

Healing Hearts



e-Newsletter // July // 07.01.18

Remembering through Scrapbooking

When someone dies, their loved ones look for ways to honor the legacy and preserve the memory of the deceased family member. Families often find personal ways to memorialize, like printing t-shirts with pictures of their loved one, planting a tree in their memory, making donations, or doing a day of service towards a cause that was important to the person who died. Many have a special place in the home for photos and mementos. Finding a meaningful way to memorialize the deceased helps the bereaved maintain a sense of connection and honor the memory of their loved one. At Bo's Place, there are many memorials, including the "in memory" bricks on our main walkway, Matthew's Garden, the Robin Bush tree, and each quilt panel displayed on the walls throughout our building.



In August, Bo's Place will provide an opportunity for our families to memorialize their loved ones by offering a scrapbooking activity during our annual Family Fun Fiesta/Fiesta en Bo's Place. Our training room will be stocked with decorative paper, stickers and embellishments so that families can create scrapbooks memorializing and celebrating their family member who died. During this activity, families can share memories and stories as they create a treasured family keepsake. This event and all summer programs are offered at no cost to our families. The families only provide their family photos and mementos.

If you would like to help us acquire scrapbooking supplies for this meaningful activity for our families, please visit our [Amazon Wish List](#). By purchasing directly from the Wish List, Bo's Place will receive your donation in the mail. Please add your name and address in the memo/gift receipt so that we can acknowledge your purchase.





Help Heal Hearts at Bo's Place- become a volunteer facilitator

*"I love being empowered to help families
with their grief journey."*

-Volunteer Facilitator



Grief is a personal journey. It has no timeline and it looks different for every family and individual. At Bo's Place, we offer support to children, teens and adults by creating a safe space for sharing and healing with other group members. If you have a caring heart and a few hours each month, we would love to have you join our team of volunteer facilitators.

We are grateful for Bo's Place volunteers who offer their time and energy to support the grieving families and individuals who walk through our doors. We are looking for compassionate, sensitive people to help those in grief. If you or someone you know could make a difference in the life of a grieving child, teen or adult, please consider attending our next Volunteer Facilitator Training on September 8-9, 2018. For more information or to sign up for the training, contact volunteer@bosplace.org or call 713-942-8339.



Special summer programs for Bo's Place children

Kid's Night Out is a longstanding tradition at Bo's Place. Twice a year, parents and guardians drop off their children and have time for themselves to run errands, eat dinner, or simply enjoy quiet time. While the adults are gone, the children participate in fun activities sponsored by Bo's Place partners. In early June, the Baylor Pediatric Student Association returned to sponsor their annual Kid's Night Out. This year, participants could be found decorating pots, watching *The Incredibles*, trying yoga, playing basketball, or participating in team building games. One volunteer stated, "we look forward to this every year and are already talking about what we can do next year."



In mid-June, Bo's Place offered a summer program called Music Memories, which highlighted the ways that music can be used as a form of expression and

comfort for the bereaved. Each child chose a song that reminded them of their person who died, which they played for their peers. Participants also participated in a drum circle, also known as a healing circle, which allows for the free expression of feelings. The final activity of the evening was exploring emotions through music with musicians from the Houston Symphony. This is the second year that the Houston Symphony has partnered with Bo's Place, and our participants loved every minute. Many thanks to the Bonnie and David Weekley Family Foundation for making this summer program possible.



Bo's Place is so honored to work with such passionate and dedicated partners who help us heal hearts.



Happenings

On June 2, Executive Director Mary Beth Staine represented Bo's Place at the **Texas Children's Hospital Complex Care Resource Fair**, distributing literature and sharing information about our services.





On June 4, Bo's Place hosted a **Retirement Luncheon** for our Volunteer Coordinator of 10 years, Carla Bagalay. We had fun reminiscing and dining on Carla's favorite foods!

National Charity League volunteers helped to transform Bo's Place into a musical masterpiece for our Music Memories event on June 13.



On June 20, our entire staff enjoyed an **End-of-year Celebration Lunch** at Tiny's No. 5 to reflect on the accomplishments of the last fiscal year and look toward the goals of our new fiscal year.

The 6th Annual **CJ Strnadel Memorial Fishing Tournament** was held in Corpus Christi on June 22-24. Proceeds from the event benefit Bo's Place and we were on hand to provide support. Thank you to SpawGlass for inviting us to be a part of this fun weekend, and to all of those who supported the tournament!



Bo's Buddies hosted a happy hour at OKRA Charity Saloon on June 26th. Thanks to everyone donating books and visiting OKRA for drinks and bites in May, Bo's Place won the vote and will receive the proceeds from June. Bo's Buddies had a great time celebrating the win!



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; www.bosplace.org; [facebook.com/bosplace](https://www.facebook.com/bosplace)

