Good morning, everyone.

Thank you so much for that very kind and warm introduction. I have been looking forward to being with you at this conference since Dan Levey first mentioned it to me, shortly after my appointment last July.

I’ve known Dan for awhile now and he is one of the fiercest advocates that I know. You all are lucky to have him in your corner and I’m grateful to call him a colleague.

Thank you to Beverly Warnock for extending the invitation—it truly is an honor to be part of your welcome ceremonies today.

Although this is my first time at this wonderful conference, OVC’s connection with POMC [Parents Of Murdered Children] goes way back to 1988!

I know I stand in the shadow of a long line of OVC Directors who have supported POMC and have worked closely with your organization. In fact, I understand you named one of your awards after former OVC Director John Gillis.

POMC was instrumental in helping OVC update the OVC TTAC [Training and Technical Assistance Center] training “Serving Survivors of Homicide Victims,” a training still used to this day.

I’m most proud of OVC’s scholarship support for this conference over the years. This year, OVC was able to provide $10,000 to POMC for 40 scholarships. This is so important because being together in community, especially after the isolation we all experienced with the pandemic, is truly a gift. I can’t think of a better investment of our funds.

Today I want to talk with you about what’s going on at OVC and bring you up to date on some of the highlights, my priorities as the Director, and share some general thoughts with you. So, I’ll start with this.

Bill Bratton, the former New York City and Boston police commissioner and former Los Angeles police chief coined the phrase “Cops count, police matter” when describing the importance and value of the police profession. I like to say “Victims count and their voices matter.” This is a signature component of my term as OVC director.

The voices of survivors, like yours, are especially pertinent in discussions about criminal justice reform policy, strengthening relationships between law enforcement and the community, and building community trust. When your voices are included in these conversations, they add a level of authenticity; richness; and, importantly, hard reality.

It took spending 8 months as a victim advocate in 2013 to drive this home for me.

Let me say up front that being the Director of OVC is my dream job. It truly is. But the job that had the most impact on me—the one that best prepared me for this job—was when I was a victim/witness specialist in the District of Columbia U.S. Attorney’s Office.

When I was the Deputy Director at NIJ [National Institute of Justice], I was accepted into a DOJ [Department of Justice] leadership program. The program offered the opportunity to spend 4 months “on detail” to another DOJ agency. The point was to identify an opportunity to build your leadership skills. Most went for opportunities to work closely with high-ranking leaders within the Department. I wanted to know what it was like to work in...
direct services with victims, survivors, and their families because I thought it could make me a better leader. It took some convincing, but they agreed to let me do it. I was assigned to the Victim/Witness Assistance Unit at the U.S. Attorney’s Office as a victim advocate.

It was during that detail that I was able to get my first real glimpse into how violent crime impacts surviving family members, friends, co-workers, and others.

I had a full caseload and was assigned to the “general crimes” unit, meaning all violent crimes, including homicide. I helped victims and survivors with their crime victim compensation, I prepared them for grand jury, I helped them navigate the criminal justice system, I connected them with programs, I sat with them in court, and I helped them write victim impact statements.

I loved that job and stayed another 4 months. I cried for a week when it was over.

During that transformative experience in [Washington,] D.C., I noticed there were three things that were extremely important for victims and survivors in the aftermath of violent crime.

**Options.** When it comes to services, one size does not fit all, so not all remedies and responses are going to fit all survivors. We have to make sure there are enough options in place to give victims and survivors a choice that will work for them.

**Access.** It doesn’t matter how amazing the program or intervention is if no one can get to it or if they don’t know about it. We know that many people who experience crime in underheard and underserved communities have no idea that help is available to them and may not learn of services until years and, even decades, later. The same with cases of unsolved homicides. When there’s no suspect, there’s no prosecution. And that often means no victim advocate and no connection to resources. We have to meet individuals and communities where they are, and we have to make sure that we remove barriers to access. We have to make sure they are not only being seen, but that they are being served.

**Information.** This is something our criminal justice system struggles with – ensuring that crime victims or surviving family members receive information about their case, about their options, and about the services that are available to them. When it comes to case information, victims and survivors should be given the choice to “opt in” or “opt out” of receiving information, including decisions about who, how, and when information is delivered. And then it needs to be delivered.

These three things have shaped my priorities as the Director at OVC and we have used them to inform the funding opportunities we’re offering this year.

If you go to the OVC website and look at the FY 2022 solicitations, you’ll notice the focus on options, access, and information.

For example, we will be making awards to increase access by co-locating victim service professionals in hospital emergency rooms, where they can meet with victims of violent crime and their families and connect them with the services and support. This becomes especially critical in underserved communities with high rates of gun violence and do not always know that they can get help in the aftermath of crime.

We’ll be making awards to expand access for persons with disabilities and those who are deaf and hard of hearing, so we can eliminate barriers that keep these populations from getting the services they need.

We will award funding to put more victim advocates in police departments and we’re hiring a policing fellow to promote the importance of building community trust between police and crime victims through trauma-informed practices.

We will continue to award funds that will enable domestic violence shelters to become pet-friendly so that victims of domestic violence have the option to seek safe shelter with their pets. A large majority of domestic violence shelters do not allow pets for various reasons. So this program will provide funding for those shelters that want to be able to house domestic violence victims and their pets. No one should ever have to choose between leaving a beloved pet behind and being safe.

We will make an award to update and expand upon the previously released 2014 OVC guide, **Responding to Transgender Victims of Sexual Assault.** This will be accomplished through the development of a web-based toolkit that will provide guidance, resources, and referrals for those who provide services to all victims of crime who identify as transgender, especially women and girls of color.
We will fund innovative technology grants so victim service organizations can be more efficient and make it easier for victims to receive information, seek services, and get help in real time. And these are just a few of them!

This is an exciting time at OVC and I know that the grant programs we fund this year have the potential for creating lasting change in how we respond to violent crime.

I don’t know what it is like to lose a loved one to homicide. However, over the years I have had the great privilege of working side by side with parents, grandparents, wives, husbands, and siblings of those who have suffered these losses.

Just in the past couple of months I traveled to Buffalo in the wake of the shooting at the Tops Friendly Market and to Uvalde, Texas after the shooting at Robb Elementary School.

I witnessed the heartbreaking grief of the families who lost their loved ones. I met with members of the community whose sense of safety and security were absolutely shattered by what happened. I went to the memorials. I observed as the crime scene investigators examined victims’ personal effects that were left behind in the panic.

