

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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

March 2021

ANNOUNCEMENTS

Need to Look Forward to Something?

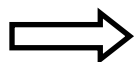
SAVE THE DATE

2021
NATIONAL
POMC
CONFERENCE
July 15 - 18, 2021



The POMC National Conference Committee members are excited to invite you to join us for the 2021 National POMC Conference in Scottsdale, Arizona!

WHERE: The Scott Resort & Spa
4925 N Scottsdale Rd
Scottsdale, AZ 95251
(877) 800-4888 (reservation)



For More Information:
[Spring-2021.pdf \(pomc.org\)](#)



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.

LEADER

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Other Resources: Healing & Bereavement, Trials and Hearings

SECRETARY

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TREASURER

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Other Resources: Newsletter Editor, Roster & Mailing List, Memorials & Birthdays

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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.



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

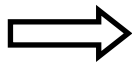
Grief In Spring?

Posted On March 23, 2015 - By: John Pete

If Spring makes you feel better and to feel new hope, that is a good, positive and nurturing thing. But it may not be true for everyone, and no one should feel they have to hide their true feelings. It is perfectly normal to experience new heightened grief and/or grief-related anxiety in Spring, just as it is in other seasons of the year. Although warmer, sunnier months can be nurturing and inspire new hopefulness, grief does not suddenly go away just because seasons change.

Spring generally brings a sudden flurry of change and things begin to move faster all around us. There is rebirth and renewal in nature as flowers and trees bloom and everything turns green again, and people quickly begin to flock to their favorite warm-weather activities. Try to take time to sit down make some plans that can nurture you and help you cope with your losses and grief.

A helpful way to respond to one's anxiousness about spring and summer is to remind yourself that YOU are in control and that the warmer months offer unique opportunities for nurturing activities such as travel, planting gardens, nature walks, photography, family gatherings, star-gazing, and many other things. And if it helps, take comfort in the belief that your precious loved ones are with you wherever you are and whatever you are doing.



Find More Information at:
[Grief in Spring? - Open to Hope](#)



Creating Your Own Ritual For A Loved One's Death

Posted On February 16, 2021 - By: Neil Chethik

After a loved one's death, we don't always have the opportunity to hold a funeral. Over the past year, for example, the pandemic has prevented or delayed thousands of funerals.

This is the story of one man who could not have a timely funeral for his father. He had to find another way to honor his dad and get on with his life.

Frank Hernandez was thirty-two years old when he took his father, who was suffering from emphysema, into his home for the last two-plus years of the older man's life.

FATHER'S CONDITION WORSENS

During those years, as the father's condition worsened, Frank's responsibilities grew. Frank filled prescriptions and dispensed medication. He prepared all of his father's meals. Late at night, on occasion, he even served as his father's confidant. His dad would sometimes call to him in the wee hours, half dreaming, to review incidents from his past. Once, the older man asked Frank to help end his life. Frank said he couldn't do it.

Death finally came to Frank's father at a particularly awkward time for his son. Frank, an operating-room technician, was scheduled to fly one morning from his home in St. Louis to San Francisco to take three days of re-certification tests; without them, he couldn't continue to practice in the operating room.

On the morning he was to leave, however, as he was dropping off his father at a VA hospital to be cared for, the older man suffered a heart attack and died.

Sudden Death

Frank was devastated, but he could not cancel his trip. So he informed his siblings of the death, arranged for cremation, and caught his flight to the west coast.

Frank had spent forty-five minutes with his father's body, in a hospital room, after the death. On the plane trip west, he was emotionally upset and restless. Fortunately, his father had a connection with Frank's destination; the older man had been based in San Francisco during World War II. About a decade earlier, in fact, Frank and his father had spent a couple of days together in that city, walking the streets and reminiscing about the father's wartime experiences.

When Frank landed in San Francisco this time, he had several hours before his first exam. So after checking into his hotel, he began strolling the same streets he had with his father all those years earlier.

"I felt good walking around where I knew he spent time," Frank told me. "Real or imagined, it felt like a spiritual connection." Frank kept walking until he reached Fisherman's Wharf, where he bought a bouquet of flowers.

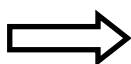
A SELF-CREATED RITUAL

Frank still had time before his exam, so he purchased a ticket for the next ferry to Sausalito, a small town just north of San Francisco, a couple of miles from the Golden Gate Bridge. When he reached Sausalito, he started hiking the steep streets back toward the bridge.

It was a long haul. But Frank now felt he was on a mission. When he reached "the dead center" of the bridge, as he put it, he looked out over the San Francisco skyline, prayed a few words of remembrance about his dad, and flung the bouquet of flowers into the sea. Then Frank returned to the city to take his exams.

"I'm not sure what drove me" to carry out the ritual, Frank, a burly man with close-cropped brown hair, told me eight years after the death. "It felt really good to do it.... I felt like there needed to be some gesture on my part. I'd had a relationship with my dad for two years. It was a very personal, one-on-one thing. I didn't share it with anybody else. I was honoring that."

Learn more about the book FatherLoss at www.fatherloss.com.



Resource: [Creating Your Own Ritual for a Loved One's Death - Open to Hope](#)



COMFORT CORNER: SELF CARE

Five Self-Care Actions To Take When Mourning The Death Of A Loved One

Posted On August 15, 2007 - By: Admin

Grief is a highly distress filled process demanding enormous amounts of energy. It must be balanced with a daily self-care regimen that replenishes both physical and emotional energy. Otherwise, the result is eventual illness and increased suffering.

However, self-care at the time of loss is hardly ever on the mind of mourners. Still, awareness of the need, and minor changes in daily activities, will play a major role in averting added physical and emotional distress.

