

Healing Hearts



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Vote for Bo's Place to win \$51,000!

In honor of Super Bowl LI being held in Houston, the Chevron Corporation, in partnership with The Houston Marathon Foundation, will donate \$51,000 to the "Run for a Reason" Charity with the most votes. Please help Bo's Place be that winning charity! Last year's winner had over 30,000 votes, so please:

- **Vote daily**
- **Share** with your networks and on social media
- **Encourage** friends and family to vote too

You can vote daily from your mobile phone and on other personal devices.

[GO VOTE HERE!](#)

If you have any questions, please contact rina@bosplace.org.



Camp Healing Hearts



On November 18-20, we held our second Fall Camp Healing Hearts. With 64 family members and 48 staff/volunteers in attendance, healing reached new heights. "Superhero" was the theme, ringing true throughout the camp grounds. Whether campers were doing archery, climbing a rock wall, riding a horse, or in the middle of an "emotion battle," they heard the message that you are the hero of your own story. We all have super powers that make us strong, individual, unique and special. Those powers were on display through art work, family stepping stones, and the crowd favorite - the talent show.

Camp is always a magical experience and this camp was no exception. Bo's Place thanks all of our generous underwriters, in-kind donors, volunteers, Camp For All, and the Bo's Place staff for helping to make camp a SUPER great success!





Each Bo's Place family support group begins with a shared pot luck meal, as this dinner time is a special time for families to gather to connect and share. It also allows participants to set aside the accumulated stresses of the day and prepare to go to small groups for grief processing and support. Since the holidays can be particularly difficult for grieving families, Bo's Place encourages groups or businesses to provide and serve a holiday meal for our families. This Bo's Place holiday meal tradition provides families with a respite from dinner preparation and shows them that there is a larger community that cares about them.

During November and December, we were so grateful to the many individuals and groups who supported our holiday meals program. With warm hearts, we thank the following generous holiday meal sponsors:

Anonymous
Apache Corporation
Bo's Place Board of Directors
Ed Goodwin
Houston Assn. Marriage/Family Therapists
Katy Funeral Home
LeClairRyan Law Firm
Levy Funeral Home
Lighthouse Houston
National Charity League - Heart of Texas

New York Life
PBK Architects
St. Martin's Episcopal Church
Sisters in Christ-United Methodist Church
Spectra Energy
The Foresters
The Junior League of Houston, Inc.
Vietnam Veterans of America-Chapter 343
Westside/Eastside Lexus



Volunteer Spotlight
Chris Burton:

a Heart for Service

Volunteer facilitator Chris Burton is a giver at heart. She has spent her professional life as a registered nurse, primarily working in schools; and when she retired, she continued helping children during the summer as the lead nurse at a residential camp. In fact, it is as a school nurse that Chris first heard about Bo's Place. "I really appreciated how important the support at Bo's Place would be in the life of a grieving family."



However, because she lived in Katy, Chris didn't want to battle the traffic getting to Bo's Place home campus, so she put off her desire to volunteer. Then, three years ago, when Bo's Place opened their Katy satellite, Chris jumped at the opportunity to facilitate. "I was ecstatic when I found out that Bo's Place would begin offering support groups in Katy and I couldn't wait to be a part of it."

Chris began facilitating the younger children groups, ages 5-9, and she was a natural. According to Katy Group Manager, Lori Bokone, "Chris never has a problem relating to the kids at their level, and she is always eager to read with them and work on the night's project." The children respond to her quickly; and, of course, this puts the parents at ease as well.

When asked to define the "magic of Bo's Place", Chris told us about a family who had come to Bo's Place after their dad had died. "This six-year-old boy was so shy he could hardly tell us his name, let alone how his father had died. But as the weeks and months went by, he found his voice and he began to share with the group. The family left Bo's Place after 18 months and while the mother said she knew the grieving would continue, she also knew she was stronger and could handle whatever the future held. Her son smiled and said he would miss his nights at Bo's Place. I will never forget this little boy."

"I love the way she is with the kids," said Lori, "making sure they feel welcome at each group night and taking extra time to talk with everyone during dinner. She really pays attention to even the smallest reaction on someone's face and can tell when they may be having a hard night."

According to Chris, the ability to tune into these cues is the key to a good facilitator. "We need to help some of the children find their words. We need to watch their faces and ease their anxiety about coming to Bo's Place." And that's why even her fellow facilitators are so happy when Chris is at group. She enjoys what she does and it's contagious.