They were hard, sad trips. But for me, as the Director of the Office for Victims of Crime, they were absolutely necessary. As leaders in this field, we must bear witness to these tragedies. We must continue to be outraged about the shameful and uniquely American phenomenon of mass gun violence.

We can’t yet know the toll these traumatic events will have on the survivors, families, students, neighbors, school personnel, first responders, and the local community in the years to come. But we do know it will have one.

And that’s why OVC administers the Antiterrorism and Emergency Assistance Program (AEAP). OVC directs funding through this program to the communities that are impacted by mass violence events. That funding can be used for many things, including deploying mass violence experts to work on the ground with the local community, standing up long-term resilience centers, providing mental health counseling, peer support, and many other services.

We’ve seen this funding being used even years after an event, to help those that are still grieving and processing the trauma. We’re indebted to organizations and service providers, like many of you, who are there to respond to the trauma, no matter what form it may take.

In addition to the AEAP, we also have a mass violence toolkit that communities can use to prepare for responding to victims of mass violence.

These are just some of the many products, programs, technical assistance, and training that OVC funds for the victim services field. Each year, VOCA [Victims of Crime Act] funded programs to serve over 10 million individuals.

But we have a long way to go and many improvements to make.

I have heard over and over again that the VOCA crime victim compensation program is just not meeting the needs of all crime victims.

For example, some people are denied compensation because of previous criminal history or the criminal history of a relative; for some it takes way too long to receive their reimbursement; and for many the process is just too cumbersome and complicated.

I have made reimagining the compensation program a call to action for OVC. Specifically, OVC intends to replace the current guidelines that govern the funding allocated to state victim compensation programs, which have not been updated in more than 21 years, with a new rule.

The intent is to modernize the guidelines to better respond to the needs of crime victims, with an emphasis on equity and addressing programmatic barriers.

We are working with our many partners – state administrators, Tribal communities, survivors, and other advocates – to best understand how the guidelines can be strengthened to increase access and equity.

We expect to publish the draft rule in February 2023, with the hope that the final published rule will be released in January 2024.

As you can imagine, this undertaking requires a lot of work and it’s going to take some time. But that’s what you do to ensure that policies and programs are victim centered and trauma informed.

And ensuring that the voices of survivors are part of those conversations is key.

As advocates, we have to wedge ourselves into places that some may not think we belong, but we must be adamant that
crime survivors have a voice in all places where decisions are being made. POMC’s work is a perfect example of what can happen when survivors make their voices heard and take action.

For example, POMC’s peer support model served as an inspiration to one of our recommendations in last year’s report from the Department of Defense Independent Review Commission on Sexual Assault in the Military.

I served on this Commission and we were tasked with fixing the military’s sexual assault problem in 90 days. I led the Victim Care and Support Line of Effort and one of the recommendations we made was to “Create survivor-led peer support programs that allow for in-person, virtual, and telephonic interaction.”

As you all know too well, victims, survivors, and their family members suffer profound isolation and loneliness in the days and months after a crime occurs. When I was on the Commission, we listened to survivors in the military who felt so alone and hopeless after a sexual assault that they contemplated or attempted suicide.

When we asked them what would have helped, the response was often that they wished there had been someone they could talk to who could relate to their experience and offer support.

The concept of peer support is based on the belief that people who have faced, endured, and overcome adversity can offer useful support, encouragement, hope, and mentorship to others facing similar situations.

There are many models for peer support, but the one defining characteristic is that they are run by and for the people they serve. And POMC has perfected this.

I am very interested in exploring how OVC can expand access to peer support. We will be looking at examples of lessons learned, challenges overcome, how to reach underserved communities, and everything else we need to know to build a solid, effective program. You can bet that POMC’s model is one we will be looking closely at.

In closing, I want to acknowledge each and every one of you. Wherever you are in your journey towards healing, I hope these next few days bring you fellowship, connection, information, and anything else you may need.

I want to thank you for your advocacy for the rights of survivors, for the comfort and support that you offer one another, and for all you do to ensure that your loved ones and all victims of homicide are not forgotten.

It is an honor to share this space with you. And remember, Victims Count and their Voices Matter.

Thank you.

Victoria McGrath is a native of Florida. Her son, Nick Lewis, was murdered in Englewood, Colorado on October 1, 2016 after living in Colorado for 10 years. That tragedy and the difficulty that Victoria had in dealing with the Colorado criminal justice system compelled her to fight for victims’ rights in two states.

In Florida, she joined Parents Of Murdered Children and founded a chapter in northern Palm Beach County and she facilitated their monthly support group meetings for four years.

In 2018, she testified before the Florida Constitutional Revision Commission about the need to provide better protection and services for victims. The Commission proposed Amendment 6, a Florida constitutional amendment (Marsy’s Law) that would establish a Victims Bill of Rights. The amendment faced stiff opposition, so Victoria campaigned for it; she traveled the state speaking at different venues.

At about the same time, she joined Colorado Victims for Justice and began educating herself on Colorado politics and Colorado criminal law. For several years she wrote emails supporting the group’s legislative initiatives.

She became convinced that Colorado’s restitution statutes were inadequate and were being sloppily enforced. She researched practices in other states and found 20 of them that followed innovative approaches that were not being used in Colorado.

For reasons that have nothing to do with Victoria, Colorado Victims for Justice was unable to find a bill sponsor for a restitution bill in 2021. In 2022, Senator John Cooke volunteered to run a restitution bill and Victoria was instrumental in writing it. While the bill was being debated in the General Assembly, she wrote emails and testified remotely in committee hearings. The bill passed in the final days of the session with three key provisions.

Since the passage of this bill, Victoria has been coordinating with the Department of Corrections and the Judiciary Department to ensure these provisions are implemented smoothly. She has volunteered to be an unpaid consultant to the Office of Restitution Services.
Hello Everyone,

As we are transitioning from the long lazy days of summer into the Holiday Season, we want to provide an update on recent POMC events. We were together in person July 21-24, 2022 at St. Louis, Missouri for the 36th Annual National POMC Conference, “Journey through the Gateway to Healing and Hope.”

Attendees were able to choose from over 40 workshops on various topics. The topics ranged from what to expect from investigators, victims' rights information, navigating the judicial system, daily prison life, how to prepare for a parole hearing, as well as many courses on trauma, resources, hope and healing. There were many discussions about community partnerships as well as resources at the national level, such as VINE, to assist us in our journey. No matter where each of us is in our healing journey, a workshop was available for each step on our road to hope.

