of not being with your deceased loved one.
- You are able to meet and cope with secondary losses in a healthy fashion.
- You don't become anxious when you have nothing to do. You don't have to be occupied all the time to be without tension.
- You can remember without pain, and can talk about the deceased and the death without crying.
- You no longer feel exhausted, burdened, or wound up all the time.
- You can find some meaning in life.
- You do not have to hold time, or yourself, back.
- You have "accepted" the loss in the sense of not fighting the fact that it happened.
- You are comfortable with your new identity and the new adjustments you have made to accommodate being without your loved one in the world. While you wouldn't have chosen to have to change, you are not fighting it now.
- You are comfortable with the emotions that temporarily are aroused when you occasionally bump the scar from your loss (for example, at anniversaries or special events). You know how to deal with the grief and you understand that it is normal.
- You know how and when to take time to mourn.
- You can look forward to and make plans for the future.
- You have a healthy perspective on what your grief resolution will and will not mean for you.

Learning to Live with the Loss in Terms of Your Relationship with the Deceased

- You can realistically remember the good and the bad, the happy and the sad of both the deceased and your relationship.
- Any identification you have with the deceased is healthy and appropriate.
- You can forget the loss for a while without feeling like you are betraying your loved one.
- You have a comfortable and healthy new relationship with the deceased, with appropriate withdrawal of emotional energy but also appropriate ways to keep that person "alive."
- You are able to stop "searching" for your lost loved one.
- You do not have to hold on to the pain to have a connection with your deceased loved one.
- The rituals that keep you connected to your loved one are acceptable to you and healthy.
- You can concentrate on something besides your deceased loved one.
- In your relationship with your deceased loved one, you have achieved healthy amounts of holding on and letting go.

Learning to Live with the Loss in Terms of Adjusting to the New World

- You have integrated the loss into your ongoing life. You are able to relate to others in a healthy fashion and to work and function at the same level as before.
- You can accept the help, support, and condolences of others.
- You are not inappropriately closed down in your feelings, relationships, or approaches to life. For example, you do not overprotect yourself or fail to take any risks.
- You can let the world go on now without feeling it has to stop because your loved one has died.
- You can deal with others' insensitivity to your loss without becoming unduly distressed or overemotional.
- You are regaining interest in people and things outside of yourself or which don't pertain to your lost loved one.
- You can put the death in some perspective.

There may be other signs that would indicate to you that you now are learning to live with your loss in as healthy a fashion as possible. The ones listed here will give you some examples of the ways in which resolution and recovery can be shown. You will note that none of them suggest that you not have some connection with your deceased loved one, or that you forget that person. They all center around learning to live with the fact of your loved one's absence, moving forward in the world despite the fact that the scar will remain and, on occasion, bring pain.

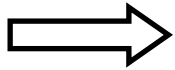
And, in the end, this moving forward with that scar is the very best that we could hope for. You would not want to forget your loved one, as if she had never existed or not been an important part of your life. Those things that are important to you in your life are remembered and kept in the very special places of your heart and mind. This is no less true with regard to the loss of a beloved person. Keep this loss, treasure what you have learned from it, take the memories that you have from the person and the relationship and, in a healthy fashion, remember what should be remembered, hold on to what should be retained, and let go of that which must be relinquished. And then, as you continue on to invest emotionally in other people, goals, and pursuits, appropriately take your loved one with you, along with your new sense of self and new way of relating to the world, to enrich your present and future life without forgetting your important past.

Taken from Therese A. Rando, *How To Go on Living When Someone You Love Dies*. New York: Bantam Books, 1991, pp 283-7.



COMFORT CORNER: SELF CARE

The 7 Best Self-Help Books of 2019



<https://www.verywellmind.com/best-self-help-books-4157995>

First Look

Best Overall: *A New Earth* By Eckhart Tolle

"Goes beyond teaching how to live in the moment and helps readers learn how to turn their suffering into peace."

Best for Confidence: *You Are a Badass* By Jen Sincero

"You'll be inspired to go back and reflect on the previous exercises you responded to."

