

## Support Newsletter

June 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

### LAST CHANCE!

The 36th Annual POMC Conference!!

Date: July 21-24, 2022

Sheraton Westport Lakeside Chalet

191 Westport Plaza

St. Louis, MO 63146

Room rates \$115.00 plus tax

1-888-627-7066

Please reference Sheraton Westport Chalet and POMC

Click the Website Link for more information:

<https://pomc.org/>

---

### Board Member Reminder

Don't forget... we are always looking for those interested in participating.

“I think there's incredible pride in giving meaningfully to something that I care about.”

“Serving on the Board of an organization that I admire may be one of the most rewarding and valuable decisions I've made.”

Contact a current board member today!

## Contact Us

---

Phil Clark - Leader

303-748-6395

[POMCColorado@gmail.com](mailto:POMCColorado@gmail.com)

Tiffany Starrett - Treasurer

303-601-2416

[trstarrett@comcast.net](mailto:trstarrett@comcast.net)

Juli Jenicek - Secretary

720-666-2993

Andy Starrett – Board Member

303-601-4165

Joe Cannata – Resource

303-345-7301

[kaknota@aol.com](mailto:kaknota@aol.com)

Kaye Cannata – Resource

720-366-4165

[kaknota@aol.com](mailto:kaknota@aol.com)

## **“You Are Not Alone”**

[www.colorado-pomc.org](http://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](mailto:natlpomc@pomc.org)  
Website: [www.pomc.org](http://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: Coping with the Death of a Loved One

From the National Center for Victims of Crime website

Copyright © 1999 by the National Center for Victims of Crime. This information may be freely distributed, provided that it is distributed free of charge, in its entirety and includes this copyright notice.

Definition: Grief is a continuing process of mourning through which one learns to live with loss.

Overview: When a loved one dies, those left to mourn, or survivors, often find themselves entangled in a complex web of emotions and reactions. The death of a loved one can be an overwhelming, frightening and painful experience. The psychological, social and physical effects of loss are articulated through the practice of grief. How individuals grieve depends on many factors: their support system; the circumstances of the death; the response by family members, friends and the criminal justice system; the nature of the relationship with the deceased: religious or cultural beliefs and customs; and the individual's coping skills. No two people will grieve the same way. However, survivors often find it helpful to speak with others experiencing loss, as there are common reactions and experiences that may prove useful to share.

#### Possible Grief Reactions:

**Denial:** Often after learning of the death of a loved one, especially a sudden death, survivors experience a feeling of shock, numbness and disbelief that their loved one is gone. To be confronted by the death of a loved one is so horrible, devastating and absolute that many individuals are unable to comprehend the overwhelming news. Therefore, in order to process the shock, many survivors will immediately disbelieve that a loved one has died. Denial is a coping mechanism and a normal and functional grief reaction.

**Anger:** As the reality of facing life without a loved one sets in, many survivors feel frustrated, cheated and abandoned. Those left to grieve may become angry at their loved one for leaving them; at the doctors who should have done more; at other family members for not having the same feelings; and, in a case of death as a result of a violent crime, at the person or persons responsible for the crime, as well as the entire criminal justice system. When death occurs as a result of a violent crime, survivors' anger may be compounded and their reactions more complicated. Many homicide survivors are surprised and frightened by the intensity of anger and violence they feel toward those who killed their loved one(s). Homicide survivors may devise elaborate plans of

revenge that involve the murderer suffering more cruelly and graphically than the victim. To fantasize acting out rage or revenge is a normal reaction for a bereaved survivor. By verbalizing these feelings, perhaps within a support group setting, survivors can try to move past the anger toward healing.

**Guilt:** Survivors may encounter intense feelings of guilt after someone they love has died. The guilt may come out of unresolved conflicts with the deceased, or through thinking they could have somehow prevented the death of their loved one. While guilt is a normal grief reaction, most often factors outside a survivor's control cause death. Therefore, it may help to process feelings of guilt to speak with individuals who knew the loved one, as well as the circumstances of the death, so that they may help the survivor realistically evaluate feelings of guilt and responsibility.