Board members and others were able to welcome and meet newcomers at the special session for first time attendees. It takes courage as a new attendee to come to the meetings and to reach out to others. It was supportive to meet others that understand the situations in which we have all been placed. It is reassuring to know that we are not alone.

This conference provided plenty of free time to interact with old and new friends alike. There were many chances to enjoy each other with activities such as the bingo meet and greet, chuckling over Paul's jokes, and famous dance moves, as well as through the days visiting in the hotel areas or nearby restaurants. By the time we were on the dance floor Saturday night, it was a full few days.

There were many motivational speakers, those that understand what we are going through because many themselves are co-survivors. We were fortunate on opening day to have OVC Director Kristina Rose present information from the Department of Justice mission to enhance options, access, and information to victims of crime. This year the OVC provided conference scholarships totaling $10,000.

Our closing speaker, OVC award winner Missy & Greg Smith, spoke of their daughter's homicide and how through this tragedy new legislation was passed. Kelsey's Law, now in 24 states, requires phone companies to provide cell phone location data to law enforcement agencies in an emergency. During the course of the conference, attendees shared their experiences and information to others, providing increased awareness and support.

Board members were available during the conference from working in the bookstore, assisting with registration, monitoring sessions, and providing presentations for the conference workshops.

Throughout the year there are several members of the board who work on the conference committee. The conference committee plans for the upcoming workshop topics and other details. The committee co-chair is our board president, Connie Sheely. During the year your board has been meeting virtually and in person. We hope that the voices of victims have been lifted and heard through our endeavors.

POMC, along with other groups that promote the voices of those impacted by crime, has been encouraged to see the passing of various bills, including seeing the Homicide Victims' Families' Rights Act recently signed into law. This legislation requires federal agencies to revisit cold case murder files and apply new technologies in search of a potential breakthrough.

Additionally, throughout the year many board members write remembrance notes, participate in various media interviews, collaborate with community partners to help strengthen the voices of victims, participate in observation of National Crime Victims' Rights week, attend local grief support groups, and many other activities. It is the voices of victims that will make a difference. Our voices matter.

Thank you to everyone who was able to attend the conference. We missed those unable to attend. We are stronger together. We hope to see you all next year!

We welcome people who are interested in applying to be on the National Board of Trustees to reach out to Bev Warnock at bwarnock@pomc.org.

If you haven't been to a conference please consider joining us at the 37th Annual National POMC Conference July 20-23, 2023, in Atlanta, Georgia. Our theme is “Always on our Hearts and in our Minds.”

Leslie Boone, National Board of Trustees
The 2022 National Conference was a great success in St. Louis, Missouri. We had 230 survivors and professionals attend and of those 87 were new attendees. Thursday evening was the Murder Wall Unveiling with the Maryland Heights Honor Guard removing the black cloths off the Murder Wall and saluting each plaque. It is always so emotional to watch them doing that. The conference continued with workshops Friday and Saturday and Friday evening was our memorial ceremony with the video playing of pictures of loved ones of all of the attendee’s. Saturday evening was our annual awards that POMC gave out to dedicated POMC members and after the award ceremony there was a dance and members had some fun with their dance moves. Sunday comes too quickly and it was time for good-byes and hugs with our We Are The Survivor song playing. It was hard to say goodbye to our new and old friends before meeting again next year. We hope all attendees had a comforting and hopeful 2022 Conference and for those of you who could not attend our 2022 Conference we hope to see you at our 2023 Conference in Atlanta, Georgia.

We also wanted to include a big thank you to all the big donors that gave $ for scholarships and to Laura Reinert and her grandson, Julian Moorehead for starting the Match Donation at the conference. She handed over a $500.00 check to National and challenged everyone that if there was more donated she would donate another $500.00 check. It was amazing that so many people donated and we truly appreciate it. Unfortunately we did not get everyone’s name that handed over $25.00 but we thank all of you for your generosity. To all the conference attendees the conference committee thanks all of you for attending and hope that you found comfort and hope when you left.

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A Special Thank You!

California Correctional Peace Officers’ Association

CCPOA staff members once again showed their support of POMC’s vision and mission with a generous $10,000 donation. Members of their staff have led workshops and have opened many doors into law enforcement circles. Victim survivors have gained much through their many efforts.

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2022 POMC NATIONAL AWARD RECIPIENTS
Presented by Connie Sheely and Bev Warnock

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Lisa Hullinger
Memorial Award

This award is presented to an outstanding individual who has shown exemplary contributions to all survivors of homicide victims, acts of compassion that have contributed to the recovery of survivors, and dedication in supporting full rights for victims/survivors.

Congratulations to this year’s recipient, Ruth Eason-Marin!
Making A Difference Award

The Making A Difference Award is presented to an outstanding survivor in recognition of their work which promotes and supports the victims of homicide. The recipient will have shown their efforts through promoting and supporting the image of POMC and contribute to the memory of those who have died by violence.

Congratulations to this year’s recipients, Roger & Carol Fornoff!

Empty Shoe

This award is presented to an outstanding individual in recognition of their contributions to the memory of those who have died by violence. It is only given to someone who has done something very special or is very dedicated to POMC. They bring about a positive awareness of the special work that they do for POMC members and its chapters.

Congratulations to this year’s recipient, Mike Sheely!

John W. Gillis Leadership Award

This award is given to a professional or survivor who fights for the rights and dignity of crime victims and survivors of homicide victims.

Congratulations to this year’s recipient, Colleen Clase!

Extra Mile Award

This award is given to an exceptional individual for their dedication and outstanding compassion in support of National POMC’S mission to help all survivors. Thank you for going the extra mile.

Congratulations to this year’s recipient, Patty Reis!
During our workshop, with the same title, at 2022 POMC Conference, we ran out of time to complete some of our steps to empowerment, ways to reduce murder events as a society, coping strategies in systems requiring acceptance (of justice served) while rendering us powerless. The first activity for the large group requested that people place themselves on a continuum from “Justice Never Served,” to some level of “Justice was Realized,” to “Justice Expires/d”. Perhaps, the title should have clued me in that I would hear a lot about anger as the dominant emotional toll. However, I never expected that the group that had some level of justice realized were as angry and disappointed as those that never realized justice and for those who justice was expiring. I hope this follow-up will help all to realize the power inherent in anger.

