



THE SAN ANTONIO CHAPTER OF PARENTS OF MURDERED CHILDREN

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

MEETING HIGHLIGHTS

- April meeting cancelled.
- Donation received from Ruben and Rose Marie in Memory of their son Ruben Garza III
- Anna Garza informed me that Doris Thompson's (former chapter leader) daughter's murderer was denied parole
- Charles and Barbara Edens completed online certification training and took the post-test, waiting for the results
- Barbara has set up ZOOM. Will start 2nd Monday in May. If you wish to participate in Zoom meetings, you must send her your name and email address and put Zoom in the subject line. Her email address to send yours to is bedens210@gmail.com. If you have any questions, you can call her.

Murder Wall

POMC/SANANTONIO will repay 1/2 of the cost of plaque with proof, form for Plaques on National website

MEMBERS, WE NEED YOUR HELP

We are trying to update the database
Please update phone numbers and send email addresses to Mary Jane at 830 981-9490 mjpadar@aol.com Need last name 1st then first name and phone number.
PLEASE call or email any BOD member to let us know what we can do for you. Programs. speakers or something else. We are all on this journey together.

GIVE A GIFT IN HONOR OF YOUR LOVED ONE Sponsor a newsletter for \$120.00 per issue, Sponsor a meeting for \$25 Sponsor Birthday Cards for \$50 per month, Sponsor a mailing for \$100

Your name will be listed in the newsletter. Any size donation is appreciated. Books of stamps are welcome.

Meeting

NO IN-PERSON MEETING

When: May 8, 2023

Time: TBD (Check your email for Zoom invite)

Where: Zoom (Online Platform)

Future Meetings

Check the Website for All Future Meetings
ZOOM Meetings Upcoming

If you would like to help with writing the birthday cards please contact Sharon Enderlin to volunteer at 1-325-379-1432 or enderlintow@hotmail.com. Volunteering is therapeutic! If you wish to help on a Committee, please contact a chairperson or a BOD member

SPECIAL NOTICE

NATIONAL POMC does not want children attending meetings due to sensitive matters that may be discussed. Please do not bring children under the age of 18 to our POMC/San Antonio meetings. Thank you

Please email the photos of your loved ones to the webmaster at the POMC website so we can link them to your loved one's name with their birth and date of death. Call or email Alfred Jeitani at 210-317-3463 at alfred.jeitani@gmail.com

Remember

the times

you could have

pressed quit -

but you hit

continue

-Shane Koyczan

Suicide Prevention Lifeline: 1-800-273-8255

Crisis Text Line: Text HOME to 741741

Online Chat: www.imalive.org

Hopeline Network: 1-800-442-HOPE

The Trevor Project (LGBTQ): 1-866-488-7386

BlessingManifesting

May Birth Days

- Kevin Delgado 7
- Mark Garcia 10
- Isaiah Richards 12
- Sabrina Flores 12
- Roland Cervera 13
- Corey Baxter 14
- Brandon Cornelius 14
- Kevin Sorrell 16
- Ceferino Ybarra, Jr 17
- Katrina Intano 19
- Albert Arriaga, Jr 24
- Toni Jeitani 29
- Sean Cannon 30
- Ruben Garza III 30
- Erica Espinoza 31
-

May Dates of Death

- Mildred Moon 2
- Jeffrey Sarfin 2
- Leslie Zickefoose Iv 5
- Debora Cotton 7
- Rene Zurita 10
- Terry Wright 10
- Jessica Edens 11
- Margaret Girela 12
- Brenda Epperson 17
- Alexandra Sweitzer 18
- Ruben Romero 19
- Sabrina Flores 20
- Isaiah Richards 22
- David Gonzales 24
- Miranda Milowski 24
- Richard Elizando 26
- Rick Marin 29
- Roderick Reed 31



As we enter the month of May, be reminded that it is Mental Health Awareness month. Please remember to care for and love yourself. You cannot care for others when you neglect you.

S.A. Chapter POMC

information@pomcsanantonio.org

National POMC 1- 888-8187662

Phone Support

Evelyn Guerrero 210-732-1908 (speaks Spanish)

Mary Jane Peterson 830-981-9490

Nathala Moody 210-654-3632

Bette Zickerfoose 210-789-6909

nursebetty234@yahoo.com

National POMC's new address is [635 West 7th](#)

[Street SUITE 307 Cincinnati OH 45203](#)

MEMBERS OFFER SUPPORT

Court accompaniment:

If there is a hearing or trial in your loved one's case & you'd like to have another POMC member go with you to court, you can call:

Ida Gonzalez 210-758-7854

Anne Garza 210-452-4258

Mike Luna 210-373-4766

Temple Stralla 210-648-0731

POMC will reimburse bus/parking for members who accompany other victims' families during court cases, up to \$10. Please save receipts. If you can attend court sessions with family or provide phone support & your name is not on one of these lists please contact:

