

PARENTS OF MURDERED CHILDREN

FOR THE FAMILIES AND FRIENDS OF THOSE WHO HAVE DIED BY VIOLENCE

2022

GREATER ORANGE COUNTY CHAPTER OF POMC

Message Phone: (714) 999-7132

Email: gocpomc@yahoo.com

Website: www.gocpomc.org



Homicide Victim
Services Supervisor

Melissa Melgar

Email:

mmelgar@waymakersoc.org

POMC®

National Headquarters

635 West 7th St. Suite 104

Cincinnati, OH 45203

Toll Free:

(888) 818-POMC

Website:

www.pomc.org

MISSION STATEMENT

POMC® makes the difference through on-going emotional support, education, prevention, advocacy, and awareness.

VISION STATEMENT

To provide support and assistance to all survivors of homicide victims while working to create a world free of murder.

MEMBERSHIP

Membership is open to those who have been cruelly bereaved by the murder of a loved one. Professionals who are in frequent contact with grieving families are also welcome to join.

March=Reflection

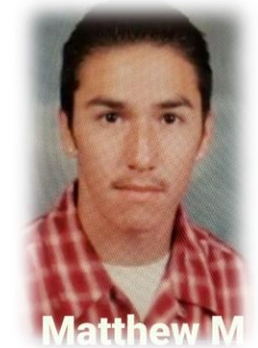
We are 3 months into this New Year, let us take the time to analyze parts of our life. When we take time to reflect we are forced to see the good and bad parts of ourselves. When we review the good and bad we are able to see what can stay the same and what should change. We can ask ourselves what we are trying to accomplish so that we can be the best we can be for ourselves and then others. Reflection also allows for us to be able to dive deeper into who we are, which allows us to be more accountable to ourselves and get a deeper understanding of who we are. We become more self-aware.

Some ways to Self-Reflect:

1. Identify Important Questions
2. Journal
3. Take a Walk
4. Read
5. Analyze a Past Event
6. Assess What You Are Grateful For

Just like the leaves
on each shamrock I see,
there are three parts
to the Holy Trinity.
First is God the Father,
then Jesus, His only Son,
and the Holy Spirit
together as One.

Always in Our Hearts Happy Heavenly Birthday!



Jesse Lyal Aguilar
Michael Ray Avila
Christine Lauren Bennett
Rebecca Ann Binkowski
Johnny Blunt
John Lee La Bord
Randy Bozarth
Scott Edward Bushey
Carl Dan Claes
Barry Clark Cope
Lori Mcinory Curler
Virginia L. De Anda
Stewart W. Fenton Hartzell Jr.
Matthew Flores
Richard Flores
David G Foster
Miquel Angel Gonzalez
James Donald Hartzell Jr.
Cherilyn A. Hawkley
James Casanova Heron
Angela Hill
Lance Holloway
Sherry Lynn Jewell
Dillion Ray Keyes
John Lee La Bord
Patrice M. Liebelt
G. Wesly (Wes) Luker
Matthew Maldonado
Deputy Dave W. March
Jason Miller
Donna Marie Morgan
Marsalee Ann Nicholas
Nicole Parker

Always in Our Hearts Happy Heavenly Birthday!



Travis R. Parker
Susanmarie "Bunny" Pascale
Malaikye Thomas Payne
Sgt. Jan Pietrzak
Myron Pittman
Adam J. Rodriguez
Joshua Steven Rodriguez
Steve Sanchez
David Sanchez
William M Seiler
Zachary Brian Snider
Frank Russell Solis Jr.
Sunny Adrienne Sudweeks
Leah Natalie Tadeo
Cathy Ann Tameny
Frank G. Teplansky
Ralphy Valenzuela
Armando Eduardo Villagomez
Kevin L. Weller
Allen Anthony White

Forever Remembered Angelversaries

*David Barrios
Faye Lavonne Butler
Randy Bozarth
Robert "Bobby" Austin
Bukey Sharon Butler
Faye Lavonne Butler
Baby Jo Jade
Pedro (Pete) Cabrera Jr.
Daniel Castro
Terry Clodfelter
Philip G. Cousins
Lee Denmon III
David G. Foster
Terence Unity Frietas
Naghi Ghoraishy
Dax Xenos Gonzalez
Troy Allen Gorena
Brian S. Gregorio
Ann Marie Harrison
Greg Hebdon
Lance Holloway
Kevin Bruce Iossi
Jacob Eric Jackson
Nathan Lawrence
Philip Lawrence
Timothy Michael Lynch
Chad Allan MacDonald
Derek Lee Mattingly
Vincent Paul McKinney
Brian Gene McNamara
Linda Ann Meteer
Linda Marie Newman
Dayle Y. Okazaki
Andrew Pacheco*

