



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

June 2021

ANNOUNCEMENTS

Hey Everyone! We are looking for ideas and participants and/or a champion for an upcoming fund raiser...



Submit your thoughts to the editor to be discussed at the next meeting.



For More Information:

➔ <https://pomc.org>



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.

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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...



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.

On April 7, a plea deal was reached and Arturo pled guilty to Murder 2, 50-60 years.
 The sentencing is **June 17, 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

Fathers and Grief

Another perspective on Father's Day

June 16, 2019 by John Lally

Father's Day is typically a time to honor our fathers. A time of giving thanks to those men that have raised us, hopefully, with love and care. Many of us reflect on fathers who have passed.

There's another side of Father's Day for men, like me. Fathers who have lost a child. My 29-year-old son, Tim, died from a heroin overdose on January 21, 2016. For men like me, Father's Day is a day I reflect on lost potential and opportunities. The day is one of bittersweet memories, sadness, and often regret and guilt.

Besides being a father of two sons, I have been a professional psychotherapist and psychopharmacologist for 30 years. I've worked with many bereaved fathers and have come to understand some common themes and reactions.

My initial reaction to my son Tim's overdose was dissociation. I recall the opening scene in the movie "Saving Private Ryan" as Captain Miller (Tom Hanks), temporarily deafened by an explosion, watched the horror unfold around him in an eerie silent detachment. As in that Hollywood scene, I watched my unresponsive son on the gurney in the emergency room, knowing he wouldn't live, and as if observing from afar. My brother, Mike, was the first person to meet us in the emergency room and I remember saying to him "I don't know how to do this." There was an odd sense of things moving in slow motion and moving too fast simultaneously.

In my cloud of shock, I continued to think of what needed to be done. There were calls to family and friends to let them know about Tim. I needed to attend to my wife and younger son while canceling my upcoming client appointments. I needed to keep busy to retain control whenever possible. Aren't fathers supposed to take care of our families when a crisis occurs?

Ultimately, I couldn't save Tim, nor could I protect my other son and wife from the most gut-wrenching, unbelievable emotional pain. I felt helpless and ineffective. Within 36 hours, we made the decision to turn off life support. Tim died a few minutes later. I will forever live with that decision. I felt helpless and ineffective as a father and a husband.

Unfortunately, this feeling was familiar. I'd been worrying about Tim for 13 years since he started suffering from depression and panic attacks. I took him to psychiatric specialists for various treatments, but nothing seemed to help. I felt inadequate as a father. Why couldn't I help my son and find the answer? When, at the urging of his therapist, Tim revealed that he was, for months, using opiate pills to deaden his emotional pain, I was shocked and felt initially paralyzed. Soon, however, I sprang into action and found an inpatient rehab program and then an intensive outpatient program. I thought that we'd developed a good plan and his addiction problem was solvable.

Tim's struggle with addiction continued to be a challenging battle, and he eventually switched to intravenous heroin use because it was cheaper and easier to get. He continued with periods of abstinence between treatment programs. Life with Tim was difficult and his struggles led to much strife and conflict at home.

I was unclear about what the "right" approach was. I tried both "Tough Love" and a more nurturing and compassionate approach, but neither was successful. I doubted myself often, and felt ineffective as a father. I tried hard not to succumb to the common societal belief that inadequate parenting was the root of my son's struggles.

Continued to Next Page



COMFORT CORNER: HEALING

Continued From Previous Page

I knew, intellectually, that this wasn't the case but would mentally review my past behavior as a father, looking for explanations for Tim's dilemma. How could I let this happen to someone I love so dearly? Why had I not seen where he was headed and prevented this outcome?

Many men who have lost a child have common reactions as I've described. Feelings of self-doubt, regret, and inadequacy abound. While experiencing these reactions, we're still trying to keep our family together and function as a source of strength and stability. Men often grieve in private. We need to keep up a "show of strength" as an example to those we care about and be a "model" of coping with pain and adversity. Some men are influenced by the traditional belief that showing emotion is weakness. Family and friends ask about how Mom is coping but fewer inquire about Dad. Men's grief can be overlooked even when people mean well.

It's not unusual for men to suffer in silence, but that isn't healthy. We need to support each other openly and with compassion. This can be done by initiating conversation with fathers about their child who has passed.

Ask them to talk about their child. Ask how they are coping. Are they eating well? Are they sleeping? Ask how they are getting the support they need.

We need to assure fathers that much in life is out of our control and that pain happens to those we love despite our best efforts. Some will benefit from professional or social support programs. Others, like myself, turn to activism as a way of trying to make a positive outcome from our child's demise. I've devoted my life to an organization called Today I Matter, Inc. (T.I.M.). We work to reduce the shame and stigma of mental illness and addiction through education, advocacy, and support. This work keeps Tim always at the forefront of my heart and efforts. I know that this doesn't make up for my lack of ability to save Tim's life, but I hope that his death, and our response, will result in saving another family from a similar tragedy.

This Father's Day will be one of mixed emotions for me. I'll spend it with my wife and younger son. They will try hard to help me enjoy my time with them. I'll try just as hard to show my appreciation for them, but I'll also reflect on how I might have been different as a father for Tim. I'll probably always question whether I could have done something different or better that might have saved him.

I'll never know for sure. I'll find a way to live with this question and the uncertainty. I have no choice. As men, need to find a way to accept that we don't have total control over the safety of our loved ones. Terrible things may happen despite our best efforts. In addition, we need to reach out and support each other and recognize that it's a sign of our humanity that we experience emotional pain and that this kind of suffering can be eased by allowing others to assist us. Often just talking to others about our inner experience can reduce the intensity of our distressing emotions. Suffering in silence is not a sign of strength, but instead keeps us isolated and stuck in despair.