Anchor Howard Beale was quoted as saying “I am mad as hell and I am not going to take it anymore!” (Film: Network, 1975). The great part of anger is the amount of energy we can derive from it. The bad part about suppressed (withheld) anger is holding control over it severely depresses you by eroding vital energy and your immunity.

We noted that individually, our voices were barely heard in the greater systems of Dept. of Justice and Dept. of Corrections systems that have been financial broke and otherwise broken, in need of reform. As we were in our session, the “Rights for Families of Crimes Act” passed Senate and Congress. The foundation of this act was the culmination of so many people with cold cases that got mad as hell and pursued federal reform and all cold cases must be reviewed by an independent team and afforded the newer forms of science in crime scene investigations (like DNA testing). Every state has been fighting to have Marsy’s Law or a national “Victim Rights Amendment” to our constitution. To date, 30 states need to pass this law, including my own, that defeated it narrowly two years ago. Marsy's Law seeks to give crime victims meaningful and enforceable constitutional rights equal to the rights of the accused. Some examples of the types of rights to which we believe all victims are entitled are:

- To be treated with dignity and respect throughout criminal justice proceedings
- To be notified of his, her or their rights as a victim of crime
- To be notified of specific public proceedings throughout the criminal justice process and to be present and heard during those proceedings.

Anyone involved in criminal justice systems have tragically learned that criminals have more rights than many Americans are afforded.

Your Dept. of Corrections and Dept. of Justice needs the collective voices to get budgets and resources assigned to them. They have been in a downward spiral in federal budgets since 2010. Some members would love to see a “Convicted Violent Criminal Registry” much like the model created by survivors of sexual abuse. New laws, new legislations, new input on budgets, new constitutional amendments, new justice reform, new policies to retain violent prisoners and release non-violent offenders, those that never violated humans out before those convicted and serving 25 years or more (as is the current national policy, 95% chance of release after 25 years in jail).

We can have an impact on media that promotes violence, teaches, trains, replicates. We can create resources and media for counter conditioning, just like our military did to condition soldiers. Remember, since 1975 mass shootings were not regular events in our society. Nor was the social media promoting first person engagement in violent media. Media and video games can be created that have an extremely positive impact on emotional and social development. We as parents can regulate and monitor our children’s input from society, from media, and toward good.

In closing, we wrote portions of the Serenity Prayer to: “Grant me the serenity to change the things I can, Accept the things I can’t, and the Wisdom to know the Difference.” Remember anger is as charged of an emotion as we have and we can harness it and bridle it like a magnificent stallion or we can let it erode us, society, and our safety with our emotions. The challenge is to use your powers for promoting positive change while you represent your loved ones.

**CONFERENCE SCHOLARSHIP**

Thanks to Peg Kerouac and Carolee Hildenbrandt, National Board of Trustees Officers, and Carrie Freitag, Contact Person from New Hampshire, for their donation towards a special raffle.

For $5.00 you can take a chance on receiving a Conference scholarship valued at $1000 towards travel, hotel and/or registration for the 2023 or 2024 Conference. Contact National POMC office at (513)721-5683 or e-mail natlpomc@pomc.org for tickets. The raffle ends 12/31/2022.
**Grief and Sleep: How Grief Affects Sleep and What You Can Do About It**

by Laura Newcomer | Updated: January 4, 2022

If you weren’t already familiar with grief before 2020, you probably are now. In the wake of Covid-19, so many of us lost loved ones, jobs, homes, incomes, and plans for major life events such as weddings and vacations.

Grief is the emotional pain that we experience in the face of loss, and it’s perfectly normal. Many people undergo a mixture of physical and mental symptoms while grieving. There’s no “right” way to experience grief, and the process is different for everyone.

“Everyone grieves differently no matter their age,” says Lisa Keys, a retired Physician Association and creator of the grief blog Good Grief Cook.

One thing many grieving people have in common? Trouble sleeping. **Grief can impact sleep in several ways**, and your sleep quality (or lack thereof) can also impact the grieving process. Let’s take a closer look at the relationship between sleep and grief—plus strategies for sleeping better after a loss.

**Relationship Between Sleep and Grief**

Grief might **arise in many circumstances** including the loss of a loved one, divorce, loss of health, job loss, miscarriage, retirement, loss of safety after a traumatic incident, selling a family home, loss of a pet, loss of a deeply held dream, and more.

No matter the source of grief, it could make it harder to sleep well. Here’s how grief can impact sleep—and vice versa.

**Grief and Sleep Loss**

Many people find that grief makes it harder to obtain high-quality sleep.

For instance, a 2008 research review, which was published in Psychiatric Annals, found that people suffering from the loss of a spouse late in life were likely to suffer from impaired sleep. That same study found the more severe the grief, the greater the sleep impairment. The most serious symptoms usually arose in people suffering from complicated grief.

The Mayo Clinic defines complicated grief, or persistent complex bereavement disorder, as long-lasting and severe grief in which a person struggles to process their loss and live their regular life. One study suggests approximately **10% of grieving people will experience complicated grief**.

A 2017 study published in Behavioral Sleep Medicine found that **complicated grief was associated with shorter sleep duration and lower sleep quality overall**. The researchers attributed this poor sleep quality to depressive symptoms.

Similarly, a 2018 study found that individuals experiencing complicated grief tend to sleep too little and/or have trouble falling asleep.

In addition to depression, grieving individuals might suffer from a form of Post-Traumatic Stress Disorder (PTSD). According to a 2016 review published in PTSD Research Quarterly, insomnia is a very common symptom of PTSD. Some people with PTSD also experience nightmares, which can disrupt sleep and cause nighttime wake-ups.

The effects of grief on sleep might vary from night to night. **Sometimes you will be able to sleep soundly as the grief subsides**, or **you comfortably drift off**, and other times it hits just as your body relaxes and keeps you up all night,” says mindset kinesiology expert Belinda Ginter.

**The Effect of Sleep Loss while Grieving**

Just as grief can inhibit sleep, poor sleep can actually provoke worse grief.

A 2021 study conducted at the University of Arizona found that people who experienced chronic sleep issues prior to a loss were more likely to develop complicated grief afterward. Even people who don’t experience complicated grief may find that sleep disturbances worsen their experience while grieving.

Why does poor sleep have such a big impact? The University of Arizona researchers posited that it’s because during sleep, our minds process emotional events and our bodies recover from stress. Without quality sleep, a person’s mind and body can’t restore themselves as effectively.