Forever Remembered Angelversaries

*Michael Peckham
Jim Ramos Husband
Anthony Eric Smith
Justin A. Soto
John A. Stoddart
Brenda Emery Summers
Blake Thorvaldsen
Mickey Thompson
Trudy Thompson
Jazmin A. Toledo
Savannah Jeanne Walker
Ronald W. Weiss
David Alan Wigle
Ardell Love Williams
Tina Regina Williams
Matt Wolf
Joseph Anthony Yawn*



Every effort is made to honor all our loved ones on Special dates. They are listed alphabetically and dates are not included in order to protect personal privacy. If you do not see your loved one's name or photo please contact us @ (714)402-3171 email gocpomc@yahoo.com. Please help us be accurate on these lists.

March Announcements and Information

In Person Support Meetings

Because some of our Chapters are starting in-person support group meetings and want to enforce proof of vaccination to attend we checked with National POMC's attorney. This is her response; "Although the issue of medical and religious exemptions is evolving, at this point I think the support groups can enforce vaccine mandates for in-person meetings." This is assuming there are no applicable state laws outlawing vaccine mandates (like Florida). Check with your Chapter to see if virtual support will also be offered.

Upcoming Guest

March 9th, 2022 Marc Caress Deputy District Attorney will be present at our meeting to discuss their role in the parole hearings. At the end of the presentation he will do a Q&A.

Board Members:

Chapter Leader- Debra Dizon-Hernandez Email: Debraus22@gmail.com In memory of Jonathan

Co-Leader Martha Dewar marthad@roadrunner.com In memory of Sarah

Secretary: Letty Gutierrez Email: lettygutierrez2017@gmail.com

In memory of Bryan Treasurer: John Maldonado Email: maldoman28@gmail.com

In Memory of Matthew

Anita Lewis Email: alewismary@yahoo.com In memory of Mary and Lester

MONTHLY SUPPORT MEETINGS:

Wednesday March 9, 2022 at 6:30pm. Please come join us. This step in your journey will be one of the toughest. We are here to support you as you go - because we understand. POMC provides the on-going emotional support needed to help families and friends of those who have died by violence 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. LOCATION: Anaheim, CA 92805

Candlelight Vigil

April 30, 2022 we will be hosting the Candlelight Vigil. We are not yet sure what the CDC guidelines for COVID will be, but we will follow them. More information will follow.

Need to Talk:

The listed members are bilingual and able to listen. Mary Bennet 714-264-2690- Please send text first. Martha Dewar 714- 306-9166 Letty Gutierrez 714-601-9699 Please be mindful of times as these lines go directly to the members above.

Support Greater Orange County

POMC Donations: When seeking a place to donate monetarily this year please consider a donation to Greater Orange County POMC. Help support GOCPOMC with your Amazon purchases: Amazon Supports GOCPOMC Go to: smile.amazon.com. Select: Greater Orange County Parents of Murdered Children Remember a portion of your purchase is donated to our chapter.

National Day of Remembrance

If your loved one's name was not on the National Day of Remembrance list that was on the website www.pomc.org, please send an email to rpati@pomc.com for Ratana to get their name on for next year. POMC only puts names on at the request of the family. We do not add names without the family's permission.

2022 POMC National Conference

Parents Of Murdered Children National 36th Conference!!

This conference will be held in St. Louis Missouri July-21-24, 2022 at the Sheraton Westport Lakeside Chalet.

The room price is \$115.00 plus tax. There is a free shuttle from the airport to the hotel. When booking your flight, you fly into the St. Louis Airport (STL). POMC is still looking for anyone who would be interested in working the Hospitality Room at the conference, anyone who likes to sing, and for someone willing to video the conference at a more cost effective cost. If you know anyone or are capable of providing these services please contact Bev @ bwarnock@pomc.org.



