



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

POMC

Front Range Chapter
Parents of Murdered Children

SUPPORT
NEWSLETTER

September 2020

ANNOUNCEMENTS

MARK YOUR CALENDAR!

National Day of Remembrance

Date: Friday, September 25, 2020 6:00 pm

**"Remember the Past, Treasure the Present,
Embrace the Future"**

September 25th is the National Day of Remembrance for Murder Victims.

This commemorative day was established as a National Day of Remembrance for Murder Victims as a result of unanimously passed resolutions by the U.S. Senate on October 16, 2007 (S. Res. 326) and the U.S. House of

Representatives on May 14, 2007 (H. Res. 223)

The National Day of Remembrance for Murder Victims not only recognizes murder victims but also honors those organizations throughout the United States that provide services such as support, advocacy and counsel to loved ones of murder victims. POMC Chapters and other organizations holds events around the nation to commemorate the Day Of Remembrance for Murder Victims.

*All tribute video entries must be received no later than 5:00 p.m. on
Monday, September 14, 2020.*



TRIBUTE FORM LINK:

<https://forms.office.com/Pages/ResponsePage.aspx?id=O8P8HG3ICkGRm2a0XUqi5JonjhiUJPhEtYUANzJMzftUNFdSSk1QRzVGMEFHMVNBSzJU1BPMVBHRS4u>



To Register:

<https://www.crowdcast.io/e/ndrmv2020/register>



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...



NEW MEMBERS



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.



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

9888 W Belleview Ave. #103

LITTLETON, CO 80123

PAYPAL ACCOUNT : pomccolorado@gmail.com

Donations are tax-deductible Federal ID 31-1023437



COMFORT CORNER: GRIEF

Grief Isn't Something to Get Over

by Mary C. Lamia Ph.D.

The emotion of grief may be triggered by the loss of a loved one or the result of a life circumstance. Many people believe that if you have effectively mourned a loss, then you will then achieve closure. The notion that one mourns a loss and then "gets over it" to the extent that emotions about the loss are no longer triggered, is a myth.

Similarly, children have such expectations about getting over loss. They seem to believe that one needs to do something in particular in order to achieve that goal.

Several years ago, as host of a radio talk show for kids, I asked listeners about the issue of loss. An 8-year old boy told me that his grandfather had died two weeks before and he wanted to know how to get over it. He said he thinks about his grandfather all the time and can't concentrate on anything else.

Similarly, a 12-year old boy explained that his dog had died and he wanted to know what to do since he couldn't say good-bye to her and didn't think that he could ever "fill [his] heart with anything else." I didn't ask what he meant by his choice of words, however, I felt its meaning.

A 13-year old girl also said that she asks her brother about what clothes look good on her because she doesn't have a mom, and it always feels like something is missing. She then asked, "How do I get over my mom dying?"

The misguided notion that grief is a process that allows a final working through of a loss is likely the fault of my own profession--mental health professionals who have promoted this notion in their work with grieving individuals.

Clinical data makes it clear that any significant loss, later and repeatedly, brings up longing and sadness. Is it because these people have not achieved closure by traversing prescribed stages of mourning or because they have not "worked through the loss" as some therapists boldly claim?

No. It's because you never get over loss. As time passes, the intensity of feelings about the loss will lessen; you might also find ways to soothe or distract yourself, or you can partially bury grief-related feelings by creating new memories. But you're not going to get over it because that's impossible: You cannot erase emotional memory.

Besides, it's not about achieving closure. Instead, you have to figure out what you are going to do when your emotional memories are later triggered.

Emotions that have to do with loss are triggered throughout our lives. Usually, they are in the form of anniversary reactions, such as the birthday or death day of the lost loved one, or any significant holiday in which you might want to be with the person who is gone. Reminders, such as visiting a place you've been with the person you lost, will trigger a similar response. Episodes of depression or anxiety that seem to come from nowhere may have been activated by anniversary reactions or situation-matching reactions.