Keys concurs. “Getting a good night’s sleep provides the energy to not only live through the pain of grief, but also to heal it,” she says. “Without the energy derived from a good night’s rest sleep, the bereavement journey is at risk.”

Poor sleep also increases the risk of developing depression, anxiety, and other mental health issues. This can cause added strain for a person who’s already struggling with grief.

**Symptoms of Grief**

Grief often manifests in a variety of mental and physical symptoms, many of which might complicate a person’s ability to obtain a good night’s rest. “Grief assaults both the body and the mind,” says Keys. “There can be physical pain as well as mental pain like anxiety, guilt, and loneliness.”

Let’s take a closer look at these symptoms and their relationship to sleep.

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Cont’d on page 13
Donations to Maintain the Beauty of the Murder Wall...Honoring Their Memories
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Maintaining the Beauty of the MURDER WALL...Honoring Their Memories

Time and much travel have put stress on the many panels of the Murder Wall...Honoring Their Memories, and scratches, nicks, and dents need to be repaired. Many of the cases that are used to transport the Wall have split or broken, handles have fallen off, and the protective material inside each case needs to be replaced.

WALL BOOKLETS HONOR THEIR MEMORIES

POMC’s Murder Wall...Honoring their Memories is a beautiful memorial to the more than 4,000 murder victims whose names appear on the Wall. Behind each name there is a face and a story of a person whose life was taken prematurely. It is time to tell those stories.

Memorial booklets, which travel with the Wall, are compiled as an ongoing project of National POMC. Cost is $20.00 to include one page, front and back without a photo, or $30.00 if you wish to have a photo included. The photos are non-returnable and must be no larger than 2 1/2 by 3 1/2 inches.

Forms are available on the POMC Web Site at: www.pomc.org or by calling National at (513) 721-5683.

Currently, the Wall is made up of 34 panels, displaying over 4,000 victims’ names, dates of birth and dates of death.

In order to maintain the beauty of the Wall, POMC continues to seek donations to help make some of the repairs. To help, please use the form below.

Donations made in memory/honor of, will be in the next issue of Survivors.

POMC-Wall Repair
(Please Print)

Name: ____________________________________________

In memory/honor of: ____________________________________________

Address: ______________________________________________

City, State, Zip: ____________________________________________

Email Address: ____________________________________________

Amount enclosed: $_________  Check:____

Money Order :_____ Visa:_____ MC:_____

Am. Express:______  Dis:_______

Card Number: ____________________________________________

Expiration date:________________

Security Code (back of card):________________

Return to:
Parents Of Murdered Children, Inc.
635 W. 7th Street, Suite 307
Cincinnati, Ohio 45203
The names that appear in this issue of Survivors are those that have been submitted to the National Organization of POMC, Inc., with full or partial payment before August 31, 2022. Names after this date will appear in the next issue.

The Wall consists of solid walnut panels with each holding 120 brass plates inscribed with the name of the victim, along with the date of birth and the date of death. A donation of $75 is required before a name will be inscribed on a plate and permanently mounted on a panel. (See order form inside this edition.) Not only is this donation a tribute to the memory of your loved one, but it is a tribute that will guarantee that the memory of those we miss so deeply will survive forever. The Wall is a powerful statement of the violence in our society and of the numbers of loved ones senselessly killed by others. Not only does it give comfort, but also hope, because every name on it cries out silently for awareness, prevention and justice.

Murder Wall...Honoring Their Memories Order Form
Anyone interested in having their loved one’s name inscribed and permanently mounted on the Wall should fill out the order form below. Make checks payable to “POMC Wall,” or for your convenience, Discover, Visa, MasterCard, and American Express are accepted.
Send to: Parents Of Murdered Children, 635 W. 7th Street, Suite 307, Cincinnati, Ohio 45203

LOVED ONES INFORMATION
Loved ones name ____________________________
Date of Birth ____________________________ Date of Death ____________________________

PAYMENT INFORMATION
Choice of payment (check one): __________Pay in full for $75.00  OR  __________3 payments of $25.00 each
Payment type: ____ MC  ____ Visa  ____ Am. Express  ____ Discover  ____ Check
Card Number__________________________ Exp. Date ________ Security Code __________

SUBMITTERS INFORMATION
Name ____________________________
Address ____________________________
City, State, Zip ____________________________
Phone Number ____________________________
Relationship to victim ____________________________
The name will be added to the panel upon payment in full. Once your plate has been permanently mounted on the panel, you will be notified. New panels join the Wall as they are completed.
Parole Block™ is a program of the National Organization of Parents Of Murdered Children, Inc.

Parole Block Program

With
Bev
Warnock

1806
Convicted
murderers
have been
denied parole
through
POMC’s
Parole Block
Program!

Support the Parole Block Program
In Memory of:

Scott Lewis & Janet Marie Bunkers
From Jean Lewis

Timothy Staunton
From Denise Coleman

Shannon Marie & Alexandra
Jordan Nolan-Broe
From LC & Sherry Nolan

Jarrod Chrisman
From Rodney & Susie Chrisman

Katelyn Messina
From The Messina Family

Becky Reed
From James & Ann Reed

Steven Isheim
From Terry Isheim

Janet Leonhardt
From Carol Leonhardt

James Roback
From Joan Roback

Larry Cole
From Carol Cole

Hearing Results:

Denied Petitions:
Ryan Mackenzie McLean - Alexander Garcia-Perez - Mary Elizabeth Cigainero Monte

LETTERS FROM THE PAROLE BLOCK PROGRAM

On behalf of murder victim Geneva Ann O’Dell’s family, we would like to express our gratitude to all our friends at National POMC including, all the chapters across the United States who signed the petitions to keep inmate Terry Duffy A 307-256 in prison. We received our result letter yesterday. The Ohio Parole Board has denied parole for inmate Terry Duffy A 307-256.

Our family couldn’t have done this without all your help! Thank you for making this possible for our family. We know firsthand the importance of National POMC Parole Block and the powerful impact it has!

Sincerely,

Family of Geneva Ann O’Dell
Daughters, Jennifer and Tiffeny & sisters Becky and Lora

---------------------------------

First of all I would like to take this time to thank the POMC organization and all the members and chapters for submitting their Parole block petitions to help our family in regards to keeping the defendant Ryan McLean incarcerated. July 7th, 2022, we attended the Parole hearing and I am happy to tell you PAROLE was denied. McLean next re-hear will be in July of 2032. Thank you again for all of your support.

