

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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

October 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



WHAT IS A TRAUMA TRIGGER?

Trauma triggers are a well-researched phenomenon. However, the word “triggered” can make people uncomfortable. For some, to say that a person is “triggered” is a shorthand way of saying that they are weak, dramatic, and far-too-sensitive. This common misuse can have devastating impacts for those suffering from post-traumatic stress and trauma-related disorders. For this reason, it is essential to develop an informed understanding of this term that has such important implications for those recovering from trauma.

What is a “trigger?”

First, let’s dispel any notion that a trigger is inherently negative. It isn’t. A trigger simply refers to something that activates a response within the body. Triggers are usually sensory in nature, meaning that they can be comprised of various sights, sounds, sensations, textures, and even scents. In many cases, triggers act as a signal to the body that a threat is nearby. Because we encounter similar types of danger throughout our lifetimes, our brains are adept at making associations between related forms of threat. It is an effective system that all humans have for survival.

For an example of this, imagine a child pulling a cat’s tail and receiving a scratch on the arm in return. This can certainly be a distressing event for a child (not to mention, for a cat!). From this situation, we can safely assume a few things. For one, in the future, the sight of the cat will likely trigger caution. Whether the child is aware of it or not, they have made an association between the presence of the cat (particularly the cat’s tail) and the potential for danger. When they have an opportunity to pet the same cat later on, they may even experience slight physical tension as they approach the tail – an unconscious reminder to exercise restraint. Not only that, but the child may also generalize this information. As a result, they very likely will avoid pulling the tails of different cats and even other similar mammals, such as dogs.

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COMFORT CORNER: HEALING

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To avoid future pain, it is vital that the child's brain is able to construct these types of connections. It is also essential that the child is able to respond automatically, rather than wasting valuable time thinking "remember what happened with the cat" each time they encounter an animal with a tail. We need our bodies to react without conscious thought so that we can quickly avoid or engage with a threat. Triggers – the sensory information we associate with danger – serve as reminders to our nervous system of what has previously been encoded as threatening.

What does it mean when someone is "triggered?"

The problem with our ability to instinctively generalize information about threats is that it can sometimes make it difficult to assess for safety. This becomes especially challenging for individuals who have a history of trauma. In trauma, the threat system that is typically so useful for survival can become disorganized. This is usually a result of how emotional information is processed at the time of the traumatic event(s). In the midst of high distress, we typically enter a few [selective states](#): ranging from mobilizing responses ("fight and flight") to immobilizing responses ("freeze/faint"). In *mobilization*, we may experience:

- Rapid heart rate
- Faster breathing
- Feeling panicked
- Blood flow directed to the heart and muscles
- Skin temperature decreasing

Some examples of *immobilization* include:

- Numbness
- Tingling in the extremities
- Blood pressure dropping
- Difficulty speaking
- Feeling faint

For individuals who experience singular traumatic events or repeated traumatic episodes, these responses can become conditioned in the nervous system. This means that, even in moments of objective safety, the body can still respond to a trigger as though it is in danger. For example, someone who has been in a car accident may experience feelings of panic and a sudden increase in heart rate any time they get behind the wheel of a vehicle. **Continued to Next Page**



How to be compassionate in your understanding of trauma triggers

It may be hard to understand that someone might have such a strong physical reaction despite being technically safe. For this reason, it is important to remember that your experience is not universal. What may be triggering to someone else given their history might be completely neutral to you. But that does not mean they are being “dramatic” or that they are simply “overreacting.” In fact, these types of labels can often make it harder for trauma survivors to seek help and support. Imagine how terrifying it would be to enter vacillating states of panic and numbness without really knowing why. On top of that, imagine how painful it would be to have others around you calling your integrity into question. The concept of being “triggered” is real and researched, and it is important to treat it as such.

Even if you do not identify as having a trauma history, it is likely you still have some sense of what it means to be triggered. We all have moments in which we may logically recognize we are not in danger and yet we still feel worried or helpless. It is part of being human. If you struggle to understand what someone is going through when they describe being triggered, try to think about the times in your life in which you have felt terrified and out of control.

Finally, if you can identify triggers related to your own trauma, and if you’re struggling to cope with them, start by offering yourself compassion. Practice saying “it’s not my fault” when your body reacts in ways you don’t understand. Recognize all of the ways you have been resilient through adversity. And lastly, know that there is help. There are [therapies and treatments](#) designed with your needs in mind, and your body is wise enough to learn new strategies to take care of you. Being triggered is not the end of the story.



Resource: [What is a Trauma Trigger? | myTherapyNYC](#)



MINDFUL MEMES

"One day you will tell your story of how you've overcome what you're going through now, and it will become Part of someone else's Survival guide"

✨ Morningstar0701



ONGOING HOPE

After Ally Raber was murdered in 2017, Andy Starrett created the Ally Remembered Foundation in her honor...

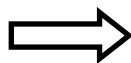
Ally was vibrant, caring and ready to explore the world via the US Navy after high school. Her life's ambition was to be out helping others any way should could and she had a heart worthy of a Queen. Music, dancing and exploring the triumphs and tribulations of being a teen were a common routine for her. At 18, she began exploring herself and what relationships are all about as most do at this age. She became involved in a relationship that at the start, seemed meant to be and her world was alive. However, this new found love was cut short when her life came to an end at the hands of her boyfriend. Another statistic of the horrors surrounding teen dating violence in conjunction with the affects of a controlling, and violent prone domestic violence perpetrator.

