

Healing Hearts



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1 Minute, 1 Click, 1 Share could =
\$50,000 for Bo's Place

Vote for Bo's Place and help us win \$50,000 from the Chevron Houston Marathon! Voting is open until January 12th. We hope to get over 10,000 votes to take home the gold!

Steps to Win:

1. [Vote now](#) on your computer
2. [Vote now](#) from your smart phone/tablet
3. Forward this link via email and text to everyone you know and ask them to vote: <http://www.tinyurl.com/VoteForBosPlace>
4. Share this link on Facebook and encourage your friends to vote

Pro Tip: Have multiple browsers (Explorer, Firefox, Chrome)? You can vote from each browser!

We still need help staffing our booth at Charity Village on race day. Please contact Jill Stillwagon at jill@bosplace.org to sign up!



Casting for Cadence

Bo's Place is grateful to be a recipient this year of proceeds from the CJ Memorial Fishing Tournament, hosted by SpawGlass in memory of CJ Strnadel. Aaron Bradford, Preconstruction Services Manager at SpawGlass, tells the story of CJ and the Memorial Fishing Tournament below:

"On the morning of August 9, 2012, CJ Strnadel along with his 5-month-old daughter, Cadence, started their day the same as any other morning, heading to day care and another day at work. But this day would end up much differently. Just a few miles from the Strnadel home, about 6:00 in the morning, a vehicle crossed over into CJ's lane on FM2100 at a very high rate of speed, killing CJ and the other driver. Strapped in her car seat, Cadence was miraculously unharmed.



CJ Strnadel

CJ was a faithful husband, a dedicated father, an exceptional son, and a steadfast friend. CJ was a man who did everything right, professionally and personally, regardless of whether others were watching. He would give the shirt off his back for those of us he worked with. All of us who had the pleasure to work with CJ got to see that he would always choose to focus on and bring out the best in people. If you were around him, he inspired you to do your best because you knew he was going to bring his. He rarely complained, choosing instead to find something positive in the situation and move forward with the task at hand. In the days that followed after CJ's death and as the news spread to his family, friends and colleagues, we were bombarded with stories of how CJ lived life with great drive, integrity and sacrifice. Simply put, he impacted people.

Wanting to honor his legacy and at the same time help support his family, the SpawGlass family began brainstorming ideas of how CJ's life could be celebrated in a way that would help meet CJ's family needs. On August 9 and 10, exactly one year following CJ's tragic death, SpawGlass held its inaugural "Casting for Cadence" Fishing Tournament later renamed the "CJ Strnadel Memorial Fishing Tournament". CJ's family members, friends, and co-workers flooded the Tournament with their generous donations, support and participation. Proceeds from the tournament have funded Cadence's college 529 Fund and endowed scholarships in CJ's name to his alma mater in Victoria and Texas A&M University.

As we moved into planning the 4th memorial event, those who have passionately managed the fishing tournament had a deep desire to find a new organization to contribute the event's proceeds. After much consideration and weighing of different organizations, our team selected Bo's Place. As we had the opportunity to learn more about the programs they offer to help families, children, teens and adults deal with the death of a family member and the organization's strategic priorities, it became clear to us that supporting this organization aligns with the CJ's powerful legacy.



Bo's Place Executive Director, May Beth Staine, and Development Director, Andrea Sivells, with SpawGlass team after check presentation

We are eagerly anticipating this year's 4th Annual CJ Strnadel Memorial Fishing Tournament, and look forward to partnering with Bo's Place."

Thank you to all our friends at SpawGlass!



Camp Healing Hearts



On the weekend before Thanksgiving, Bo's Place held its first fall Camp Healing Hearts at Camp for All in Burton, Texas. Nearly 75 campers participated in this special weekend, including families from each of our support group nights. Here is what the families said about the experience:

"Camp Healing Hearts felt like family."

"I learned to cope with really hard feelings. Camp gave us more unity and we loved our family time."

"At camp, you can share your pain without thinking that people will criticize you... they will accept you."

"I recommend Camp Healing Hearts to all families - go because the support is BIG and BEAUTIFUL!"

"You will do things you might not otherwise do. It helps you work through emotions and experience joy again."

"It is healing to see that you are normal. You are not alone!"

"Camp Healing Hearts reminds us that there are more people on this journey and that joy can be found along the way."