The Messina family

PAROLE HEARINGS TO BE HELD

Hearing Date: May 2023
Eric Nathaniel Marum ID#: 61434

On October 16, 2005, Nicole Crystal Sinkule, 25 years old was murdered by Eric Nathaniel Marum, as she slept with a broken leg. He beat her with the claw part of a hammer over 13 times crushing her skull and leaving the hammer imbedded in her head! He then fled the scene to wash his hands in the ocean. He has a history of drug and alcohol abuse as well as Domestic Violence and has failed many times at recovery.

Marum was convicted to second degree murder and was sentenced to 16 years to life. He will have served only 16 1/2 years when he is considered for parole.

Board of Parole Proceedings, PO Box 4036, Sacramento, CA 95812-4036
Here’s a quick overview of some of the mental health symptoms of grief.

Anxiety
Feeling **anxious after a loss is normal**, says J.F. Benoist, a therapist, author of Addicted to the Monkey Mind, and founder of the treatment center **The Exclusive Hawaii**. People may worry that “you’ll never have that connection or love again, or that more loss is going to happen to you.” According to the **Anxiety & Depression Association of America**, anxiety and stress can provoke sleep problems and/or worsen existing sleep problems. Issues might include trouble falling asleep, difficulty staying asleep, waking up too early, and/or waking up feeling unrested.

Depression
Depression is another common symptom of grief, and it too can make it harder to sleep well. A **2008 study** found strong links between depression and sleep issues. The researchers reported that nearly three-quarters of depressed people suffer from insomnia.

Feelings of Isolation
Many grieving people withdraw from friends and family while processing their loss, which can provoke a sense of isolation. Similarly, many people feel that it’s hard for non-grieving people to understand their loss. **Feeling isolated can cause stress, which may interfere with sleep.**

Intense Emotions
It’s common to experience intense emotions while grieving. In many cases, these feelings may change form and come in waves.

“Many people don’t realize that grief is often unprocessed anger,” Benoist says. “While there is an experience of loss… underneath that loss is anger about the loss. This anger usually isn’t getting addressed, which ends up creating anxiety. … Ultimately, this anxiety is what’s making it hard for you to sleep.”

Physical Symptoms of Grief
As Keys noted, grief symptoms can show up in the body as well as the mind. Some of the physical symptoms of grief include:

- Body aches
- Headaches
- Stomach pains
- Loss of appetite
- Cardiac issues
- Exhaustion

No matter the location of aches and pains, **ample research suggests** pain can inhibit sleep quality. In a vicious cycle, poor-quality sleep can exacerbate pain symptoms.

**How to Sleep Better while Grieving**
If you’re struggling with sleep issues during the grieving process, know that help is available—and in many cases, all it takes to sleep better is a little self-care. Here are several strategies for sleeping better while grieving.

**Start a Sleep Journal**
Consistently tracking your sleep routines and sleep quality can help you spot patterns and identify habits that might not be serving you. This information will also be helpful if you seek support from a medical professional.

**Dedicate Time for Emotional Processing During the Day**
Take time each day to journal or sit with your emotions, even if it’s just for a few minutes. This can help you release feelings that might otherwise crop up when you climb into bed.

“When we settle our bodies at the end of the night, it can signal our minds to start running,” Ginter says. “When our minds get away from us it can bring forth memories [and] questions and trigger us to start reliving past experiences. This is all normal if we have not taken time during our days… to process and allow our memories a time to flow naturally.”

**Meditate Before Bed**
To sleep well, Benoist says, “You need to relax your nervous system and remind yourself that grieving is like the weather—your emotions are ever changing, and they always end up passing through.” One way to do this is through meditation. Benoist says just focusing on your breathing for 10
Thank You

Thanks to all those who have chosen POMC as their charity of choice. Your donation has helped thousands of surviving family members; stopped the early release of 1,806 convicted murderers; assisted in POMC’s Second Opinion Services; provided the National newsletter, Survivors, to those who cannot afford it and so much more. POMC’s outreach would not be able to exist without your continued support.

In Memory of

Andrew Aranda  
From Scott Fry

Kevin Bailey  
From Mark & Catherine Bailey

Annette Boyle  
From Laura Reinert

Cornellius Donte’ Brown  
From Darlene Williams

Jenna Burleigh  
From Jacqueline Burleigh

Jarrod Chrisman  
From Rodney & Susie Chrisman

Cody Cordova  
From Debra Harms

Mary Eileen Hughes Cornwall  
From Marcia Tucker & Debbie Scott

Ochari D’Aielo  
From Charon & David Sandovale

Dillon Decoster  
From Claire Decoster

James Didlick  
From Julie Didlick

Jose Antonio Earl  
From Vanessa Fox

John Exposito  
From Janet Slayton

William Freitag  
From Carrie Freitag & Peg Kerouac

Tim Garsow  
From Patty Walters

Jenny Geuder  
From Ronald & Sandra Geuder

Louarna Gillis  
From John & Patsy Gillis

Susan Marie Green  
From Marilyn Kramer

In Memory of

Kyle Gulledge  
From Julie Gulledge

Steven Isheim  
From Terry Isheim

Megan Leland  
From Ruth & Vincent Leland

Kimberly LaShara Jacobs  
From Linda Jacobs

Molly Renee Lanham  
From Stacy Spejewski

Janet Leonhardt  
From Carol Leonhardt

Scott Lewis & Janet Marie Bunkers  
From Jean Lewis

Mark Maddox  
From Monika Maddox

Raul Marin  
From Ruth Marin-Eason

Jonathan Marquez-Dizon  
From Debra Dizon Hernandez

Kim Martello  
From Elizabeth Wilson

Brian Miller  
From Don & Beckie Miller

Andrew Jamal Hodge  
From Susan Monroe

Shannon Marie & Alexandra Jordan Nolan-Broe  
From LC & Sherry Nolan

Geneva O’Dell  
From Lori & John King

Karlos “Corayz” Pettway  
From Lauren Gomez

David Pottinger  
From Carolee Hildenbrandt

John Powell  
From Holly Brians Ragusa

In Memory of

Jordan  
From Chief Chris Jenkins, Team Jordan

Mike Ralston  
From John Sullivan

Becky Reed  
From James & Ann Reed

James Roback  
From Joan Roback

Kelsey Roberts  
From Steve Roberts

Charlie Rummel  
From Mike Arch, Anne M., Ty Siebert & Margaret Lambkin

Stephen Sanchez  
From Claudine Sanchez Parrott

Joseph Seara  
From Anne & Randall Springer

Peter Serrano  
From Michelle Serrano

Steven Smith  
From Joan Smith

Timothy Staunton  
From Denise Coleman

Sean Strickland  
From John Keaney

Tina Sutton  
From Thomas Sutton

Joseph Thornton  
From Sue Thornton

Margarita Ford Torres  
From Carolyn Holtermann

Savannah Walker  
From Charleree Morehead

Lisa Warner  
From Martha Lasher Warner

Lisa Marie Weaver  
From Howard & Ann Klerk

In Memory of

Jack Wyman  
From Dorothy Wyman

Cassandra Yeager  
From Paula Sabo

Facebook Fundraisers  
(individuals who created a fundraiser)