We vowed to carry on her spirit and continue her journey via the Ally Remembered Foundation. Finding a way to honor her and raise awareness over the affects of domestic violence so that others will be empowered to live domestic violence free lives has become our priority. Ally's stepfather Andy Starrett has championed this mission. Utilizing his desire for sharing Ally's story so it might benefit others and his passion for the sport of paintball, the foundation was born. The ARF's primary goals are to reach affected youth and, using the sport as a catalyst, offer unique support programs that encompass keeping survivors focused on a positive future.

Mission

The Ally Remembered mission is straight forward and simple. Empowering Lifestyles Free From Domestic Violence. With an emphasis on issues caused by unhealthy relationships, we are driving awareness in our community and worldwide to honor and celebrate Ally and her dreams of being in a support role to others

Statics show that close to 40% of kids living in abusive homes become offenders themselves when older. Our paintball initiative working locally and with chapters aims to reduce that statistic. It's not directed at just youth survivors, our mission in paintball is to provide all youth access to proper safety, training, health and citizenship skills often forgot about in sports. All with a vision that keeping youth involved in the sport within a group of like-minded peers and mentors can have positive affects. Now, we are looking for those who share this vision and field operators and other businesses to partner with.



For More Information:
[About Us | Ally Remembered](#)



BIRTHDAYS REMEMBERED

Cindy Stewart	10	1	1955	Fernando Sanchez	10	15	1980
Colin Ehlers	10	1	1974	Mark Antony Wilson	10	15	1972
Damon A. Roberts	10	1	1977	Jennifer Mesa	10	16	1970
Ada Johnson	10	2	1963	Matt Ownbey	10	17	1980
Isaiah Gargia	10	2	1993	Ted Carleton	10	19	1954
Matthew Worden	10	2	1966	Thoedore "Ted" C. Carleton	10	19	1954
ChristineWaegele	10	3	1969	Robert Grau	10	22	1960
Dale Yanda	10	4	1967	Alexis V. Bush	10	24	1996
Chelsea Strauss	10	5	1985	Kayden Montoya	10	24	1995
Damon J. Murphy	10	5	1972	Peter Beaupre`	10	24	1974
Shaundra Schell	10	5	1966	Jessica Morehouse	10	25	1973
Frankie Paul	10	6	1969	Charley Richards	10	26	1988
Cynthia Mc Queen	10	7	1959	Joni Lynn Bradshaw	10	27	1960
Cynthia McQueen	10	7	1959	Lori Bases	10	28	1968
Jodi Carrigg	10	7	1959	Katie Bailey	10	30	1975
Martha Munoz	10	7	1981	Ryan C. McDaniel	10	30	1994
Ashley Raguindin	10	8	1983	Heidi Green	10	31	1965
Ronald Eugene Hinson Jr.	10	8	1959	Yvonne Cossio	10	31	1969
JaSon Ortiz	10	9	1974				
Donald Hubbard	10	12	1958	*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!			
Katheryn Gonzales	10	12	1990				
Ray (Paisano) Linebarger	10	12	1944				
Britt Mackay	10	14	1980				



IN MEMORIAM

Larry Orrantia	10	0	2004	Jason Trembath	10	25	1992
Jim Gardner	10	3	1997	Kacey Hegerlein	10	25	2014
Joni Edwards	10	4	1995	Ron Griego Jr	10	25	2003
Jack Koller	10	5	2009	Dale Yanda	10	26	1988
Beulah Lawson	10	6	2006	Ronald (Ron) Georgopulos	10	26	1988
Glen Tate	10	6	1997	Amdrea Anders	10	27	2014
Gary McGee	10	7	2001	Amanda Anders	10	29	2014
Anthony Rudnick	10	8	2018	Kimberly Medina	10	29	1996
Bill Leis	10	8	1999	Michael Allendorf	10	29	1994
Michael Reichert	10	9	2000	Jacob Wiens	10	31	2015
Ennis Walton	10	10	1999	Roy Cozby	10	31	1994
Joni Lynn Bradshaw	10	10	1986				
Frank Sumpton, Jr	10	13	1989				
Rachelle Bergeron-Hammerling	10	14	2019				
Alan Michael Conner	10	15	1998				
Greg Swazo	10	15	2001				
Kevin Blunt	10	15	1997				
Anthony Taiitt	10	16	1981				
Casey Korgan	10	16	2010				
Earl Mitchell	10	16	1984				
Mel Gurule Jr.	10	17	1997				
Michael J. Loughrey	10	17	1983				
Rebecca Lynn Ochs	10	17	1995				
Henry Kellie	10	18	1975				
David Enos	10	19	2002				
Virginia Sakala / Russo	10	21	1994				
Shantel Duran	10	23	1998				



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

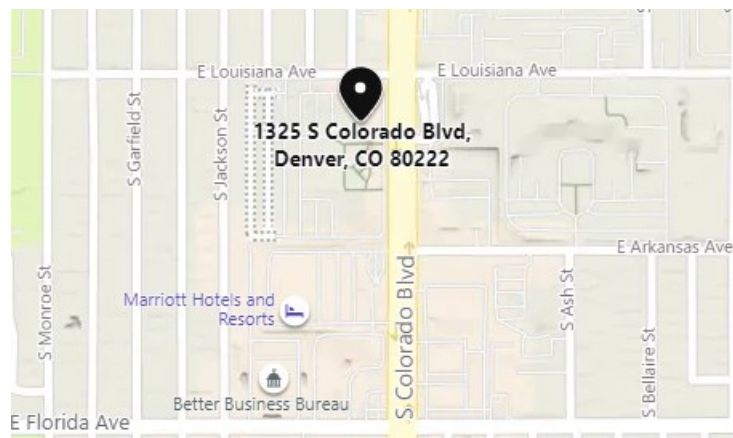
September 18*

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
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Aurora, CO 80013

ADDRESS SERVICE REQUESTED