

# Healing Hearts



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How do you continue to have a relationship with a loved one who has died? You can begin by realizing that holding on to your pain is not a way of showing your love. This can be confusing, because the depth of grief is often in direct proportion to the extent of our love. However, with time you'll be able to leave the pain of grief behind and begin to move forward, comforted by memories and your continuing love for the deceased, which is yours to hold forever.

Let that continuing love be the focus of Valentine's Day this year. Even if your heart still feels broken, let the spirit of the holiday, giving and receiving love of all kinds, guide you on your path to healing. Here are some ideas on how to focus on love this February 14:

## **All feelings come from love.**

Anyone who has lost a loved one will tell you that grief feelings come in waves. There will be periods of numbness and fear as well as periods of sadness and

anger, but there will also be periods of laughter and joy. If you can explore your feelings deeply, you will find that at the heart of many feelings is love. When grieving, we need to accept our feelings as they come and trust that each feeling, in its own way, is helping to heal our hearts.

### **Plan for love.**

Most grief experts will give this advice no matter what the holiday: have a plan and then have a plan B. It's better to have some guidance when the day arrives, so that if you're feeling bad, you can just follow your plan. Maybe you'll want to spend the day alone taking care of yourself, or maybe you'll want to surround yourself with family or friends. Perhaps you'll want to do something traditional like go to a movie or maybe something non-traditional like painting your bathroom. The type of plan doesn't matter, but having a plan does.

### **Honor your deceased loved one.**

For some people, it is important and comforting to honor their loved one on Valentine's Day. This may include writing the person a love letter or buying flowers in their honor. Remember, death doesn't mean an end to the love you shared, just an end to the ways you can express it. If you feel up to it, let this Valentine's Day be your invitation to find new ways to express your love. Valentine's Day is about love, and your deceased loved one will always be in your heart.

### **Shower the people you love with love.**

Valentine's Day is not just for couples. It really provides us with an opportunity to let everyone we love know how special they are to us. Find ways to tell your family and friends that you love them and appreciate them. Continuing the bonds with your deceased loved one is important, but so is taking advantage of being able to say "I love you" to those who are still here.

### **Love yourself.**

Find a way to be appreciative of yourself and the love and effort you put into all of your relationships. Perhaps you can make a list of the five qualities your deceased loved one loved about you or find some old Valentine's Day cards to read. Maybe you can buy yourself a gift that you think your loved one would have bought for you. Be kind to yourself. Losing a loved one is devastating and you're doing the best you can each day.

### **Share your love with your children.**

If it was a spouse or a significant other that died and the two of you had children, tell your children stories about the romantic side of their deceased parent. Share old photos of when you both were young and in love. Chances are your kids will love it and you'll be able to honor old memories as well as your special love.



## **A Message of Hope at the Hearts of Hope Luncheon**

The annual Hearts of Hope Luncheon on January 26th was another great success. Thank you to **Susan & David Light, IV** and **Leslie & Randy Newcomer** for

serving as Chairmen for the event.



Robin Bush Award Honoree, **Susan Harvin Lawhon** was welcomed to the stage with Executive Director, **Mary Beth Staine**, Board President, **Travis Torrence** and Board Member, **Harvin Lawhon**. All shared cherished thoughts and admiration for Susan's dedication to Bo's Place. Susan has been involved with Bo's Place since 1997, serving as President of the Board, and Chair of the Capital Campaign which led to our current home campus.

In closing, **Dr. Lucy Kalanithi** shared readings from *When Breath Becomes Air*, authored by her late husband, Dr. Paul Kalanithi. Emcee **Lisa Malosky** engaged Lucy in conversation about her experience with the grief journey. Laughter and hope filled the room as Lucy shared that even though she is a widow, her marriage to Paul has not ended, that she chooses to love him and honor him as she and their daughter build their future together.

Thank you to everyone who helped make this event a huge success. We hope you will join us next year.





BO'S PLACE

# HATS, HEARTS & HORSESHOES

A Kentucky Derby Affair



You won't want to miss this one! Bo's Place is thrilled about our upcoming inaugural event, **Hats, Hearts & Horseshoes**, which will take place on **Saturday, May 6**. Guests will enjoy all the best of the Kentucky Derby without having to travel. Set to be held at an exclusive and private residence in River Oaks, guests will enjoy an afternoon on the luscious lawn with mint juleps in hand. While taking in the "Run for the Roses" and cheering on your pick to win it all, you could win an extravagant prize from the wagering wall! Don your finest Derby threads and pick out an outlandish hat for your head. Bragging rights and prizes will be up for grabs!

Chairs **Hannah & Cal McNair** and **Megan & Luke Hotze**, along with Honorary Chairs **Meredith & Patrick Chastang** and **Susan & Charlie Neuhaus**, would love your support as we make this new event one to remember!

For ticket and table information, click [here](#).





There is an online phenomenon called #campconfessions. One of these confessions states, "they say the happiest place on earth is Disneyland, but really it's camp."

At Bo's Place, we strive to create an environment at our family camps that foster pure joy, non-judgment, and supportive healing. In order to create this environment, each camp has a theme and corresponding activities. This Spring, Camp Healing Hearts and Retiro Sanando Corazones will be held March 17-19 at Camp for All, with a Dr. Seuss-based theme of "*Oh the Places You'll Go*." Please join us in helping to create the happiest place on earth by donating camp supplies such as picture frames, *Oh the Places You'll Go* Books, bandanas, games, and more.

Click [here](#) to view our Camp wishlist. (When making an online donation from Amazon, please include your name and address so we can send an acknowledgment of your gift).

Our #campconfession? "Camp heals!" Your donation will #helphealhearts.



It's the Ultimate!



Bo's Place will once again be the beneficiary of the annual "Hucking for Laura" ultimate tournament. HFL is a Charity Coed Hat Tournament held in honor of a former teammate and friend to Houston Ultimate, Laura Powell Higgins. Laura was a prominent ultimate player who gave a great deal to the growth of the sport not only in Houston, but also throughout Texas. In December of 2002, she was murdered, leaving behind her husband and daughter. Since then, every HFL has been in her honor. Learn more or register to play [here](#).



## Happenings

On January 4, Team Bo's Place and friends made a cameo appearance on **Great Day Houston**.



On January 13, Special Programs Manager, Courtney Reynolds, LCSW presented "**Taking Care of You... Then Business: Self-Care Practices and its Benefits.**" The attendees of this interactive workshop left with new ideas of ways to incorporate relaxation and rejuvenation into their daily lives!

The **Team Bo's Place Hoopla Station** was a fun place to be on marathon day, January 15. Music, noisemakers and funny hats greeted the 27,000 runners and the 50+ Team Bo's Place members. Be sure to join us next year!



On January 28-29, Bo's Place trained 30 new volunteer facilitators to work with our support groups. We appreciate the time and commitment of these individuals who spent their weekend at **Volunteer Facilitator Training!**



## 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.

10050 Buffalo Speedway // Houston, TX 77054 // 713.942.8339

[info@bosplace.org](mailto:info@bosplace.org); [www.bosplace.org](http://www.bosplace.org); [facebook.com/bosplace](https://facebook.com/bosplace)

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