Adrienne Brown

Art Jette

Deb Cunningham

Cathy A. Mohr

Christopher L. Jackson

Haley Saree

Jody Bagwell

Kyra Gregory

Maylin Sambois

Misty Kuneman

Regina Beachler

Sarrah Gore

Tammy Robinson

Terri Swift-Vaughan

Thomas Huffman

Todd Underiner

National Parent Of Murdered Children

ADDRESS CHANGE
Effective 11/1/2022

635 West 7th Street, SUITE 307
Cincinnati, OH  45203

We’ve changed Suite Numbers
Jeffrey Bellemare: On Friday, November 29, 2013 at 1:30 a.m. Jeffrey Bellemare was working as a uniformed security guard at the Graybriar Apartments, 3810 North Maryvale Parkway, Phoenix, AZ, when he was shot and killed. A male and female were observed running from the scene and getting into an older model sedan with a vinyl top. Possibly front end damage from a prior accident. Suspect #1 was white or light skinned Hispanic male and suspect #2 was white or light skinned Hispanic female. If you have any information regarding this case you may contact Silent Witness at W-I-T-E-N-S, that’s 480-948-6377, or toll free at 1-800-343-TIPS. You can also leave an anonymous tip on the silent witness website at silentwitness.org. Remember, you remain completely anonymous and could earn a cash-reward for information leading to the arrest and/or indictment of the suspect(s) of this crime. You must contact Silent Witness prior to arrest or indictment to be eligible for any reward.

Grief and Sleep: How Grief Affects Sleep and What You Can Do About It
by Laura Newcomer | Updated: January 4, 2022

Cont’d from page 13

minutes before bed could help.

Seek Social Support
“Communication of normal grief responses needs to be supported.” Keys says. Seek out friends and family members whom you trust to listen without judgement and make space for your feelings.

Adopt a Morning and Evening Stretch Routine
Much like meditation, stretching, gentle yoga, qigong, or tai chi are all effective tools for getting back into your body and reducing anxiety. Adopting morning and evening routines creates a grounding container for your days.

Eat Well and Exercise
Keys suggests “eliminating substances that may cause sleep problems, like caffeine, alcohol, and other drugs” from your diet. She’s also a big proponent of exercise, which can relieve stress. “It helps release tension, anxiety, and aggression as well as keeping the body in good physical condition,” she says. Research suggests regular exercise can also make it easier to sleep at night.

Create a Peaceful Sleep Environment
A comfortable, calming sleep space will increase your chances of drifting off to sleep. Practice good sleep hygiene by keeping your bedroom cool, dark, and quiet. Keep electronics out of the bedroom, as their blue light can disrupt circadian rhythms, and reserve the bed for sex and sleep.

It’s also important to invest in a comfortable mattress and bedding. For instance, if you’re prone to sleeping hot, a cooling mattress and breathable sheets will protect against waking up in the night all covered in sweat. It can be hard to fall back asleep after a nighttime wake-up when you’re grieving, so do everything in your power to help your body sleep soundly through the night.

Additional Treatments for Sleep Loss and Grief
If the above tips haven’t helped, it might be time to try more robust strategies. Here are a few proven options.

- Cognitive-Behavioral Therapy. The 2008 review cited earlier found that Cognitive-Behavioral Therapy can be especially helpful for combating insomnia. When it comes to sleep, this sleep treatment involves a variety of techniques such as adopting good sleep hygiene, creating a soothing sleep environment, and reframing your thoughts about sleep.

- Bereavement counseling. Many therapists specialize in caring for patients who are experiencing grief. This kind of specialized counseling can help you process emotions and develop effective coping skills so you’re less likely to feel consumed by heightened emotions before bed.

- Sleep clinics. If you’re dealing with ongoing sleep issues, it might be helpful to consult a sleep clinic. They’ll conduct tests to help you get to the bottom of your sleep challenges and identify potential treatments.

Final Thoughts
Grief will affect virtually everyone at some point. While the experience varies from person to person, many grieving people suffer from insomnia or other sleep issues.

If you’re struggling to sleep while grieving, know that you’re not alone. The good news is there are plenty of self-care strategies that can increase your chances of obtaining quality sleep.

If all else fails, it’s a good idea to consult a medical and/or mental health professional to guide you toward effective solutions. By getting more sleep, you’ll help your mind and body recover from grief.
We want to take this opportunity to thank the following volunteers for the valuable services that they provide to other survivors on behalf of POMC, Inc. If you would like more information about our volunteer opportunities, please contact Sherry Nolan, National Volunteer Coordinator, at: (513) 721-5683 OR snolan@pomc.org

There are hundreds of survivors across the U.S. who volunteer for the National Organization of POMC as Chapter Leaders, Co-Leaders, Contact Persons and State Coordinators. If you are at a point in your life where you are ready to reach out to others who have suffered the loss of a loved one due to violence, please contact me.

The following states need someone to offer support services through phone, email, support group meetings, & court accompaniment, etc.:

- Alabama
- District of Columbia
- Mississippi
- Montana
- Nebraska
- Nevada
- New Mexico
- North Dakota
- Oklahoma
- Rhode Island
- South Dakota
- Utah
- Vermont
- West Virginia
- Wyoming

Thank you to the following Chapters for dedication, compassion and selflessness shown through their continued efforts to provide on-going emotional support to others through phone calls, email, support group meetings, court accompaniment, local events bringing about awareness, education, and advocacy to victims of crime, and remembrance programs for the surviving family members whose loved ones lives were taken from them.