Best for Young Adult: *The 7 Habits of Highly Effective Teens* By Sean Covey

"Breaks up the text with cartoons, quotes, brainstorming ideas and stories from real teens."

Best for Health: *What Are You Hungry For?* By Deepak Chopra

"Since change isn't easy for most, the book offers a lot of intention-setting tips."

Best for Anxiety: *Declutter Your Mind* By Steve Scott and Barry Davenport

"Reviewers consistently note how much they enjoy the actionable exercises in the book."

Best for Creativity: *Big Magic* By Elizabeth Gilbert

"Hits the nail on the head as she dissects the obstacles a creative person may face in pursuing her dreams."

Best for the Soul: *The Wisdom of Sundays* By Oprah Winfrey (and Guests)

"Reviewers of this book recommend taking your time with each individual page."



FOOD FOR THOUGHT



★ ★ ★ ★ ☆
3.72 from 39 votes

THE RECIPE

one pot 30 minute creamy tomato basil pasta bake.

By **halfbakedharvest**

A meal everyone can love. And everyone can make.

 prep time	5 minutes
 cook time	20 minutes
 total time	25 minutes
 servings	8 servings
 calories	666 kcal

INGREDIENTS

- 1 pound fettuccine use your favorite gluten free brand if needed
- 1 tablespoon butter
- 1 cup chunky basil pesto or store bought
- 1 (28 ounce) jar of your favorite pasta sauce
- 1/3 cup enchilada sauce
- 1/2 cup oil-packed sun-dried tomatoes oil drained
- 8 ounces sheep's milk feta cheese crumbled (may sub regular feta, but the sheep's milk is creamier)
- 6 ounces fontina cheese finely diced or shredded
- 2 ounces cream cheese softened
- 1/2 cup heavy cream
- salt + pepper
- 6 ounces fresh mozzarella cheese sliced, or more
- fresh basil for serving
- tom-tom tomatoes halved, for serving, grape/cherry

INSTRUCTIONS

Preheat oven to 350 degrees F. Bring a large pot of salted water to a boil. Cook the pasta to al dente. Drain the pasta and add it right back to the hot pot. To the pot add the butter, [chunky basil pesto | <https://www.halfbakedharvest.com/20-minute-brown-butter-chunky-basil-pesto-pasta/>], [pasta sauce | <https://www.halfbakedharvest.com/crockpot-brown-butter-marinara-sauce/>], enchilada sauce, sun-dried tomatoes, sheep's milk feta cheese, fontina cheese, cream cheese and heavy cream. Season with pepper and a tiny pinch of salt. Using a large wooden spoon toss everything together until a creamy sauce has formed, about 3-5 minutes. If pot is not oven safe, transfer the pasta to a 9x13 inch baking dish. Place the mozzarella slices (or shredded mozz) on top of the pasta.

Bake for 10 to 15 minutes, then turn the broiler on and broil for 1 to 2 minutes or until cheese is golden and bubbly. Remove from the oven and top with fresh basil ribbons. Allow to sit five minutes and then serve with fresh tom-tom tomatoes.



<https://www.halfbakedharvest.com/one-pot-30-minute-creamy-tomato-basil-pasta-bake/?cuid=7b23aa72369a6132a7613c8273a03e4c>



BIRTHDAYS REMEMBERED

Michael E. Duran Jr	7	1	1961	Denice Ann Hightower/Benson	7	16	1975
Micheala Carol Hanson	7	1	1987	Elvin Landrum	7	19	1953
Henry Kellie	7	1	Xxxx	Byris Williams	7	21	1988
Leroy Martinez II	7	4	1973	Levon George Griego	7	23	1984
Joseph Nelson	7	4	1982	Ruth Ortega's son	7	23	1984
Garry Gene Bailey	7	5	1972	Justin Maggard	7	24	1988
Abraham Hansen	7	6	1995	Alexi Kaptanian	7	25	1972
Matthew Boysen	7	7	1980	Jordan Hood	7	25	1990
Dan Suazo	7	8	1957	Ali Muhammad Sparks	7	26	1971
David Wesley Stewart	7	8	1967	Marco Escobedo	7	27	1963
Pamela Blandon (Brandon?)	7	9	1957	Brandy DuVall	7	28	1982
Alice Jane Hensley	7	9	1965	Paul Hurtado Jr	7	29	1948
Brandon Gushard	7	9	1969	Kimberly Greene-Medina	7	30	1977
Dylan Lee Newman	7	10	1986				
Michael J. Loughrey	7	11	1954				
Russina Vale	7	12	1975				
Kevin Johnson	7	12	1978				
Nathan Engle	7	12	1986				
Amber Bullington	7	13	1981				
Anthony Ruchick	7	13	1991				
Toni Clark	7	14	1985				
Mark Eastwood	7	15	1980				
Jesse Lamblin	7	15	1981				

