

# Healing Hearts



e-Newsletter | August | 08.01.20

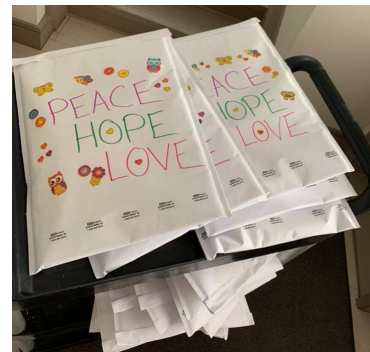
## In This Issue

- "Facebook Live" Family Activity Nights and Online Family Support Groups
- Online Adult Groups now available
- We're betting on You to Show Your Support
- Miles that Matter
- Save the Date: 2021 Hearts of Hope Luncheon
- Volunteer Spotlight: Susan Coates
- Bo's Place General Updates



## "Facebook Live" Family Activity Nights and Online Family Support Groups

Bo's Place staff have been busy designing creative ways to support our families while in-person groups are not possible. In July, we presented our first "Facebook Live" Family Activity Night. Each family enrolled in our family support groups received a packet of materials in the mail with the supplies needed to join our clinicians and participate in the activity. When they logged on to Facebook at the designated time, participants were guided through a "live" vision board activity! For those who tuned in without the supplies, alternative supplies were suggested in order to create their own vision board at home.



In addition to posting "Facebook Live" Activity Nights to encourage Bo's Place family group members and our community to participate in activities designed to build coping skills and resiliency, Bo's Place is now enrolling families into our online family support groups that meet twice a month. Please contact us at [info@bosplace.org](mailto:info@bosplace.org) or 713-942-8339 if you would like more information about "Facebook Live" Family Activity Nights or our online family groups.

If you are interested supporting these program, consider purchasing items from our Program Wish List located on Amazon. When you place an order for items on the Wish List, Amazon will send it directly to Bo's Place. Please include your name and address in the gift receipt so that we can send you a letter of thanks and acknowledgement of your donation.

[Visit our Wishlist](#)



## Online Adult Groups Now Available

Bo's Place is pleased to report that our 9-Week Adult Groups began online in July. Bo's Place clinicians adapted the groups for a Zoom setting and trained volunteer facilitators in the new format. We are grateful to the volunteer facilitators who make it possible to provide all the breakout "rooms" needed to offer groups of the size of our adult groups.

There is always a bit of uncertainty when new initiatives are attempted, so we are happy to hear the good reports we are getting from group members and volunteers. One adult group member shared:

*"I was a little leery about the medium simply because it is such a personal subject and I thought maybe feelings and such wouldn't be conveyed properly in a virtual setting. However, I do feel that I was very wrong about that. In fact, it seems to be the opposite. Everyone is in their own element, in a place that is familiar to them and comfortable. It seems like people are more willing to allow themselves to be vulnerable because of their surroundings."*



During this time that we are not able to be physically close, we are so glad to still be able to offer the support and connections that are core to the magic of Bo's Place. Please contact us at [info@bosplace.org](mailto:info@bosplace.org) or 713-942-8339 if you would like more information about our online adult groups.



We're Betting on You to Show Your Support



# HATS, HEARTS & HORSESHOES

A KENTUCKY DERBY AFFAIR | BENEFITING BO'S PLACE

With the health and safety of our generous supporters and guests in mind, Bo's Place has cancelled the in-person event on September 5 at Tootsie's. With your support, however, the winners will continue to be the children and families of Bo's Place. Be the first at the gate to bid on exciting auction items in our Derby Auction taking place virtually from August 28-September 5th!

For more information, please email us at [derby@bosplace.org](mailto:derby@bosplace.org).

Event Information



## Miles that Matter

Join Team Bo's Place this year and run "Miles that Matter!" One benefit of running for a reason is that you have the opportunity to honor a significant person in your life. Many Team Bo's Place runners choose to run In Memory Of or In Honor Of a loved one in order to add purpose to their training and participation in the 5K, half marathon or marathon on January 16-17, 2021. As we train for the upcoming marathon season, Team Bo's Place runners will have the opportunity to share why they are running on our [Facebook page](#). We hope you will consider joining our team as we log in our "miles that matter" in the coming months. Use the hashtags #MilesThatMatter and #TeamBosPlace.

More information about race weekend and registration can be found below. Please email any questions to [marathon@bosplace.org](mailto:marathon@bosplace.org).



Miles that Matter

HELP HEAL HEARTS  
OF CHILDREN & FAMILIES  
AT BO'S PLACE

Learn More



## Save the Date: 2021 Hearts of Hope Luncheon

Bo's Place is excited to announce the 2021 Hearts of Hope Luncheon Co-Chairmen: **Dorothy and Ronny Cuenod, Cindy and Harry Holmes, and Lynn and Mike Smith.**

Mark your calendars for **Thursday, January 21, 2021!** This year's Robin Bush Award recipient will be The Hamill Foundation, which has made a difference in the lives of countless children in the Houston community, most especially the lives of children who come to Bo's Place.