In this 2022 anniversary, POMC acknowledges those Chapters with Articles of Association that were signed between September 1st thru December 31st of the year they became a probationary POMC Chapter:

- Greater San Bernardino-Riverside Area Chapter/CA—5 years
- San Diego Chapter/CA—16 years
- Wichita Kansas Chapter/KS—34 years
- Minnesota Hope Chapter/MN—37 years
- North Bronx-Westchester Chapter/NY—28 years
- Albany New York (Capital District) Chapter/NY—40 years
- Peninsula South Bay Chapter/CA—41 years
- Houston Chapter/TX—41 years
- Central Arkansas Chapter/AR—32 years
- Tri County Chapter/FL—9 years
- Monterey County Chapter/CA—12 years

CP/SC/CL UPDATES

If you have a message of interest, a great fundraising idea, upcoming Chapter events, special awards or recognitions received or ideas that you would like to share with our “POMC family”, please mail them to my attention: Sherry Nolan at National POMC or email them to snolan@pomc.org. The deadline for receipt of the next newsletter articles is January 15, 2023. Please note: due to deadlines or overflow of articles, etc., we may not be able to include all of those received in the next SNL, but may keep them for future newsletters.
Two new Contact People have joined the National POMC family recently to offer support.

Ruth Leland (Parent), Kunkletown, Pennsylvania, 484-294-1036, rlelandp2@gmail.com
Ashley Carvalho (Sibling), Jersey City, New Jersey, 551-220-2311, ashley.pomcnj@gmail.com

IN MEMORIAM

Recognizing those who served POMC as a Chapter Leader, Co-Leader, Contact Person and/or Anniversary Card Writer.

Carolyn Hardin - June 15, 1945 - July 6, 2022, Chapter Leader/Co-Leader, Heights Chapter
Carolyn’s son Steven was murdered in 1998 and Carolyn was a Chapter Leader/Co-Leader for the Heights Chapter of POMC in Texas for many years until it closed in 2017. In 2007, the Heights Chapter, under the leadership of Carolyn and Ruth Marin Eason hosted the POMC National Conference. Their love of POMC and their POMC family, gave them the strength to offer the conference in their area which brought support to over 300 attendees and it was a success.

Jack Mendelson - November 5, 1934 - June 2, 2022, Contact Person since 1989
Jack Mendelson, 87, passed away June 2, 2022, in Coconut Creek, Florida. Jack was born to Isadore and Helen (Sebulsky) Mendelson on Nov. 5, 1934 in Bellaire, Ohio. He enjoyed family, friends, loved his country, Judaism, Israel, reading, hot coffee and corned beef sandwiches. He earned a BA and BS degree from Miami of Ohio University and served in the Army at White Sands Missile Range. Jack was the owner of Imperial Display Company Inc. and Mendelson’s Children Shop. He was a master mason of Ionic Lodge#438, F & A.m., Bellaire, Ohio, attaining his 32 degree with Scottish Rite. He was a Board member of the Wheeling Area Chamber of Commerce and taught business at Wheeling Jesuit. He was past president of the Synagogue of Israel and Temple Shalom. Jack was predeceased by his eldest son, Stewart, murdered in 1984.

Sarina - Comfort Dog
It is with great fondness and love that we remember our POMC Comfort Dog Sarina. Sarina passed away in late May 2022. Dave, Linda, and Sarina's canine sister Mandy all miss her very much.
Sarina was the grand matriarch of our POMC Comfort Dogs. She showed many new dogs the "ropes" and let them know not only how to comfort our POMC family, but also how to be ready for whatever came next.

At home, Sarina loved her ball!!! She was always ready to play a rousing game of fetch. We know that Sarina is enjoying lots of ball playing and ear scratches over the Rainbow Bridge. Rest in peace Sarina. Your extended POMC family miss you and love you. (Our love and support go to Dave, Linda, and Mandy during this time -- thank you for your service Sarina.)
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/POMCOOFFICIAL

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.

*REMEMBER*
Has something changed? Please, let POMC know if your name, address, email or phone number have changed. Call us toll free at (888) 818-7662 or email us at natlpomc@pomc.org

POMC Catalog Available
POMC’s “Journey Through Grief” catalog is available by contacting POMC at: (513) 721-5683. The catalog can also be downloaded from our website at: www.pomc.org.

The catalog provides color photos and a listing for all POMC items: books, bumper stickers, brochures, clothing, magnets, music, etc.

Information on items for POMC’s National Day of Remembrance for Murder Victims, special gifts, memorials, and tributes are also included in the catalog.

Contact POMC today for your free copy.

Did you know Amazon.com is a POMC sponsor?
POMC receives 4-13% depending on item of all Amazon.com purchases made through the amazon link on our webpage. The use of this link does not increase the cost of your purchase.

Our future depends on you!
Please remember the National Organization of Parents Of Murdered Children in your will and estate planning.
Thank you for keeping us in mind.

Dedication Page Information
Dedication Pages are included in each publication of the Survivors Newsletters. Not only is this a way to memorialize our loved ones, it also helps to defray the cost of publishing the newsletter. We offer this opportunity to pay tribute with poems, photos (black and white only), letters/loving thoughts or special requests.

The prices for dedication pages are as follows: $40.00 for a quarter page, $75.00 for a half page or $140.00 for a full page.

Send item and appropriate donation to “Dedication Page,” POMC, 635 W. 7th Street, Suite 307, Cincinnati, OH 45203. Please include your name and daytime phone number in case we have to contact you for clarification.
Survivors Newsletter Subscription

Please find enclosed $10.00 for my annual subscription (three issues) for the Survivors Newsletter ($25.00 outside the United States). Please consider adding an extra subscription fee to help defray the cost for someone who cannot afford to subscribe.

(Please Print)

Name: __________________________
Address: _____________________________________________
City, State, Zip: __________________________
Email Address: __________________________
Phone number: (___) __________________________
Amount enclosed: $ ________ for ________ year(s)
Payment method: ___Check    __Visa   __MasterCard __American Express    __Discover
Card number: __________________________
Expiration date: __________________________

Enclosed is an extra $__________ donation for someone in need and is given in:
Memory of: __________________________
Honor of: __________________________

All those donating an extra gift ‘in loving memory of’, or ‘in honor of’ will be listed in the next issue of the Survivors newsletter. To have POMC send a letter acknowledging your gift to the family, please provide family’s name, address, city, state, and zip code.

Return to:
Parents Of Murdered Children, Inc.
635 W. 7th Street, Suite 307
Cincinnati, Ohio 45203
Parents Of Murdered Children, Inc.
For the families of those who have died by violence
635 W. 7th Street, Suite 307
Cincinnati, Ohio  45203

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