*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

Emily Reilly	7	1	1998	Trisha Green	7	16	2000
Lynn Cannata	7	2	1987	Amber Carlson	7	16	2006
Zoey Espinoza	7	2	2005	Jesse Harris Pejko	7	17	2008
Ally Raber	7	2	2017	Michael O'Fallon	7	19	1980
Carolyn Walker	7	3	1987	Philisia Bunting	7	19	1990
Laura Hetes	7	3	1992	Brandon Hurtado	7	19	1998
Kurt Gillotte	7	3	2016	A.J. Boik	7	20	2012
Angie Fite	7	5	1998	Martin "Marty" Lawrence Martinez	7	21	1976
Marlon Horton	7	5	2002	Jesse Maldonado	7	22	1995
Michael Kramer	7	5	2014	Mark Antony Wilson	7	22	1997
Cindy Stewart	7	6	1999	Thomas Hollar	7	23	1993
John Wann	7	6	2015	Cindy Wilson/Langlois	7	24	1986
Jennifer Mesa	7	8	1987	Denice Ann Hightower/Benson	7	24	2002
Jeffrey B. Packard	7	8	1991	Amy Hill	7	24	2008
Lysa Beth Moser	7	8	2001	Bailey Davidson	7	24	2008
Leon Nuanes	7	11	1990	Troy Krause	7	27	1977
Tyrone Anthony Bennett	7	11	1993	Jessica Morehouse	7	30	1988
Jesus Diaz	7	11	1998	Dennis Sanchez	7	30	1992
Jackie Gallegos	7	12	1994	Kathleen Annette David	7	31	1996
Russina Vale	7	12	2014	Sammy Burks	7	31	2003
Jennifer Manchego	7	14	1992	Lucinda Carbonell	7	x	1999
Kim Hadley	7	15	1993				
Brooklyn Jean Ricks	7	15	1995				
Patricia "Trisha" Green	7	16	2000				



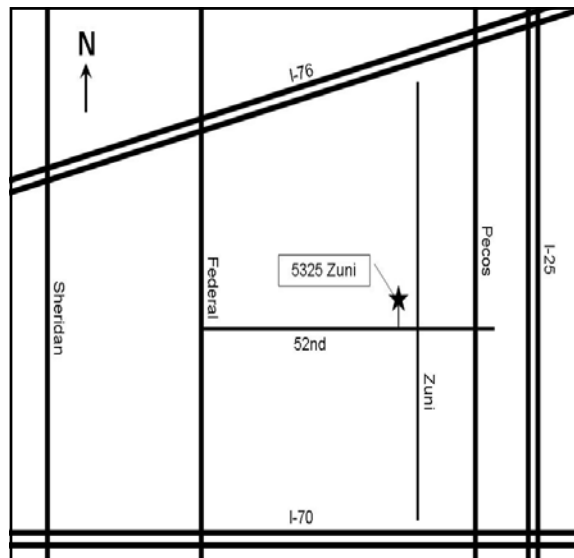
MONTHLY MEETINGS

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

January 19, 2019
February 16, 2019
March 16, 2019
April 20, 2019
May 18, 2019
June 15, 2019
July 20, 2019
August 17, 2019
September 21, 2019
October 19, 2019
November 16, 2019
December 21, 2019

Board meetings are held the 3rd Saturday of every other month
at **5:30 PM**

January 19, 2019
March 16, 2019
May 18, 2019
July 20, 2019
September 21, 2019
November 16, 2019



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