

Support Newsletter

November 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

Board Member Announcement!

During the September meeting, Phil announced that after 14 years, he would be stepping down as the Front Range Chapter leader on December 31, 2022. In addition, the remaining board members, Tiffany, Andy, and Juli, also gave their notice.

The board understands that change is hard; it's something we've all endured from our tragedies. However, change can also create an opportunity.

The board invites you to join this rewarding experience that provides an invaluable service to our members. If interested, contact a current board member today!

"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."

"Joining a board is a positive thing we should all do. You can use your skills and talents to help the organization achieve its goals, and you'll also have the chance to network with other community leaders."

A Note from Our National Office

EFFECTIVE 11/1/2022, THEY'VE MOVED SUITES. ADDRESS
UPDATED ON PAGE 2.

Contact Us

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“You Are Not Alone”

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
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Website: 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

Sibling Grief

When a brother or sister dies, the sudden reality of the death may be too much for families to accept. Siblings who are left with this pain may experience extreme loneliness because they believe that no one understands what they're going through. They may feel they cannot share their feelings with other members of the family because they want to protect them from additional pain. Due to the shock and confusion that murder brings, there will be no comprehension of why their brother or sister was so quickly taken from them.

Why Sibling Grief is Different

Siblings have their own method of grieving. Their parents lost a child, they have lost a sibling and the relationship is completely different. Many times siblings will experience a loss of identity as their self-image is inter-related with the person lost. Siblings may experience varied emotions including anger, guilt, grief and abandonment. They may attempt to deal with these powerful feelings through denial or suppression. Sometimes the siblings experience may be further complicated by the failure of others to recognize their loss. They may be coping not only with the loss of a sibling but also with the loss of functional parents.

Actual Comments from Siblings

Denial – “Because murder is too hard to accept, I denied it happened. I did it for my own protection. I pretended it happened to someone else.”

Anger – “Verbally I would lash out at everyone. I couldn't express any other feeling. My sister was gone and as far as I was concerned, it was the world's fault.”

Guilt – “My guilt led me to ask questions like ‘Why am I still here?’, ‘Why wasn't it me?’, and ‘What did I do wrong for this to happen to my sister?’”

Fear – “When my brother was murdered, I thought who is next in our family? All of a sudden our family is a target and we can't hide and protect ourselves from further harm.”

Physical Distress – “I couldn't relax. My body suffered from stress with headaches, neck aches and having a few hours of sleep including nightmares didn't help.”

Loss of Innocence – “I'm no longer a child it seems. Murder made me grow-up too fast and I lost a big part of my childhood that I can never get back.”

Protective – “When my sister was murdered, I was taking the role of my parents. I came to their side to comfort them. It took a while for me to think of my own grief.”

Loneliness – “I had a friend of ten years tell me she couldn’t handle being my friend anymore. She told me she didn’t want to continue our relationship because she thought that murder would spread to her and her family.”

Depression – “I didn’t want to get up from bed. If I did, I would dread going outside. I didn’t want to see anyone. I felt that I couldn’t trust anyone anymore, so I didn’t want to make eye contact.”

Pointers for Parents

Helpful

Accept your child’s feelings. Allow them to grieve in their own way and encourage the expression of feelings.

Work on your own grief. Express sadness, anger and frustration. Parents and children may be drawn together by sharing each other’s grief.

Spend time regularly with each child. This will offer assurance that they are loved. Show them that they are as important as the lost sibling.

Find healthy ways to remember your loved one. There are ways to cherish their memory. Some suggestions would be writing down memories in a journal, organizing photos in a special album or framing special artwork or writings.

Each child needs individual acceptance. Try to nurture their own identity.

Get help. Getting outside help may make it easier for them to communicate.

Not Helpful

Don’t judge. Don’t tell them not to cry or suggest they be strong. Their loss needs to be recognized.

Don’t keep feelings to yourself. Withholding your emotions from the rest of the family may inhibit others.

Don’t avoid them. This will make them feel rejected and abandoned.

Don’t make them feel that they have become a burden.

5-POMC Colorado Front Range Chapter

Don't take-down family pictures. This may be interpreted by the sibling as a loss of family and may be devastating.

Don't compare the lost child to the living child. It could cause them to think they can't measure up.

Don't limit their space. This may happen if you feel a great need to be over-protective.

Please contact the National POMC Headquarters for more information.

Click the Website Link for more information:

<https://pomc.org/survivor-support/sibling-grief/>

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

Self-care isn't just

drinking water and going to sleep early. Self-care is taking a break when things become overwhelming, saying no to things you do not want to do, allowing yourself to cry, asking for help from those around you, doing things that make you happy.

-The Daily Reminders



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
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.

Note: They may be edited for length and conciseness.

P.S. We'd love your feedback! Email:
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