



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

POMC

SUPPORT
NEWSLETTER

Front Range Chapter
Parents of Murdered Children

September 2019

ANNOUNCEMENTS

The **National Day of Remembrance** is scheduled for 6:30-8:00 p.m. on Wednesday, September 25, 2019, at Denver Police District 3 Police Station Community Room 1625 S. University Blvd., Denver, CO 80210.

14
SEP

Saturday, September 14, 2019

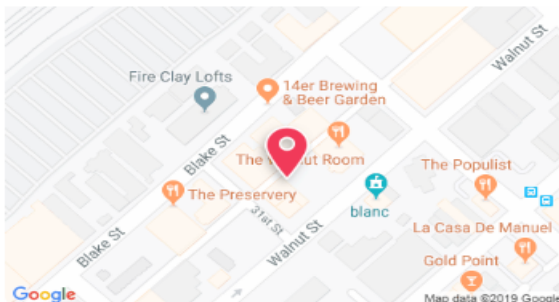
A Call to Receive: Healing Touch & Tools for Transforming Trauma



Hosted by **Alexi N.**
From **Transforming Trauma**
Public group

🕒 Saturday, September 14, 2019
3:00 PM to 5:00 PM

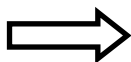
📍 **RiNo Yoga Social, Upstairs**
3101 Walnut Street Suite 300 · Denver, co



Join us for this 2 hour immersion into healing touch and other tools for transforming trauma. Alexi & Katrina will guide you through a therapeutic yoga practice, and as you settle into restorative shapes, will offer deepening Thai Yoga Massage assists. They will use both reiki and aromatherapy to invite your nervous system to settle and open.

For questions or to enroll go to:

<https://www.eventbrite.com/e/a-call-to-receive-healing-touch-tools-for-trauma-transformation-tickets-69823274293?aff=efbeventix&fbclid=IwAR0hx-kAjUGzNc-jkzq9WRTc4tugwqrRyqtHecawviJQn6iH6y76N12i7FM>





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

Phil Clark
303-748-6395
POMCColorado@gmail.com
Other Resources: Healing & Bereavement, Trials and Hearings

SECRETARY

Kaye Cannata
720-366-4165

TREASURER

Tiffany Starrett
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trstarrett@comcast.net
Other Resources: Newsletter Editor, Roster & Mailing List, Memorials & Birthdays

BOARD MEMBER

Joe Cannata
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Other Resources: Trials and Hearings

BOARD MEMBER

Bill Lusk
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OTHER CONTACTS

Everett & Linda Donelson
720-508-4268
Caryl & Charles Harvey
970-854-2665

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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...

The Expendables Paintball Team in memory of All Victims



NEW MEMBERS



TRIALS & HEARINGS

Juli Jenicek:

Miss Valdes was sentenced with First Degree Murder, Life Without Parole with an additional 16 years.

Tiffany & Andy Starrett:

Suspect Arturo Garcia was extradited to Arapahoe County on June 11, 2019. The preliminary hearing/proof evident hearing is scheduled for November 6, 2019.



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: _____

Mail Checks to:

POMC
9888 W Belleview Ave. #103
LITTLETON, CO 80123

PAYPAL ACCOUNT : pomccolorado@gmail.com

Donations are tax-deductible Federal ID 31-1023437



HOME / COURSE / SOLO LEARNING / SELF-GUIDED 30-DAY GRIEF JOURNALING INTENSIVE

Self-Guided 30-Day Grief Journaling Intensive

183 STUDENTS

Instructors

ELEANOR
HALEY

HOME

Participants of this eCourse should be ready to journal, but they should also be prepared to learn, explore, and reflect on their grief and grief-related experiences.

Journaling can be an amazing coping tool for processing grief related thoughts, emotions, and experiences, but finding the time and motivation to sit down and write can be difficult (especially when you're grieving). In this grief journaling intensive, participants will be provided with 30 days worth of journaling prompts and 15 lessons. Though journaling prompts are simple by nature, those included in this course have been designed around psychological perspectives, coping technics, and themes common to the grief experience.

General concepts covered in this course include: *Grief 101; Managing difficult emotions while writing/journaling; Continuing bonds; Guilt and regret; Forgiveness; Loneliness and isolation; Gratitude*

Length of this course: Participants will be provided with 30 days worth of journal prompts. However, this course is self-guided and participants are encouraged to progress through the course at whatever pace feels comfortable.

Who should take this course?

Anyone interested in using journaling as a tool for coping with grief.

Technology Requirement:

Participants should have regular access to a computer with Internet connection.

