

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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

November 2021

ANNOUNCEMENTS

We Have EXCITING News!

**Beginning November 20th - We will begin
having HYBRID meetings!**

AND....

We have a new meeting location!

**1325 S. Colorado Blvd #508-B
Denver, CO 80222**

Parking is in the back

**(Masks are required while in the building. During the meeting, those that are not vaccinated
should continue to wear them.)**

The National POMC office also has a new address:

**635 W 7th Street, Suite 104
Cincinnati, OH 45203**



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...



TRIALS & HEARINGS



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



The Holidays, Trauma and Loss: A Time for Healing and Meaning **By Dr. Donna Gaffney**

Even if you experienced your loss many years ago, the holidays can re-activate feelings that occurred at earlier times of grief. Traumatic events, especially traumatic loss, may precipitate increased feelings of loss and emotional distress at anniversaries and holidays. This can be one of the most challenging times for survivors and their families. It can also result in the frustration of others who may not understand why a person is angry, upset or distant.

Here are some things to consider as you journey through your grief experience this holiday season:

The holiday myth

Holidays challenge most people, grieving or not. Old family issues are re-awakened and those who are no longer alive are missed in a more intense way. Families imagine the most romantic views of the holidays with sweet memories from their childhoods. But there can also be a yearning for the perfect holiday that "might have been." These wishes and hoped-for events are often reinforced by advertising, marketing and the media. In truth, the reality often falls short of such high expectations.

The trauma survivor

Traumatic events that occur at holidays and other important celebrations are especially complicated. The holidays are a time of stress for many trauma survivors because there seems to be an increased sense of isolation. He or she perceives the rest of the world as joyful and happy, while the survivor is mired in the sadness of sad past events. For those who witnessed the loss of friends and co-workers, this pain can be compounded by grief for peers and their families who now face the holidays without those loved ones. Sometimes survivor guilt reappears; people repeatedly ask the question, "Why did I survive?"

Financial difficulties

Financial difficulties can seem even more difficult by the commercialization of the holidays. Yet this can be a time to take advantage of creating a unique and very personal way of celebrating. We don't have to conform to the rigid commercial stereotype of expensive gifts and big gatherings. In fact, some people may not be comfortable in crowds or at parties and, as a result, small meaningful celebrations may feel more appropriate.

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Children

Children are especially perceptive and will watch how their family members move through this emotionally charged time. A drastic change or even the elimination of a traditional family celebration will only compound the loss for children, "I don't have my father and now I won't have Christmas either." Discussing what the family might like to do can be empowering for children. This may be difficult for the adults, but be patient, and allow the younger generation to express their thoughts and ideas.

Factors influencing the response to holidays and celebrations:

Since the last time you celebrated this holiday:

- Has anyone assumed a new role?
- Are there changes in your living situations?
- Are there any financial changes?
- Is there an addition of a new permanent or temporary family member?
- Did you lose a family member to death, divorce or moving to their own home?
- Has there been a recent move?
- Does anyone in the family have a new job?
- Are any of the children attending a new school?

Considering these factors, you may need to make the holiday different, to both recognize the loss (making it clear that the holiday rituals will not be the same as before) and move toward building new rituals, new roles and new meanings.

Holiday traditions

Cultural, religious or historical aspects of a holiday provide a vital connection to the past. Maintaining and following certain traditions can be a source of comfort. The routine of familiar past celebrations can provide a sense of security and continuity in life when one feels overwhelmed and can become a tribute to and reminder of those who have died. But, some prefer to create new routines and ways to honor someone's memory.

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New rituals

Small changes in existing family traditions are often easier than making a major shift, but sometimes family traditions are out of balance and only please one side of the family, one spouse or parent. Creating new rituals can aid in the healing process. To keep things balanced, ask what others would like to do for the holidays. Talking about possibilities with family members can help prevent disappointments.

Planning rituals requires time, thought and communication by family members in the weeks before the holiday. As the rituals are being planned it needs to be clear that they are meaningful for all the members who are involved—not just done in order to appease one person. There also needs to be room for those who don't want to be involved, without becoming the target of resentment from others.

Whether you decide to maintain your holiday traditions or create new rituals, there is hope and healing for you and your family this holiday season.



Resource:

[The Holidays, Trauma and Loss: A Time for Healing and Meaning \(dignitymemorial.com\)](http://dignitymemorial.com)



MINDFUL MEMES

I AM NOT EVERYTHING
THAT HAS EVER
HAPPENED TO ME,
I AM EVERYTHING I
BECAME WHILE I HEALED.
STRONGER BUT SOFTER.
FOCUSED BUT NOT OBSESSED.
A TEACHER BUT STILL
A STUDENT.
I AM NOT BROKEN,
I AM BEAUTIFUL.
I'M A SURVIVOR.

-CWPOET

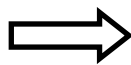


The POMC. Why Are We Here?

POMC provides the on-going emotional support needed to help parents and other survivors facilitate the reconstruction of a “new life” and to promote a healthy resolution. Not only does POMC help survivors deal with their acute grief but also helps with the criminal justice system.

The staff of the National Headquarters of POMC will assist any survivor and if possible, link that survivor with others in the same vicinity who have survived their loved one’s murder. In addition, the staff is available to provide individual assistance, support and advocacy. The staff will help interested parents or immediate family members form a chapter of POMC in their community.