So, what does Chris do when she's not healing hearts? She told us she is six years post breast cancer (yeah Chris!) and was emphatically told by her oncologist at the time to start lifting weights. So, three days a week she goes to the Katy YMCA and lifts weights in the morning. "It was not easy in the beginning,

but I am there faithfully," Chris said with a smile.

Chris also enjoys spending time with her husband, Ray. While she is busy in the summers with the residential camp, she and Ray try to plan at least one trip in the "off-season." They both enjoy road trips but are also not afraid to fly off to some exotic locale. A couple of years ago she and Ray went to Spain and this past November they went to Iceland where they saw the Northern Lights.



Families come in all shapes and sizes, and sometimes are born from a common passion. If you have a caring heart and a few hours to share each month, we'd love for you to join our Bo's Place family of volunteer facilitators. As a facilitator, you'll help lead grief support groups for children, teens or adults who are dealing with the death of a loved one.

It takes a special person, one with compassion and sensitivity, but we'll make sure you're well trained. Our next Volunteer Facilitator Training will be January 28 and 29, 2017. If you are interested in joining our dedicated family of volunteer facilitators, please contact Carla Bagalay at carla@bosplace.org or call 713-942-8339 for more information and to register.

"What keeps volunteers coming back time after time? Watching the group evolve and grow through the process of their grief journey and building relationships with the other facilitators in the group. It's what keeps me coming



Start the Year Off with Self Care

Most of us have a tendency to put others first, jam-pack our schedules, and push through stress. Sound familiar? Or sound like someone you know? Self-care is the activities and practices within our lives that create rest, balance, and relaxation. On



January 13, 2017, Bo's Place is hosting a hands-on self-care workshop which will provide you with simple tools for creating a self-care toolbox that can be accessed anytime you need a short break or some self-processing time. This is a perfect training for mental health and medical professionals, teachers, clergy/faith-based staff, or anyone who experiences the emotion and sensation of stress. Please click on the link to register or for more information.

Date: Friday, January 13, 2017

Time: 9:00 am - Noon

Cost: \$45 with 3 CEUs; \$30 without CEUs

Location: Bo's Place



For questions, contact Valencia at valencia@bosplace.org or 713-942-8339.





Calling all friends of Bo's Place, all ages welcome! We will be hosting a Houston Marathon "Hoopla Station" at Mile 5 on race day, January 15, 2017! Come out to enjoy coffee and donuts and make some noise for Team Bo's Place runners completing the half and full marathon. We'll have noise makers and signs and lots of spirit to share. We anticipate the shift will be from 5:30 a.m. until the last runner passes us (probably around 9 a.m.).

Please RSVP to rina@bosplace.org to sign up!



Hoping for a Hearts of Hope Sell-out!

Bo's Place is thrilled to have Dr. Lucy Kalanithi as our speaker for this year's Hearts of Hope Luncheon on January 26, 2017. This is our top fundraiser each year, and we need your help to make sure it's a sell-out! We hope you will consider purchasing a ticket or putting a table together with friends in support of this wonderful event. We'll debut a new Bo's Place video and honor Susan Harvin Lawhon with the Robin Bush Award for her tireless dedication to Bo's Place!



If you are unable to join us, we hope you'll consider making a donation in honor of our Honoree, or chairs: Susan and David Light, and Leslie and Randy Newcomer.

Purchase your ticket or table [here!](#)



Happenings

Zadok Jewelers hosted their 40th Anniversary Party on December 1 and chose Bo's Place as their beneficiary. Over 300 patrons shopped for shiny baubles and purchased raffle tickets and gemstone cupcakes, the sales of which were donated to Bo's Place.



On December 2, volunteers from **Kappa Delta Pi** at the University of Houston hosted their 10th annual Winter **Kids Night Out** at Bo's Place! KDP provided dinner, games, and activities for Bo's Place children while parents got the night off!

Festari for Men hosted their annual Holiday Party on December 6 at their store. Guests shopped for fine fashions while sipping on cocktails and watching a review of the fashion show from "Una Notte in Italia". A percentage of sales that night benefited Bo's Place!





On December 11, **Christ the King Presbyterian Church** donated 90 Christmas Blessing Boxes for our families. Each was full of food for the holidays. All were grateful to receive this box, as the holidays can be a very challenging time to prepare meals after the death of a loved one.

On December 12, the **Bo's Place Board of Directors** served a delicious Holiday Dinner for our families.



Bo's Place staff gathered at the **Junior League of Houston Tea Room** on December 14 for a holiday lunch!



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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