TAKE THIS COURSE

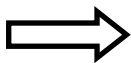
\$30.00

365 DAYS

COURSE CERTIFICATE

183 STUDENTS
ENROLLED

For questions or to enroll go to:



<https://whatsyourgrief.com/course/grief-journaling-intensive/>



COMFORT CORNER: HEALING



HOW WE HELP

The Center for Trauma & Resilience provides an immediate response to a client's call for help.

All services are confidential and provided by counselors and supervised student interns.

[Click here](#) to be taken to our frequently asked questions page.

24-Hour Hotlines – Emotional support and emergency assistance.

Information and Referral – Link clients with community resources and provide crime prevention education

Assistance with Emergency Services – Food, clothing, shelter, financial aid, crime scene cleanup and other emergency needs.

Advocacy – Communication of needs to employers, landlords, service providers, the criminal justice system and others.

Crisis Counseling and Case Management – Short-term individual and group sessions to explore recovery options.

Volunteer/Intern Program – Volunteers and interns receive 40 hours of training to assist clients.

Community Outreach and Education – Speakers available for presentations on crime prevention and compassion fatigue.

SPECIALIZED SERVICES

Befriending the Body– Trauma-sensitive yoga program promoting health and wellness for clients and community.

Elder Program – customized services for persons 65 and older.

- Words of Wisdom senior support groups.
- Personalized crime prevention plans.

Children, Youth and Families Program – Individualized and group services for children 6–17 years and their families.

- BROTHERS™ support services for boys and young men.
- The Girl's Group™ support services for girls and young women.

Mi Gente- VAWA Legal Solutions – Legal assistance for immigrant survivors of domestic/sexual violence to remain in the U.S. under the Violence Against Women Act.

COMMUNITY PROGRAMS

The Translation & Interpreting Center – Professional services offered in more than 40 languages.

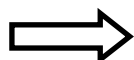
HOW DO YOU HELP?

The Center for Trauma & Resilience provides services to those affected by crime and the resulting trauma. Crimes include: arson, assault, burglary, caregiver abuse, child abuse/neglect, domestic violence, elder abuse, fraud, gang-related crimes, home invasion, harassment, hate crimes, homicide, kidnapping, questionable death, robbery, sexual assault/incest/retrospective sexual assault, stalking, suicide/attempted suicide and vandalism.

DO I HAVE TO LIVE IN DENVER?

The Center for Trauma & Resilience services are provided to persons who **reside in Denver** or if the crime occurred in Denver, Colorado. We can provide referrals for services outside the Denver area for those who do not meet these criteria.

For questions or to enroll go to:



<http://traumahealth.org/>



COMFORT CORNER: SELF CARE

Amy Treasure

SELF-CARE AWARENESS MONTH

Self-Care Awareness Month in September is a time to remind us that taking care of ourselves, first and foremost, is essential. Self-care is often neglected in our everyday lives. We all tend to put others needs before our own and it is crucial to remember, that we cannot fill another's cup from our own empty vessel. While getting a massage or taking a walk are beautiful examples of taking time for our well-being, self-care can be more expansive than that.

Self-care knows no boundaries. It is something that everyone, without any exclusions, can benefit from practicing on a daily basis. True self-care is not self-centered nor selfish; it is simply keeping yourself the focus of your own life. It's about paying attention to how you feel in each moment, communicating clearly, speaking up for yourself and saying yes or no...guilt free.

HOW TO OBSERVE

Use the month of September to make self-care a part of your daily routine - practice being good to yourself. It can be as simple as a conscious breathe in the morning or as luxurious as time away from the pressures of everyday life. The kindness we show towards ourselves will manifest into a kinder world.

Show us how you take care of yourself by using the following hashtags when posting on your social media accounts:

#SelfCareAwarenessMonth #selflove #selfcarechallenge #evolveto live

Follow Evolve to Live on [Instagram](#) and on [Facebook](#) for the 30-Day Self-Care Awareness Month Challenge.



<https://nationaldaycalendar.com/self-care-awareness-month-september/>



Orange-Almond Chicken-and-Cabbage Bowls

Active Time
12 Mins

Total Time
12 Mins

Yield
Serves 2 (serving size: about 2 cups)

By CALLIE NASH October 2017
RECIPE BY COOKING LIGHT



Make these low-calorie, no-cook bowls ahead for an easy lunch or dinner when time is tight. Change up the fruit, nut, or protein for whatever you have on hand.

Ingredients

2 navel oranges

1 (12-oz.) pkg. shredded coleslaw mix
(about 3 cups)

4 ounces shredded boneless, skinless
roisserie chicken breast (about 1 cup)

3 tablespoons toasted sliced almonds

2 green onions, thinly diagonally sliced

3 tablespoons sesame-ginger salad
dressing (such as Newman's Own)

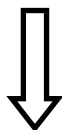
How to Make It

Step 1

Peel and section the oranges over a bowl; reserve sections. Squeeze membranes over bowl; reserve juice for another use. Discard membranes.