We look forward to sharing all the ways your support enables Bo's Place to help connect and heal hearts.



## Volunteer Spotlight: Susan Coates

Although she'd prefer not to talk about herself, Susan Coates has a lot to brag about. Not only is she Grandmother of the Year to her four grandkids (pictured here with Madison), but she fills several different roles in the community as well. Bo's Place has benefitted from her compassion, experience, and wisdom since she joined our volunteer team in 2017. Starting as a support group facilitator for the family groups at our Katy location, she slowly added additional roles with the Little Friends program (for our pre-school age participants) and the Daytime Adult Group. She has not only supported our families as a facilitator, but as an Outreach Ambassador at community events in West Houston to help spread awareness and recruit volunteers.



As a registered nurse, Susan has enjoyed a long career working in various areas of healthcare, from pediatrics all the way to hospice. Currently she volunteers her skills at Christ Clinic, an organization serving patients without insurance coverage. Additionally, she gives her time as a volunteer for Amazing Grace Hospice in Katy. Originally from the Northeast, Susan admits she could do without the Houston summers, and misses her grandchildren dearly, but she has formed some wonderful connections with her fellow volunteers here in Texas.

At Bo's Place, Susan enjoys the diversity of people she interacts with, both watching the bonds form between her group members as well as building relationships herself with other volunteers and staff members. "The connections I've made enrich my own experience, and it is such an asset to Bo's Place, the value we place on these connections." She shared that one of the most incredible experiences has been the ability to facilitate a men's group as part of the 9-week adult program. Susan was amazed at the depth of what her group members shared when they could let their guard down and is a big advocate for creating opportunities for men to connect in this way. "I leave with a happy heart each time, even when it's a heavy session."

When asked to share something that few people know about her, Susan reluctantly admitted to scoring a perfect 1600 on the SAT. Despite this fact, she quickly acknowledged that she is continuously learning in her role as a volunteer at Bo's Place. By improving her skills as a support group facilitator as well as gaining a better understanding of grief and learning tools to help manage the pain of grief, she benefits personally as well. Susan has a strong connection to our mission to enhance the lives of those who have experienced the death of a loved one. From her own experiences with death, she understands that we continue to heal throughout our lifetime. She recognizes the teachable moments within her volunteer experience and has the ability to hold her own grief story separate from those she is privileged to hear in her groups.

And to balance the weight of her volunteer experiences, Susan spends a lot of time in nature – or pursuing her lifelong passion as a swimmer. It was actually swimming that brought her to Bo's Place. She remembers fondly the day she was leaving the Cinco Ranch YMCA pool, and passed the flyer recruiting volunteers for our Katy volunteer training. Susan, we are so glad you stopped to

picked it up that day and committed to this unique experience of becoming a Bo's Place volunteer. Thank you for all you do to support grieving families and adults in our community.



## Bo's Place General Updates

Bo's Place continues to monitor conditions in Houston and Harris County in making decisions related to the appropriate timing to safely bring staff, volunteers and families back to Bo's Place for in-person grief support services.

In light of the continued severe and uncontrolled level of COVID-19 cases in Houston, we are following the advice of our local officials and leadership from the Texas Medical Center to continue to do our part to help slow the spread of this dangerous virus.

As such, Bo's Place staff will continue to work remotely for the next several weeks as we join our community in doing everything possible to help flatten the curve once again, which includes limiting our potential exposure to those not in our immediate households. Bo's Place staff will continue to do our work supporting the community from home in the following ways:

- Our clinicians respond to daily inquiries to the Information & Referral Line from grieving families and those wishing to support the bereaved and those in need of resources.
- Our online portal, [Bo's Place @home](#), houses activities, parent handouts and other grief support resources for parents/guardians and adults to enable them to do grief support activities at home, either individually or as a family.
- We now offer online groups for families and adults, and are enrolling new members through an online application process
- All trainings through June 2021 will be provided on an online platform until we can once again do group trainings in-person.

Bo's Place continues to work with our staff and board of directors to assess the COVID-19 situation in our community and to develop contingency plans for the next 12 to 18 months. We recognize that we will need to be able to seamlessly deliver our grief support services in person or virtually as circumstances dictate.

Let's all stay positive, safe and healthy – stay home when possible, maintain a social distance of at least six feet, wash hands regularly, wear a face covering and, if sick, get tested and self-quarantine.

---

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

---



CHARITY NAVIGATOR  
Your Guide To Intelligent Giving