Grief can also be triggered by an age-matching anniversary reaction, which is when a person's age matches the age of a parent or loved one when they died. The remarkable power of age-matching anniversary reactions arising from the loss of a parent in childhood was demonstrated to me when I began training as a psychologist nearly 40 years ago.

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COMFORT CORNER: HEALING

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I had been treating a severely depressed man who, for many months, was not responsive to intensive psychotherapy or medication. Upon discovering with the patient that his depression began at a time in which his age matched his father's age of death, the depression miraculously lifted. Beneath his depression lay a myriad of fears that he would be like his father, which included dying at the same age of his father, as well as guilt that he was not like his father and could live a full life.

Although he had been unaware of the age factor, his painful feelings seemed to recreate the trauma of his father's death, which was too overwhelming for him to feel when he was 10 years old.

One of the reasons that grief happens to be triggered by external reminders, such as in anniversary reactions, is because grief is an emotion that sends a vague alert to help you to remember, rather than to forget. Even so, what most people do with grief is attempt to forget—to get over it—which is quite contrary to the purpose of the emotion. Rather than try to forget, one must attempt to remember and accept what the emotion is trying to convey.

There are many ways to remember. You can remember what you learned from the person you lost, remember what you enjoyed, and you can cry if you feel like crying. Even if your grief is about a relationship gone bad, there is always something that you can learn through recollection.

There are related themes of loss that people express, and later grief responses related to those losses, such as the many women and men who have given up a child for adoption. The child's birthdate does not pass by without an emotional reaction, whether or not they recognize it at the time. Similarly, the date a child would have been born for a childless woman who has had a miscarriage can trigger grief. The experience of loss when a relationship ends can be triggered on the former partner's birthday, on the anniversary of when you met, or on any holiday.

Whenever I am bothered by the thought of just how misguided the notion of stages of grieving can be, I remember one patient in particular who wanted help with the depression she had every summer, which at the time she told me was when her 12-year old child had died 25 years before. She sought therapy because she was convinced that something was wrong with her. Every June, for 25 years, she had experienced a grief response. Simply knowing that she wasn't crazy because of the intense emotions she felt made it a bit easier the next time June arrived. Rather than try to get rid of her painful feelings at the time, instead she learned to think about exactly what she would do to remember her son.

Henry Wadsworth Longfellow sums up the lifelong experience of grief in the first three lines of his poem, *Secret Anniversaries Of The Heart*:

The holiest of all holidays are those
Kept by ourselves in silence and apart;
The secret anniversaries of the heart.



For More Information:

<https://www.psychologytoday.com/us/blog/intense-emotions-and-strong-feelings/201105/grief-isnt-something-get-over>



SUMMER SELF-CARE CHALLENGE

Day 1

Make a list of goals for the month

Day 2

Sit in the sun and meditate

Day 3

Make lemon water or lemonade

Day 4

Go on a hike or nature walk

Day 5

Enjoy the pool or sprinklers

Day 6

Waterguns, Bubbles, Side-walk Chalk

Day 7

Picnic or eat lunch outside

Day 8

Unplug from technology

Day 9

Drink all the water today

Day 10

Make a fruit salad

Day 11

Relax to the sound of nature

Day 12

Go out for ice cream

Day 13

Dress up and feel pretty

Day 14

Make a summer playlist

Day 15

What do you need today?

Day 16

Watch the sunrise or sunset

Day 17

Make your own popsicles

Day 18

Eat a watermelon

Day 19

Take a mid-day nap

Day 20

Visit a Farmer's Market

Day 21

Make s'mores or grill

Day 22

Try watergun painting

Day 23

Take a ton of pictures

Day 24

Do a yoga routine in the sunlight

Day 25

Walk away from unhappiness

Day 26

Re-organize your sacred space

Day 27

Write something beautiful

Day 28

Go star-gazing + count stars 

More on [BlessingManifesting.com](https://www.BlessingManifesting.com)



I'm not going to tell you that it gets better with time, but what i will tell you is that grief changes you.