Here are five self-care actions you can take to balance the drain of the grief process.

1. Take a daily stress break of at least 30 minutes. Find a quiet place, lie down, and elevate your feet. Play soothing music or listen to a relaxation tape if you wish. This rest period will also provide an opportunity to get away from overzealous caregivers or friends and fill the need to release the tension stored in muscles. While resting, take a deep abdominal breath. When you exhale, visualize your breath going through your muscles and releasing the tension. Repeat several times.
2. Drink plenty of water and cut back on caffeine use. Most people mourning the death of a loved one easily become dehydrated. This often leads to muscle cramping and feeling faint adding to the distress the body is under due to grief. Caffeine is a dehydrant and will increase fluid loss. Make every effort to increase your consumption of pure spring water.
3. Treat yourself to something you would like. Yes, every day treat yourself. There is nothing selfish about giving yourself a treat. Choose something that will help balance the sadness: sit by the ocean, window shop, eat a favorite food, purchase some flowers. With your loved one no longer meeting some of your needs, it is okay for you to reach out to yourself to fill the void.
4. Take a daily 10-minute walk. Granted you may be too overwhelmed by your loss to start walking in the first few days of your loss, even though it would be useful. But don't let more than two or three days go by before you start. Remember, we all need physical outlets for emotional stimuli which cause so much muscular tension. The research is clear: energy expenditure through walking can have a significant effect on how you deal with the stress in your life and enhance your health. After a few days, try adding some form of music to your walk or try prayerwalking.
5. Bathe yourself in treasured memories. Take time each day to think of the memories that bring great feelings of accomplishment and joy involving your loved one. Focusing on these memories will not only assist in balancing negative thoughts that often arrive, but you can talk to others about them and receive additional input. Be sure to include in your memory bank those times you have felt loved throughout your life.

Although your caregivers will be trying to help you in many ways, it is important for your successful journey through grief for you to take primary charge of replenishing your energy each day. It may be useful to write down a schedule of times for delivering your self-care so you will be consistent and reap the benefits of your program.

At the same time, you will be starting some of the new routines that will need to become a part of your new life as you adapt to the loss of your loved one. Never forget your thoughts and attitudes about yourself play the leading role in how you manage your grief, maintain your health, and invest in your new life. Take the best care of yourself, and consider using your grief experience to grow in wisdom and insight about love and life.

Dr. LaGrand is a grief counselor and the author of eight books, the most recent, *Love Lives On: Learning from the Extraordinary Encounters of the Bereaved*. He is known world-wide for his research on the Extraordinary Experiences of the bereaved (after-death communication phenomena) and is one of the founders of Hospice of the St. Lawrence Valley, Inc.? His free monthly ezine website is <http://www.extraordinarygriefexperiences.com>.



Resource: [Five Self-Care Actions To Take When Mourning The Death Of A Loved One - Open to Hope](#)



Healing doesn't mean
the pain never existed.
It means the damage
no longer controls
our lives.

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BIRTHDAYS REMEMBERED

Garett Cordova	3	1	1965
Jennifer Manchego	3	1	1974
Jeremy Campton Craft	3	2	1970
Sindy Wong	3	2	1977
Corey DePooter	3	3	1982
Beth Haynes	3	5	1972
Danny Steve McQueen	3	5	1955
Kurt Moore	3	5	1963
Wayne Craig	3	6	1969
John Rasser	3	7	1966
Mark Francis	3	7	1976
Michael Reichert	3	8	1964
Shaniqua Coffman	3	8	1991
Steven Johnson	3	8	1986
Nathan Bailey	3	10	1996
Edward Perez	3	15	1946
Pedro A. Dominguez	3	16	1982
Megan Patricia Neylon	3	17	1982
Megan Patricia Rapacz	3	17	1982
Tina Sandoval	3	17	1972
Paul A. Stone	3	18	1980
Leslie Gonzales	3	20	1989
McKinley Dixon Jr	3	20	1975

David Aric Rothrock	3	23	0
Troy Baker	3	23	1977
Anthony (Tony) Gonzales	3	24	1942
Andrew Just	3	25	1980
Jeffrey Smith	3	27	1992
Jeffrey Smith	3	27	1992
Jesse Field	3	27	1979
Andrea Weiss	3	28	1976
Sid Wells	3	28	1961
Chad Harvey	3	30	1975
Daniel Kitts	3	31	1996

*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

Falon Watson	3	1	2014
Maria Cordova	3	1	2003
Mark Francis	3	1	2002
Sheldon Sullivan	3	1	1998
Alice Jane Hensley	3	3	2001
Martin Macias	3	4	1901
Mark Smith	3	4	1995
Ron Haynes	3	4	2006
Andrew Just	3	7	1998
James Mora	3	7	1992
Gloria Bailey	3	8	1981
Ruby Sparks	3	8	1981
Harold Lee Prelow	3	9	1996
Ralph Earl Pettis	3	9	1986
Alan Friedman	3	10	1989
Carrie Lee Gonzales	3	11	1984
Roxanne Logan	3	12	1995
Larry Heil	3	12	1991
Eddie Garcia	3	15	1998
Roderick Paulsen	3	15	1997
Nathan Leon	3	17	2013
Sherri Majors	3	18	1996
Lee Pumroy	3	18	1993
Ted Carleton	3	18	1996

Thoedore "Ted" C. Carleton	3	18	1996
Meglan Renaud	3	22	1990
Paul Hurtado Jr	3	22	1990
Natalie Lynn	3	27	2013
Cher Elder	3	28	1993
MichelleVinson	3	28	1992
Paris Lamar Davis	3	29	1998



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.***

POMC
18121 E. Hampden Ave Unit C #145
Aurora, CO 80013

ADDRESS SERVICE REQUESTED