Alfred Jeitani at 210-317-3463 or at

webmaster@pomcsanantonio.org

DIRECTORS

Mary Jane Peterson (Leader) 830-981-9490

Barbara Edens (Co-leader) 210-367-0996

Charles Edens (Secretary) 210-367-9770

Margie Salinas (Treasurer) 210-922-7950

Aurora Valek 219-683-3999

Ida Gonzalez 210-758-7854

Terri Cleborne 210-413-6271

Al Huerta 210 914 2188

Gloria Astudillo 210-501-6479

NEWSLETTER

Heather Gomez heather.gomez2008@gmail.com

APPOINTED CHAIRPERSONS

Refreshments: Margie Salinas & Aurora Valek

Press Releases:

Birthday Cards: Sharon Enderlin 325-379-1432

Historian: Anne Garza 210-452-4258

Librarian: Janie Esparza [210-367-5493](tel:210-367-5493)

Photo Panels: Gloria Astudillo 210-501-6479

Web: Alfred Jeitani 210-772-2607

webmaster@pomcsanantonio.org

Database: Alfred Jeitani 210-317-3463

Parole Block: Aurora Valek 210-683-3999

Crime Victims Week: Margie Salinas 922-7950

Day of Remembrance: Lori Rocha 210-535-5084

Other Helpful Numbers

Lucy Ziegler LPC [210-289-6066](tel:210-289-6066), [830 249 4777](tel:830-249-4777)

S.A.P.D. 210-207-7201

SA Police Police Chief – 210-

207-7360 Bexar County

Sheriff 210-335-6000

Dean Wideman,

Forensic Scientist 210-336-7285 dnawideman@gmail.com

Crime Stoppers of San Antonio 210-207-7867

Texas Department of Criminal Justice Victim Services Division

Angie McCown – Director

800-848-4284 or 512-406 5900

For questions about Crime Victims' Compensation

Program Call the TX Attorney General's Office:

800-983-9933

Contact Robert Rodriguez, Eligibility Manager

Bexar County D.A. Victims Assistance Coord.:

Cynthia Jahn 210-335-2733

Website: www.pomcsanantonio.org

Mary Jane Peterson Email:

mjpadar@aol.com

POMC PO Box

690173 San Antonio, Tx 78269

**IF YOU ARE MOVING OR HAVE
MOVED PLEASE CALL MARY JANE TO
CHANGE YOUR MAILING ADDRESS,
CALL 830-981-9490 TO MAKE
CHANGES**

I wish to make a tax-deductible donation in the amount of
\$_____ to the San Antonio Chapter of

Parents of Murdered Children & Other Survivors

of Homicide Victims. In Memory Of:_____

In Honor of:_____ Donors

Name:_____

Address:_____

City/State/Zip:_____ POMC

members donations will be acknowledge in the

newsletter Name:_____

Address:_____

City/State.Zip:_____

Please Mail this form with your check to: POMC PO

Box 690173 SA Tx 78269

THANK YOU FOR YOUR SUPPORT



Parents of Murdered Children
San Antonio Chapter
P.O. Box 690173
San Antonio, TX 78269

Return Service Requested

NONPROFIT ORG.
U.S. POSTAGE
PAID
SAN ANTONIO, TX
PERMIT NO. 1001

Next Meeting

ONLINE MEETING

When: May 8, 2023

Time: TBD (Check your email for Zoom invite)

Where: Zoom (Online Platform, Check your email)

REWARDS for Healthy Living

Dealing with LOSS

GRIEF IS WHAT WE FEEL WHEN WE'VE LOST SOMETHING IMPORTANT TO US.

It may be a life-changing event like the death of a loved one, a divorce, or a serious illness.

Or it could be another change that still hits you hard — like losing a pet, moving to a new town, or seeing your child start school.

Knowing how to **deal with grief** can **help you heal** faster and **move forward** with your life.

HOW GRIEF FEELS

Everyone experiences grief in their own way and at their own pace. Be patient with yourself. Grieving takes time, with lots of steps forward and back along the way.

But there is help — and hope. **You CAN** feel better.

YOU MAY:

- Not feel like going out with friends
- Have trouble concentrating
- Feel numb
- Snap at people
- Feel like you want to escape
- Feel guilty
- Dread holidays or anniversaries
- Have trouble getting out of bed
- Feel like nothing matters anymore
- Feel like no one understands
- Feel sorry for past mistakes
- Blame yourself or others
- Have nightmares
- Feel angry — at yourself, the one who's gone, or a higher power
- Cry easily

WHERE TO GET HELP

- RELIGIOUS OR SPIRITUAL COMMUNITY
- TALK THERAPISTS
- SOCIAL WORKERS
- SUPPORT GROUPS

CALL YOUR DOCTOR IF

- You're using drugs or alcohol to cope
- Your feelings are interfering with your daily life
- You become very depressed
- You have thoughts of hurting or killing yourself

REGISTER TODAY!

Still need to sign up? Go to rewardsforhealthyliving.com and follow the instructions.

Already registered? Log in now: rewardsforhealthyliving.com

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