POMC will provide training to professionals in such fields as law enforcement, mental health, social work, community services, law, criminal justice, medicine, education, religion, the media and mortuary science who are interested in learning more about survivors of homicide victims and the aftermath of murder.



For More Information:
<https://pomc.org>



BIRTHDAYS REMEMBERED

Marquis Garcia	11	2	1992
Kurt Gillotte	11	4	1970
Rickey Ritter	11	4	1981
Ralph Earl Pettis	11	5	1928
Cassie Bernall	11	6	1981
Phillip Rose Jr.	11	6	1969
Tami Medina	11	6	1977
Thomas Hollar	11	6	1992
Jamie Paine	11	7	1979
Julie Gordy	11	7	1958
Polly Elizabeth Sullivan	11	7	1954
Stoneham Farris	11	7	1973
Gina Padilla	11	9	1983
Shashan S Ortiz	11	9	1980
Conrad Duran	11	10	1984
Kacey Hegerlein	11	12	1990
Paula Ross Stiner	11	13	1966
John C. Abeyta	11	15	1977
Sammy Burks	11	16	1987
Traivon Williams	11	16	1995
Lynn Cannata	11	17	1966
Kimberlie Rose Urstadt	11	18	1990
Jessica Ann Arredondo	11	20	1967

Ally Raber	11	21	1998
Virginia Sakala / Russo	11	21	1964
Ron Haynes	11	22	1979
Laura Hetes	11	23	1968
Linnea Dick	11	23	1987
Marcos Torres	11	24	1978
Douglas "Dougie" Charles	11	25	1957
Eddie Garcia	11	25	1978
Chris Stockwell	11	26	1982

*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

Alan Little	11	0	2003
Sgt. Lyle Wohlers	11	4	1992
Larry Carmichael	11	6	1988
Cymone Duran	11	8	2018
Randy Arlin Russom	11	8	1983
Ibrahim Bradley	11	9	1996
Joseph Nelson	11	10	2005
Pamela Brandon	11	12	1991
Justin Maggard	11	13	2009
Tiffany Brill Jarmon	11	13	2008
Melodie Robertson	11	14	2003
Loren Holcom	11	16	2001
Lorren Holcomb	11	16	2001
Michael Adams	11	16	1985
Zoie Alexa Martin-Macko	11	16	2015
Justin A. Archuleta	11	17	1996
Justin Andrew Archuleta	11	17	1996
Justin Archuleta	11	17	1996
Patrick Murphy	11	17	2016
Raymond Albert Nieto	11	17	1996
ChristineWaegele	11	18	1993
Jan Mariano	11	19	1991
Jesse Lamblin	11	19	1996
Buffy Rice Donahue	11	21	1993
Jakob Montoya	11	21	2019
Kayden Montoya	11	21	2018
Matthew Foley	11	21	1996

Cody Faust	11	22	2002
John LaRose	11	22	2009
Blaine Eric Noble	11	23	1993
Diane J. Caldwell	11	23	1998
Pedro A. Dominguez	11	23	2015
Danny Steve McQueen	11	25	1992
Gregory Scott Stone	11	25	1992
Jessica Ann Arredondo	11	25	1988
Geronimo Maestas	11	26	1993
H Gregory Jukiewicz	11	26	1994
Martel Thomas	11	26	2013
JaSon Ortiz	11	27	1994
Julie Gordy	11	28	1982
Linda Zambotti	11	28	1996
Ali Muhammad Sparks	11	29	1998
Angel Delgado	11	29	2005



MONTHLY MEETINGS

Support meetings are held the 3rd Saturday of every month
at **7:00 PM. (Doors close at 7:15)**

For Year: **2021**

January 16*

February 20

March 20*

April 17

May 15*

June 19

July 17*

August 21

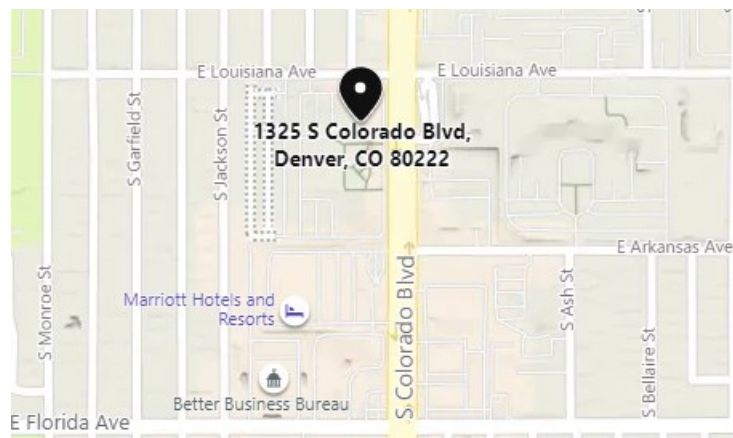
September 18*

October 16

November 20*

December 18

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



We meet in **Suite 508-B** of the **Empire Park Building B** at 1325 South Colorado Blvd in Denver. Parking is in the back.

If you'd like to attend the meeting via Zoom: Email POMCColorado@gmail.com to receive an invite.

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

ADDRESS SERVICE REQUESTED