"Everyone is 'one community' that cries, laughs and plays with one another every step of the way."

"Camp Healing Hearts reminds families that there is still laughter, strength, determination and passion in the storm of grief."

"I don't know if Bo's Place and the volunteers realize that their kindness means the world to us. God bless you all and this organization."

Thank you to our generous funder and volunteers for making camp possible. Thank you to our families who teach us every day about strength, courage and resiliency.



Volunteer Spotlight: Avison Young

we *heart* our volunteers

Partnerships with local businesses are critical in helping Bo's Place achieve our mission. The wonderful team at Avison Young continues to strengthen Bo's Place at every level of the organization. Bo's Place Advisory Board member, Harry Holmes, and Bo's Place Board of Directors member, Charlie Neuhaus, have strengthened the partnership between Bo's Place and Avison Young over the years.



Harry says, "It is nice to work for a company that supports a cause such as Bo's Place that Charlie and I are so passionate about." Employees from Avison Young have participated in a full day of service the last two years in October, planting in our garden, stuffing envelopes, preparing program supplies, painting, and generally helping out. This year, Avison Young provided a holiday meal. Thank you to Avison Young for supporting Bo's Place and for sharing your wonderful employees with us!



Resolving to Heal a Broken Heart

For those grieving the loss of a loved one, the start of a New Year can feel overwhelming. How are you going to find the energy or desire to think about 2016 with a positive outlook when facing each day can be tough? Or maybe thoughts of bettering yourself feel like a betrayal to your loved one and your bereavement. And yet, resolving to heal your broken heart is an important way to honor both your loved one and yourself.

One way to do this is by considering all the gifts your loved one gave you, and these may include emotional, spiritual, or even physical attributes that you appreciate. Do you have your Mom's bright blue eyes, or maybe a new appreciation for nature because you spent so many days in the park with your child? Are you handy around the house because your Dad always let you help when he was doing a project, or are you more sensitive to others in need because your sister was always looking out for the underdog?

Make a list of the gifts that your loved one gave you - remember they may include emotional, spiritual, or physical characteristics - and once that list is complete, see which ones you could tie into a positive resolution for the New Year. For example, if your brother was a free spirit and taught you to enjoy life to the fullest, then maybe you can resolve to let go of your guilt in 2016 and make plans for a vacation. If your daughter was a runner and inspired you to keep fit, then maybe you can resolve to start exercising again by taking a walk each day in her honor.

These types of resolutions will allow you to both memorialize your loved one and do something good for yourself. This will also give you a way to acknowledge your strengths and to reflect on how far you've come in your grief journey.



Helping Families Rise Strong

It's not too late to join us for the annual Hearts of Hope Luncheon on January 28th. Event Chairmen, Jennifer and Michael Dellinger, Lisa and Sanjay Kalavar, and Stacey and Andrew White hope you will join us for what is certain to be a memorable luncheon.

Peggy Roe will receive the Robin Bush Award for her dedication to serving children in our community. Our speaker is Dr. Brené Brown, who will present a powerful process to help us rise from our falls. She explores this process in her newest book, *Rising Strong*, which is a New York Times Bestseller and will be available for purchase at the event.



Photo Credit: Danny Clark

Grief support at Bo's Place echoes many of the themes covered in Brené's books. The luncheon helps raise much needed funds to support the mission of Bo's Place, which offers grief support programs that help families be resilient in the face of adversity. With the support of Bo's Place, families learn how to rise up after the struggle of losing a loved one.

Tickets start at \$200 and tables start at \$2,500. Please contact Andrea Sivells at andrea@bosplace.org or 713-942-8339 for more information. To purchase tickets or tables, click [here](#).



Thank you to our 2015 Holiday Meal Providers!

During November and December, 23 holiday meals were graciously provided by businesses, families, volunteers, and organizations. As a result, all of our groups received at least one donated holiday meal! If you know any of these people and organizations, please thank them for supporting Bo's Place:

Avison Young
Bo's Place board of directors
Cynthia Lam
Dignity Memorial/Katy Funeral Home

Foresters Group
Friends of Bo's Place
Gayle Weinstein and Friends
Houston Association of Marriage and Family Therapists
HAR International
Jill and Michael Stillwagon
Junior League of Houston
LeClair Ryan
Levy Funeral Home
New York Life and Lighthouse Charity Group
PBK Architects
Rahul Mehta and the Mehta Family Foundation
Rebecca O'Neal and Family
Russell and Smith Auto Group
St. Martin's Episcopal Church
Vietnam Veterans of America Chapter 343
Westside Lexus





WOW, look at the upcoming workshops at Bo's Place!