On any day of the year and particularly on Father's Day, reach out to those dads that may be struggling, even if they don't ask for help.



Resource: [Fathers and Grief - The Good Men Project](#)



COMFORT CORNER: SELF CARE

Supporting a Grieving Man You Love

S. Grey

Grief affects everyone, but women and men may not grieve in the same way. In supporting a grieving man, consider that his grief may manifest in different ways. He will likely not be as quick to talk about feelings, and his sadness may show up as irritability. When supporting a grieving man you love, be patient with him. Understanding who he is and how he processes emotions will be an impactful way of supporting him.

Give Him Space

Emotional processing occurs differently in men than women, so give him adequate space to be with and think about his grief. Men are not socialized to be emotive as women are -- your man may not feel comfortable openly expressing emotion. Give him time and space to process his feelings rather than pressuring him. Trying to get him to open up may lead to frustration on both his and your part. Many men also seek autonomy and independence as a way of mitigating grief. Allowing him the room to do things for himself may help ease some of his pain.

Encourage Activities

Instead of emotional expression, men may become more goal-oriented with activities to deal with grief. If he has hobbies, you may see him pursuing them with an increased frequency. Encourage him to engage in his hobbies or new activities to cope with his grief. Having a sense of power and creation will be a welcome break from the powerlessness many feel while in grief.

Patience with Irritability

When they have depression, many men manifest their sadness as irritability. Since grief often creates the circumstances for depression, be patient if your man is irritable. His irritation could stem from feeling powerless to prevent the loss or from having to resume his day-to-day life without someone he cared for. No matter the cause, a short temper after the loss of a loved one is not uncommon in men. His irritability may represent the sadness and frustration he feels and any difficulty he has dealing with grief, as many men do not get the same tools to deal with emotions as women do. If he becomes snappy, do not instantly deride him, but consider the role of grief in his irritability.

Consider Professional Help

Therapy can help grieving men process, and encouraging professional help demonstrates your support for their mental health. Therapists are trained to help people work through crises. For men, therapists can be especially helpful because they show men how to grieve and emote in healthy ways without suppressing or avoiding emotions. Group therapy is another helpful avenue for grieving men because they process their pain with other people like them. Grieving groups for men are important because men may feel like other men will better understand their emotional lives. Cohort support in group therapy is itself a factor in change.



Resource: [Supporting a Grieving Man You Love \(oureverydaylife.com\)](http://oureverydaylife.com)



In Dreams

Wont you come
To me tonight?
I miss you so
Since gone from sight

I feel your presence
Night and day
And notice signs
You send our way

I'll be here waiting
'Til you do
I long to sit
And talk with you.

So if your with us
As it seems
Please come and visit
Me in dreams.

-kp

Out of the Ashes / FB



ONGOING HOPE



National POMC Convention 2019

**There's nothing like having a good laugh with your
POMC family!**



BIRTHDAYS REMEMBERED

Cindi Talor	6	2	1975
Gail Garcia-Hererra	6	3	1960
Brad Amack	6	4	1971
Jesse Harris Pejko	6	4	1986
Clair Weaver	6	5	1940
Clarence Thomas	6	6	1983
Tristen Bingham	6	6	1998
Jackie Gallegos	6	7	1966
Jim Gardner	6	7	1949
Kathleen Annette David	6	7	1958
Michael Ned	6	11	1964
Natalie Lynn	6	12	1978
Mary Anne Southwick	6	13	1933
Danny Stanazyk	6	14	1978
Paris Lamar Davis	6	14	1981
Donna Wayne	6	21	1967
Jacy Kadison Marshall	6	21	1981
Nick Thelley	6	22	1972
Daniel Mauser	6	25	1983
Pamela Sue Alger Stone	6	25	1959
Jared Whitney	6	26	1971
Raymond Albert Nieto	6	26	1976
Robert Ursetta	6	26	1970

Terry Sheeran	6	27	1957
Nancy Begg Shoupp	6	29	1963
Eddie Hairston, Jr.	6	30	1938

*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

Guy Oliver Morton	6	0	1975
Latoya Cisneros	6	1	1999
David Wesley Stewart	6	2	1992
Lindsey Kay Creason	6	3	1993
James Sanchez	6	5	2011
Nathan Engle	6	5	2011
Daniel Chavez	6	6	1993
Jeff Walker	6	7	1997
Jake Steinbredner	6	8	2016
Shashan S Ortiz	6	8	1986
Jodi Carrigg	6	9	1996
Miranoa Rose Linn Baca	6	9	2006
Chris Irish	6	10	1994
David Blea	6	12	1997
Edward Perez	6	12	2004
Donna Wayne	6	13	1986
Pamela Sue Alger Stone	6	13	1982
Lonnell Friend	6	16	1993
Matthew Boysen	6	18	1998
David Aric Rothrock	6	19	1994
Jason Paiz	6	19	1997
Chad Ferguson	6	20	2010
Javad Marshall-Fields	6	20	2005
PJ Pierce	6	21	2005

Cathlynn Morse	6	23	2002
Katheryn Gonzales	6	23	1999
Leslie Gonzales	6	23	1999
Rebecca Lynn Gonzales	6	23	1999
Robert Grau	6	24	2008
Anne Elise Gibson	6	25	2017
Eddie Wayne Hairston	6	25	1995
Kip Merry	6	26	1991
Michael Julius Ford	6	26	2006
Andre` Price Jr	6	27	1995
Randy Wesely	6	29	1988
Tiffany Cuin	6	30	2008



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.***

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ADDRESS SERVICE REQUESTED