ATTENTION: NEW ONLINE SUPPORT GROUP THROUGH FACEBOOK

Are you on Facebook? If so make sure to join our Facebook support group which is being used as a topic forum to talk among one another, share stories of your loved one and lean on one another for support. You can join the group at www.facebook.com/groups/POMCOFFICIAL Please note, this is the ONLY official online POMC support group. If you belong to other groups claiming to be POMC please be aware that they are not affiliated with or representatives of POMC. We still have our National page on Facebook as well which is used for updates within the organization and National Office as well as other important information. Again, this is the ONLY official page for POMC (besides Chapter pages) so please be aware if you are linked with other pages claiming to be a POMC Facebook account. You can access our National Facebook page at www.facebook.com/NationalPOMC

When Bereavement Leave Runs Out: Going Back To Work After A Death

Article from whatsyourgrief.com

When do I have to go back to work after a death? Well, that depends on your job, unfortunately. There have been multiple attempts to require companies to provide bereavement leave, but at this point, unless you are lucky enough to live in the state of Oregon, it is not required that a job provide you time off after a death. The good news: many companies do offer some type of bereavement leave. The bad news: not all companies do, it may not be paid leave, and it may only be a few days. Except for Oregon – let's give them one more shout out. Any employee eligible for FMLA can take up to two weeks off after the death of a family member. Though that still may not sound like long enough, it is a lot better than the 3 days many of us get! Thanks Oregon, we at WYG appreciate your efforts. When should I go back to work after a death? This question is more complicated. Perhaps you are one of those lucky people in Oregon, or your job is super spectacular and they have granted you plenty of leave, or you have a zillion hours of vacation stored up that you can use. If you have the luxury of time, should you take it and for how long? The COO at Facebook, Sheryl Sandberg lost her husband in an unexpected accident. Two weeks later she headed back to the office, citing the advice given to children returning to school – it is good to get back into a routine. She wasn't totally off base. For some people, getting back to work is helpful and there is a place for routine. Though I personally think three days for bereavement leave is grossly insufficient, I have had others tell me that getting back to work was the only thing that stabilized them, gave them a reason to get up in the morning, and kept them moving forward. What is complicated is that others feel totally differently. Focusing feels impossible, the work environment is totally overwhelming, and going back so soon just feels downright brutal. If it is possible, you may want to consider easing back in. If you are able to transition back by doing some half days this can make things a little less overwhelming and feel a bit more manageable. Talk to your HR department and your supervisor to see if that is a possibility. Another option (if you have the luxury) is going back 2 or 3 days/week, giving yourself down days in between to recuperate as you transition back. Are there ways I can make the transition back easier? This question is a doozy. There are things that can make it easier but that doesn't change the fact that it will still, undoubtedly, suck. But there are some things to consider that can help. • Seeing your coworkers again will be tough. You probably know the drill. After a death every person you see for the first time requires an "I'm sorry, how are you doing?"

conversation. Now, this is of course better than no acknowledgement of your loss, but at work it can get overwhelming to have that conversation over and over. What can you do? 1. Make sure your coworkers already know what happened, so you don't have to tell people over and over if you don't want to. Talk to HR and they can assist with notifying people before you return. 2. Consider going into work or have lunch/dinner with co-workers before you officially return to work. That allows you to get all those "I'm sorry, how are you?" convos out of the way before you are there to actually work. 3. If you don't want to talk about it, that's okay. Just let people know. Again, HR can help with this. If you would rather not have other people bring up the death, you can share this with HR and they can share with your colleagues. Keep in mind that having support and talking with co-workers can be a very good thing, but it is absolutely fine if you want to do that in your own way and time. 4. Help your coworkers to understand grief. Don't worry, this doesn't have to be your job! But when you talk to HR it may be helpful to ask if they could share some information about grief with your colleagues, so they might know what to expect. It can also dispel some of those myths about grief and maybe even help people know what NOT to say to you. 5. Focusing can be a nightmare. When you get back to work you may quickly feel like you are a 9 year old boy with ADD, that dementia is setting in, or that you are straight-up losing it. Don't panic, this is one of the most common symptoms of grief – you can't focus and you can't retain information. What can you do? 6. Talk to your supervisor and HR. Be upfront that you know focus is going to be a struggle and ask for understanding and support. 7. Double check your work, and ask a coworker or your supervisor to do the same. The quality of your work may suffer at first and that is totally normal. Identifying someone trusted who can look complex assignments and projects over for you can be a huge help. 8. If you weren't a to-do list person before, become one now. When we are grieving, having multiple things to accomplish can feel total overwhelming – from knowing where to start to forgetting things to struggling to care, challenges abound. Starting each day with a to-do list and then numbering what you need to accomplish in order of priority can serve as a good roadmap for the day. 9. Take breaks. Short breaks during the day can recharge you when you are getting overwhelmed. Take a short walk, do some deep breathing or meditation, or even do some writing. Just something to refocus you. 10. Your thoughts will wander, accept it! It will happen, it will be hard, it might be painful, and it will happen. Trying to avoid the thoughts that are creeping in can actually make things worse. When we avoid thoughts they often just keep trying to force their way in. If intrusive thoughts about your loss are popping up while you are trying to work, spend a minute with the thought, write it down in a journal, and spend some time with that thought after work. 11. It won't get easier overnight. Going back is a long transition. You may be waiting to feel "normal" again, sadly, that is just not how grief works! There are a few other things you can do to get you through the long haul after you return to work. Be ready to cry. Yes, it sucks, but grief triggers are everywhere. There is a good chance you will cry at work. Be prepared for it. Check out our post on crying in public for some tips and tricks. If you don't have an office where you can shut your door, find your safe space where you can go if you need to shed some tears – even if it is the bathroom, your car, or under your desk (ideally without a bottle of wine!). Keep talking with your boss and HR. Communicate how things are going. If you are struggling, let them know and ask for support. Be prepared that you may feel a total apathy about your job or want to quit. Grief changes our priorities completely. Suddenly the job you loved might feel totally meaningless. Everyone around you still cares about deadlines and TPS reports and you feel like none of that matters anymore. Don't make any hasty decisions. Read our post about grief changing our priorities and give yourself some time before writing that resignation letter or screaming at your coworkers that they don't understand what is important in life. One last word of caution for those people who have jumped back in to work and are working all the time. It can be easy to think that keeping busy means you are coping and adjusting to grief in a healthy way. This can be a dangerous trap that catches up with us later. Check out our post on the myth of keeping busy.