**Grief Spasms:** Survivors may feel, even years after the loss of a loved one, brief periods when feeling of loss are particularly intense. These "grief spasms" are usually brought about by "triggers." Triggers are occasions, scents, tastes, songs, or other stimuli which remind survivors of their loved one and loss. For example, birth days, anniversaries, weddings, or driving by the scene of a drunk driving crash may bring about intense feelings of grief for those learning to cope with loss. As time passes, most survivors find that grief spasms lose their intensity and frequency, and are a normal part of processing the loss of a loved one.

**Other Common Grief Reactions Include:** Feelings of powerlessness; Numbness; Hypersensitivity; Hyper-vigilance (jumpiness); Questioning of faith; Disruptive sleep patterns; Inability to concentrate; Lethargy; Fear and vulnerability; Confusion; Social withdrawal; Change in eating habits; Restricted affect (reduced ability to express emotion); Overwhelming sense of loss and sorrow; Constant thoughts about the circumstances of the death; Physical and financial problems.

**Suggestions for Coping with the Death of a Loved One Support groups/counseling:**

In adjusting to their lives after the loss of a loved one, many survivors find it helpful to share their feelings with others who are in similar circumstances. Many communities have support groups established through hospitals, churches or social service agencies that lend an atmosphere of support and empathy, which may normalize a survivor's reactions.

- Counseling with a professional therapist may be an option as well, for assistance and guidance through the grieving process. To maximize benefits from counseling, survivors should look for counselors experienced in dealing with grief issues. If a death is a result of a violent

crime, survivors may be able to receive reimbursement or direct payment for counseling expenses through their state's crime victims' compensation program. For more information about the compensation program in a particular state, survivors should contact local law enforcement or prosecutor's office.

- Acknowledge feelings of loss. Though emotions may be difficult, it is important for survivors to work through feeling of sorrow, anger, guilt, and other demonstrations of loss, and not be afraid to express them. Expressive outlets, such as conversations with others, drawing or writing, may prove helpful in articulating and coping with feelings of loss. Survivors should be patient with themselves. The grieving process takes time, and feelings of loss may not diminish quickly or easily.

- Be patient with others. Many people, though well-meaning, can say inappropriate things to those who grieve. Most often people simply do not know what to say, and want to help, not hurt. An inappropriate remark may be an imperfect but well-intentioned expression of caring.

- Recognize limits. At first, survivors should expect to feel a multitude of emotions that may make it hard to cope with everyday tasks. If possible, survivors should seek to engage a strong support system, asking others to assist in the grieving process or to take over tasks that may prove too difficult or painful. Survivors may also want to have regular checkups with a physician in order to monitor possible stress-related physical ailments.

#### **To Assist Someone Who is Grieving**

- Ask what can be done to help. Someone who has experienced the loss of a loved one may need assistance with daily tasks, but may be unable to ask. Offer to help with logistical tasks such as phone calls to funeral directors, acquaintances, and credit card companies, or offer to babysit young children or care for pets.

- Listen. Listen without making any judgements. Survivors may need to periodically speak with someone about what they are experiencing and feeling. It may be helpful to be available to a survivor to talk not only immediately after the loss, but occasionally thereafter, and especially on significant dates and holidays.

- Provide information and support. Find out if there are appropriate and available support groups in the survivor's area. If the criminal justice system is involved, investigate services available to survivors through the system and the appropriate person(s) to call for further information and assistance. If there are legal issues, offer to call prospective attorneys.

Conclusion: The grief process is often characterized as work because it is laborious and difficult. There is no timetable for grieving and everyone will manage the loss of a loved one differently. Loss forces survivors to readjust their lives in order to compensate and cope. Grief can be a long, painful process, but can be managed with assistance from friends, family members, or outside support. Survivors need to engage others in the grief process if possible, as doing so may assist them in attempting to reconstruct their lives after loss.

**Click the Website Link for more information:**

[Survivors Newsletter \(pomc.org\)](http://pomc.org)