In February, the Institute for Spirituality and Health and Bo's Place will present ***Encounters with the Deceased: Spirituality and Meaning Making***, to explore stories about encounters with the deceased and the role they play in grief. Speakers include Stuart Nelson and Cyrus Wirls of the Institute for Spirituality and Health, Jerry Ruhl, Ph.D., psychologist in private practice, Julie Kaplow, Ph.D., Associate Professor, Department of Psychiatry and Behavioral Science, UTHealth and Fr. Donald Nesti, C.S.Sp., Director, Center for Faith and Culture at the University of St. Thomas.

In early April, Bo's Place will host its annual ethics workshop with Anne Strain, LCSW, who will present ***Ethical Interactions with Grieving Children and Families***.

In April, Bo's Place will offer our first-ever workshop for Spanish-speakers, ***Los Básicos del Duelo***, presented by Bo's Place clinicians Flor Guebara, LMSW and Cristina Flores, LMSW.

In June, Bo's Place will also offer our signature workshop, ***Good Grief: Understanding and Supporting the Bereaved***, presented by Bo's Place clinicians Ann H. Weiss, LPC, Flor Guebara, LMSW and Cristina Flores, LMSW.

Click [here](#) to learn more about the workshops and to register.

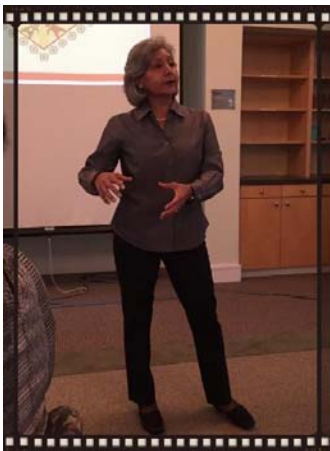
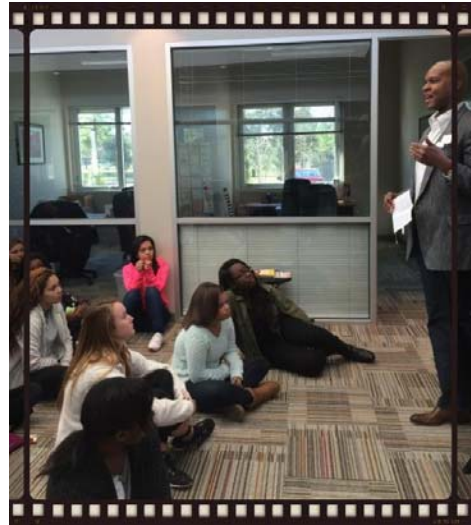


Happenings



On December 4, The **University of Houston's Kappa Delta Pi** hosted a Winter Wonderland **Parent's Night Out** that included pizza, crafts, games, and movies.

On December 5, teenagers from the **Fort Bend area Youth in Philanthropy** program sponsored by the Fort Bend Chamber of Commerce learned about volunteerism from Bo's Place President-Elect Travis Torrence and participated in projects at Bo's Place Katy location to get Bo's Place ready for the new year.



Sandra Lopez, LCSW, ACSW, DCSW, presented ***Balancing Ethics & Best Practices: Honoring Diversity in the Grieving Process*** to a full audience on Friday, December 11.

The Bo's Place **Staff Holiday Lunch** was on December 16 at the Junior League of Houston Tea Room. Everyone got to wear an ugly Christmas sweater!





The employees of **Westbrok Manufacturing** put together supplies from our wish list and raised funds that were matched by the company, which they delivered on December 16.



Bo's Place Grief Support Services

At Bo's Place, we believe that enabling grieving families to share their experiences with each other helps these families navigate the grief journey and move towards hope and healing. We offer free Grief Support Groups in English and Spanish to families and individuals.

If you or someone you know would like information about Bo's Place Grief Support Groups for children, families, and adults, [click here](#) or call 713.942.8339.

Bo's Place exists to enhance the lives of those who have experienced the death of a loved one.

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