Step 2

Divide orange sections, coleslaw mix, chicken, almonds, and green onions between 2 shallow bowls. Drizzle dressing evenly over each serving.



<https://www.myrecipes.com/recipe/orange-almond-chicken-and-cabbage-bowls>



BIRTHDAYS REMEMBERED

Geney Crutchley	9	1	1950
John Tomlin	9	1	1982
Tawni Nicholson	9	1	1992
Joel England	9	4	1972
Mark Smith	9	4	1973
John Flores	9	5	1969
Andrew Jenicek	9	5	1990
Michael O'Fallon	9	8	1962
Rob Stewart	9	9	1956
Michael Allendorf	9	9	1963
Paul Christopher Bueno	9	9	1965
Jordan Shuford	9	9	1980
Beth Gallegos	9	10	1996
Angel Delgado	9	12	1980
James Darrell Steele, Jr.	9	13	1969
Carolyn Walker	9	14	1966
Ibrahim Bradley	9	14	1975
Alan Cardares	9	15	1975
Michael Tarasiuk	9	16	1962
Guy Oliver Morton	9	19	1956
Tami Krizman	9	19	1957
Tammi Krizmon	9	19	1957
Tyrone Anthony Bennett	9	19	1970

Nathan Leon	9	19	1985
A.J. Boik	9	20	1993
Roderick Paulsen	9	22	1971
Patrick Murphy	9	22	1983
Amber Carlson	9	22	1989
Jerry Baca	9	26	1968
Kip Merry	9	26	1973
Andre` Price Jr	9	28	1973
Jesus Diaz	9	28	1978
Jeffrey B. Packard	9	29	1955
John LaRose	9	29	1958
Gregory Scott Stone	9	30	1955

*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

Cissy Foster	9	1	1993
Isaiah Vialpando	9	2	2015
Sindy Wong	9	3	1997
Alexi Kaptanian	9	4	1994
Jordan Hood	9	4	2008
Dale Morris	9	5	1985
Tami Medina	9	8	1994
Michael Nigg	9	8	1995
Sarah Robinson	9	8	Xxxx
Nicole Holm	9	9	1998
Heather Harper	9	10	1991
Nathan Bailey	9	10	1998
Paul A. Stone	9	10	1998
Katie Bailey	9	10	1998
Michael Tarasiuk	9	11	1980
Gary Carlson	9	13	1994
Daniel Walsh	9	15	1996
Neal Eldrenkamp	9	18	1997
Tristen Bingham	9	18	2017
Stephanie Bechtold	9	20	1991
Leah Mandell	9	21	1989
Paula Ross Stiner	9	21	1994
Randy Fleming	9	23	1983
Chad Harvey	9	23	1998

Kurt Moore	9	24	2017
Mark Anthony David Johnsen	9	25	2005
Michael E. Duran Jr	9	28	1983
Troy Baker	9	28	2000
Angela Harold	9	x	1994



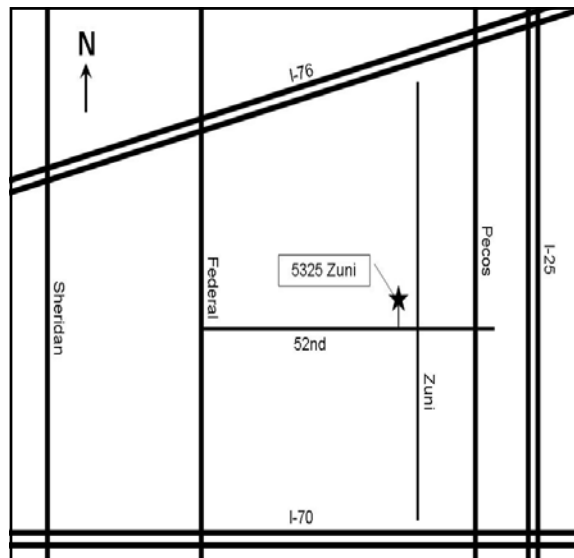
MONTHLY MEETINGS

Support meetings are held the 3rd Saturday of every month
at **7:00 PM**

January 19, 2019
February 16, 2019
March 16, 2019
April 20, 2019
May 18, 2019
June 15, 2019
July 20, 2019
August 17, 2019
September 21, 2019
October 19, 2019
November 16, 2019
December 21, 2019

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

January 19, 2019
March 16, 2019
May 18, 2019
July 20, 2019
September 21, 2019
November 16, 2019



We meet in the **cafeteria** of the **CenturyLink Building**
at 5325 Zuni in Denver. **The entrance to parking is on 52nd.**

POMC
9888 W Bellevue Ave. #103
LITTLETON, CO
80123

ADDRESS SERVICE REQUESTED