## 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

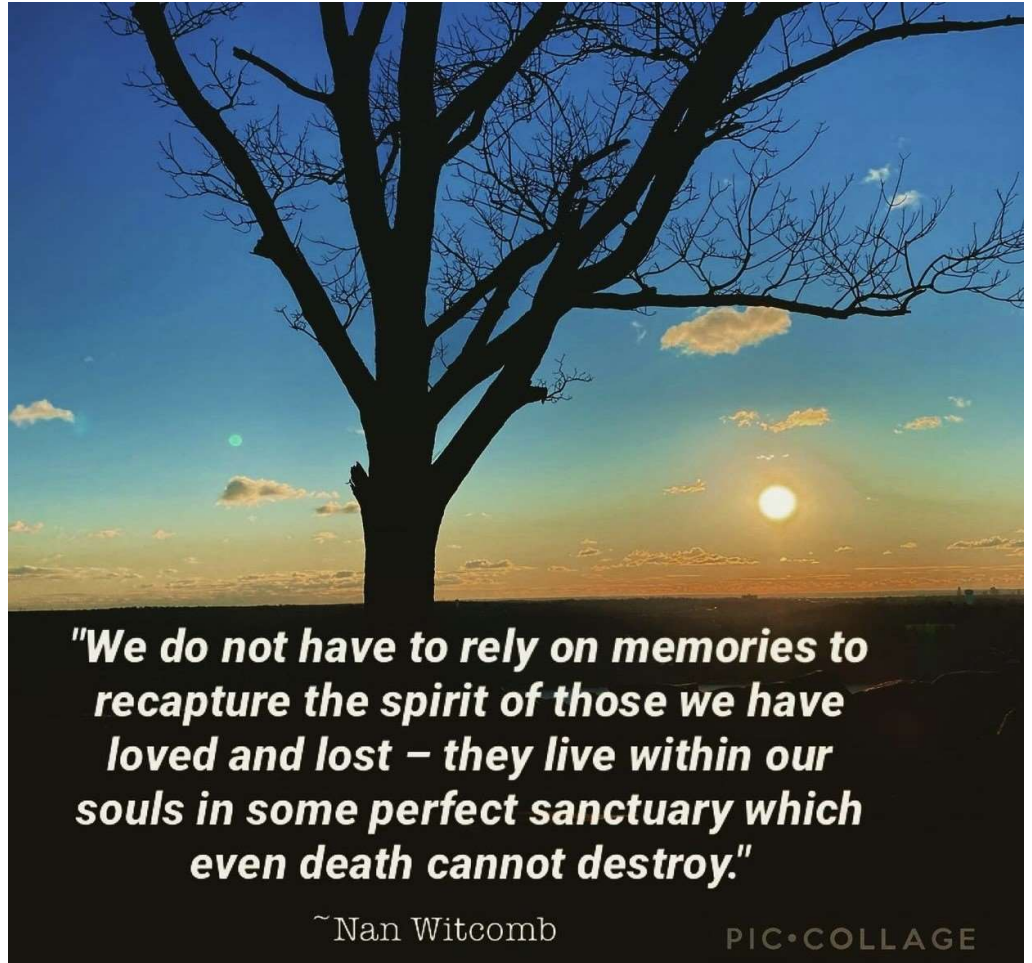
PAYPAL ACCOUNT:  
pomccolorado@gmail.com

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

### What Happens at Meetings?

POMC local Chapters hold monthly meetings, provide a telephone network of support, supply information about the grief process, organize a speakers' bureau and provide accompaniment for survivors who attend court proceedings. Many Chapters publish their own newsletter.

In areas where there are not enough members to sustain a Chapter, Contact Persons provide much of the same level of support.

Most meetings begin with introductions and each survivor telling of his/her loss. Often there is a topic to guide discussions such as the grief process, the criminal justice system or favorite memories. Usually meetings revolve around group member's own knowledge and experiences but occasionally outside speakers are invited to present information and to learn from survivors.

One member said "In the meetings, people are so supportive, you don't have to be afraid to say what you feel. No one is there to judge your feelings or to persuade you to think differently."

A reporter described a meeting in Wisconsin: "These mothers and fathers talked about their feelings of anger, hopelessness, bitterness and their seemingly endless grief. No one told them 'Forget about it' or 'You should be over that by now'.

As members help one another by sharing experiences, feelings and insights and by allowing others to do the same, their grief is somehow lessened.

**Click the Website Link for more information:**  
[What Happens at Meetings? \(pomc.org\)](http://pomc.org)



## Meeting Information

---

Want to attend via Zoom or in person? No problem!

Email:  
[POMCColorado@gmail.com](mailto:POMCColorado@gmail.com)  
to receive more information.

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](mailto:POMCColorado@gmail.com).

Note: They may be edited for length and conciseness.

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

## Monthly Meetings

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

For Year: 2022

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

\*Board meetings begin at 5:30 PM