

Healing Hearts



Bo's Place

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It's Volunteer Appreciation Month!

This Volunteer Appreciation Month, and always, our hearts are full of gratitude to the volunteers who make our work at Bo's Place possible. Last year, 618 volunteers donated over 15,000 hours of their time to Bo's Place. Our extraordinary volunteers include support group facilitators, kitchen helpers,

board members, fundraisers, marathon crew members, camp cabin leaders and support staff, envelope stuffers, and the arts and crafts team. Some volunteers have been with us for many years; some come just once as part of a service project. No matter what role they play, our volunteers make our programs possible, and through their hard work, empathy, commitment, and compassion, they help heal hearts at Bo's Place.



Volunteers, we send our profound thanks to you, and we hope that you feel our deep appreciation each time you volunteer at Bo's Place.



Camp Healing Hearts & Retiro Sanando Corazones



In March, Bo's Place held Camp Healing Hearts and Retiro Sanando Corazones at the beautiful Camp For All in Burton, Texas. Throughout the weekend, Bo's Place families discovered their strength and reflected on their grief journeys as they shared their gratitude with those who have helped them along the way and their hopes for the future. Campers tested their courage on the ropes course, rode horses, fished, canoed, made crafts, and showed off their moves on the dance floor. As one cabin said in the talent show, "The weather at camp is unpredictable, but the healing isn't!"

We are grateful to the Hamill Foundation for the generous funding that makes this incredible experience possible for our families. We also thank our volunteers for their support and smiles throughout the busy weekend. As our theme song at camp says, you are the "World's Greatest!"



Remembering Your Loved One with a Living Memorial

For many who are grieving, a living memorial provides a way to remember and honor a loved one who has died. Many living memorials incorporate nature in some way; for example, by planting a tree in a meaningful place or creating a water garden. Studies show that engaging with our natural surroundings can reduce stress hormones, improve immune systems, and increase cognitive functioning. Venturing into nature, or even looking at pictures of nature, can pull us outside of ourselves and help us escape the demands of our daily lives, giving us space to grieve or reflect. Nature can allow us to feel more connected to our deceased loved ones and to life overall.



However, a living memorial does not have to engage with nature; it can really be anything that is special to your family or your loved one. In fact, one of the reasons living memorials are so popular is because they are highly personal. Here are some other ideas that may be worth considering:

Adopt an animal at a shelter or zoo. Did your loved one have a favorite animal or a love for animals and wildlife? If so, then perhaps you could adopt an animal in their honor, or donate money or supplies to a local shelter or zoo.

Name a star after your loved one. There are several registry websites that allow you to name a star as a memorial. If you can see that star easily, you'll always be able to look up at the night sky and remember your loved one.

Set up an honorary scholarship. Helping others can have many of the same benefits as being in nature. Was your loved one's alma mater important to them or did they enjoy going to camp every year? If so, maybe you could create a scholarship in your loved one's name that would help others who are less fortunate.

Whatever you decide, a living memorial can give family and friends a place to visit or a cause to support that will help them feel more connected to their lost loved ones. Living memorials also help you to show your love and know that a part of your loved one is always present.



Los Basicos del Duelo workshop

On April 29th, Bo's Place will be offering its first Spanish-language workshop: [Los Basicos del Duelo](#). The workshop will focus on grief theory, children's understanding of grief, and grief in the Latino culture and community. It will also discuss the language to use when working with the bereaved Latino community. Bo's Place is thrilled to further serve the Spanish-speaking community through this unique workshop, which is offered free of charge.

To register online, please click [here](#). To register in person, please contact Valencia Buggs, Administrative Assistant, at valencia@bosplace.org or 713-942-8339.



Donor Spotlight: The Hamill Foundation

Founded in 1969 by the late Claud B. and Marie G. Hamill, the Hamill Foundation is dedicated to the betterment of Houston, the city its founders loved so much. The Hamill Foundation gives grants in support of educational, scientific, charitable, and religious activities, primarily in the Houston area. The Hamill Foundation has been a longtime friend to Bo's Place. The Foundation provided significant funding for the capital campaign that enabled us to build our home on Buffalo Speedway. It also gives us generous operating support and funds our weekend bereavement camps: Camp Healing Hearts and Retiro Sanando Corazones.



This year, the Hamill Foundation celebrated a significant milestone - over \$100,000,000 in grants to support a variety of wonderful causes in our community! With much gratitude, we salute the Hamill Foundation for their steadfast support of Bo's Place and so many other worthy organizations!



Save the Date for a Night in Italy!

Bo's Place is thrilled to once again be the beneficiary of Festari for Men's annual "Una Notte in Italia"! This exciting social event will feature "celebrity" men, including businessmen and athletes, who will walk the runway while raising funds for Bo's Place. Guests will enjoy fine Italian cuisine, wine, a live auction and dancing to the sounds of DJ Senega!

Mark your calendars for Friday, November 4th! You won't want to miss out, so email unanotte@bosplace.org to join the mailing list and stay in the loop as tickets and tables go on sale!



Happenings



With compassionate hearts and busy hands, **St. Martin's Episcopal Church** parishioners and staff, side by side with Bo's Place staff, assembled Bags of Hope on March 6, for their Outreach Sunday. We can't thank St. Martin's enough for making over 500 Hope Bags for our new families and supporting our mission in countless other ways.

On March 10, Marian Mankin trained students on Bo's Place's services and how children experience grief at different developmental stages for Beverly Rodgers' Grief & Bereavement Therapy class at the **University of Houston Graduate College of Social Work**.



On March 22, Bo's Place presented "How to Support the Bereaved" at the **UT Harris County Psychiatric Center** in honor of Social Work Month. Participants learned how to help their clients when dealing with grief, as well as how Bo's Place can support their organization and clients.

The **Youth In Philanthropy** Luncheon on March 30 at Safari Texas was a celebration of the work of Fort Bend County students in community service and philanthropy this winter and spring. Bo's Place was a host site for 2015-2016 and looks forward to its growing partnership with YIP and the Fort Bend Chamber of Commerce.



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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