PARENTS OF MURDERED CHILDREN – GREATER ORANGE COUNTY CHAPTER
MEMORIAL MONUMENT NAME INSCRIPTION ORDER FORM

To have the name of your loved one, whose life was lost to violent crime, added to the Memorial Monument, complete this form entirely and mail it to our P.O. Box. Once a year, we host a Candlelight Vigil and Names Dedication Ceremony during "Victims' Rights Week", usually in the month of April. At that time, names are dedicated and inscribed on a black granite marker. Please print all information:

YOUR NAME _____ HOME PHONE (____) _____
 ADDRESS _____ CELL PHONE (____) _____
 CITY _____ STATE _____ ZIP _____ - _____
 EMAIL _____
 LOVED ONE'S NAME _____ RELATIONSHIP _____ AGE _____
 LOVED ONE'S DATE OF BIRTH (MMDDYY) _____ DATE OF DEATH (MMDDYY) _____

1. Review the sample below. Fill in the box with your loved one's Year of Birth, Name, and Year of Death.
2. **Make checks payable to GOCPOMC.** We ask for a donation of \$60.00 per name. If you have any questions, please call (714) 999-7132.
3. Mail check and completed form to: **GOCPOMC**
14131 Woodlawn Ave.
Tustin, CA 92780
4. The monument is located at *Memory Garden Memorial Park, 455 W. Central Ave., Brea, California*. You will receive an invitation for the planned ceremonies.
5. Any names received after February 28th will be inscribed for dedication in the following year.

<u>NOTE:</u> - MAXIMUM OF 20 LETTERS (INCLUDING SPACES) - NO PUNCTUATION - NO QUOTATION MARKS - NO HYPHENS	<u>SAMPLE:</u> <table><tr><td>1964</td><td>Jessica D Lange</td><td>1991</td></tr><tr><td>1968</td><td>Mathew E Arnold</td><td>1990</td></tr><tr><td>1979</td><td>T Jeffrey Thompkin</td><td>1994</td></tr><tr><td>1977</td><td>Salvador M Del Garza</td><td>1991</td></tr></table>	1964	Jessica D Lange	1991	1968	Mathew E Arnold	1990	1979	T Jeffrey Thompkin	1994	1977	Salvador M Del Garza	1991
1964	Jessica D Lange	1991											
1968	Mathew E Arnold	1990											
1979	T Jeffrey Thompkin	1994											
1977	Salvador M Del Garza	1991											

PRINT YOUR LOVED ONE'S YEAR OF BIRTH, NAME AS YOU WANT IT TO APPEAR, AND YEAR OF DEATH:

_____ YEAR OF BIRTH	_____ NAME (20 LETTERS MAX, INCLUDING SPACES)	_____ YEAR OF DEATH
------------------------	--	------------------------

*If any part of the name is hard to pronounce, please write it as it sounds. It is very important to us that we say your loved one's name correctly at the dedication ceremony. _____

SIGNATURE _____ DATE _____

FOR COMMITTEE USE ONLY

Check # _____	Acct # _____	Date Received / Payment #1 _____ / _____ / _____
Bank Name _____	Routing# _____	Payment #2 _____ / _____ / _____
Acknowledgement letter sent _____		Payment #3 _____ / _____ / _____
Inscription # _____		Approved by _____

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