BIRTHDAYS REMEMBERED

Geney Crutchley	9	1	1950	Tyrone Anthony Bennett	9	19	1970
John Tomlin	9	1	1982	A.J. Boik	9	20	1993
Tawni Nicholson	9	1	1992	Amber Carlson	9	22	1989
Joel England	9	4	1972	Patrick Murphy	9	22	1983
Mark Smith	9	4	1973	Roderick Paulsen	9	22	1971
Andrew Jenicek	9	5	1990	Jerry Baca	9	26	1968
John Flores	9	5	1969	Kip Merry	9	26	1973
Michael O'Fallon	9	8	1962	Andre` Price Jr	9	28	1973
Jordan Shuford	9	9	1980	Jesus Diaz	9	28	1978
Michael Allendorf	9	9	1963	Jeffrey B. Packard	9	29	1955
Paul Christopher Bueno	9	9	1965	John LaRose	9	29	1958
Shuford	9	9	1980	Gregory Scott Stone	9	30	1955
Beth Gallegos	9	10	1996				
Angel Delgado	9	12	1980				
Cymone Duran	9	13	1990				
James Darrell Steele, Jr.	9	13	1969				
Carolyn Walker	9	14	1966				
Ibrahim Bradley	9	14	1975				
Alan Cardenas	9	15	1979				
Michael Tarasiak	9	16	1962				
Guy Oliver Morton	9	19	1956				
Nathan Leon	9	19	1985				
Tami Krizman	9	19	1957				

*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

Angela Harold	9	0	1994	Randy Fleming	9	23	1983
Cissy Foster	9	1	1993	Chad Harvey	9	23	1995
Isaiah Vialpando	9	2	2015	Kurt Moore	9	24	2017
Sindy Wong	9	3	1997	Mark Anthony David Johnsen	9	25	2005
Alexi Kaptanian	9	4	1994	Mark Gonzalez	9	25	2005
Jordan Hood	9	4	2008	Michael E. Duran Jr	9	28	1983
Dale Morris	9	5	1985	Troy Baker	9	28	2000
Michael Nigg	9	8	1995				
Sarah Robinson	9	8	0				
Tami Medina	9	8	1994				
Alexis V. Bush	9	9	2019				
Nicole Holm	9	9	1998				
Heather Harper	9	10	1991				
Katie Bailey	9	10	1998				
Nathan Bailey	9	10	1998				
Paul A. Stone	9	10	1998				
Michael Tarasiak	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				



MONTHLY MEETINGS

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

For Year: **2020**

January 18*

February 15

March 21*

April 18

May 16*

June 20

July 18*

August 15

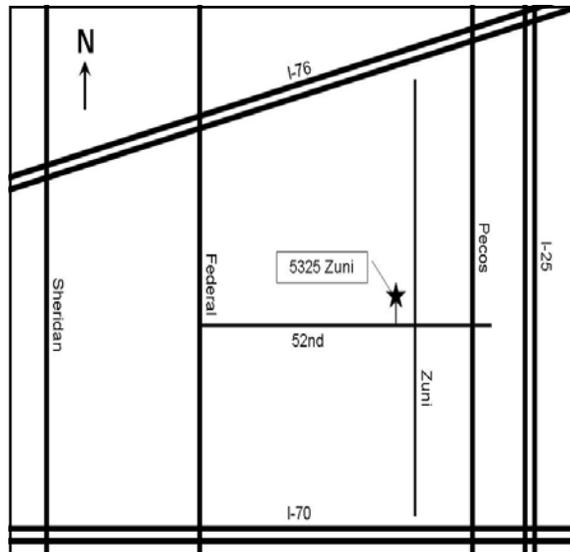
September 19*

October 17

November 21*

December 19

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



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

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ADDRESS SERVICE REQUESTED