# Healing Hearts





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### Bo's Place Ofrenda: A Virtual Día de los Muertos Event

One of our favorite fall traditions will soon be here! Día de los Muertos, a multi-day holiday honored throughout Mexico and parts of Latin America, will be celebrated by many on November 1st and 2nd. Bo's Place has recognized this celebration honoring the deceased by creating ofrendas (altars), filled with photos and mementos of loved ones who have died. Last year, Bo's Place also held our inaugural Ofrenda: A Día de los Muertos Festival, which included activities such as decorating calavera (sugar skulls) cookies, coloring calavera masks, face painting, creating luminarias (paper lanterns), and special performances of mariachi music and ballet folklorico.



This year we are pleased to invite the Bo's Place community to join us in *Bo's Place Ofrenda: A Virtual Día de los Muertos Event*. From October 28 through November 1, tune in to our <u>Facebook page</u> each day until November 1 as our staff shares resources, activities, and information regarding this special holiday. We hope you can join us!

For more information, please contact  $\underline{ofrenda@bosplace.org}$ .









Hearts of Hope Co-Chairmen, **Dorothy and Ronny Cuenod**, **Cindy and Harry Holmes**, and **Lynn and Mike Smith** invite you to join Bo's Place for the annual **Hearts of Hope Luncheon** on January 21, 2021 at the **Westin Galleria Houston**.

Each year, the Hearts of Hope Luncheon raises much needed funds to enable Bo's Place to continue our critical work and to expand our programs in order to meet the needs of bereaved families and adults for grief support services.

Will you join us? Your purchase of a ticket or table will help Bo's Place support bereaved families at a time when connection and hope are needed more than ever. Together, we can ensure that bereaved children, families, and adults have a safe place to connect, find hope, and heal.

For more information, please contact Andrea Sivells, Development Director, at <a href="https://heartsofhope@bosplace.org">HeartsofHope@bosplace.org</a>.

Please note: Bo's Place will transition to a hybrid/virtual format for the Hearts of Hope Luncheon or postpone the event, should COVID-19 conditions in Houston require. An in-person event will accommodate all current health and safety guidelines.

#### **TICKET & TABLE OPPORTUNITIES**







# **Upcoming Training Opportunities**

# Helping the Bereaved Through the Holidays - Friday, October 16

We know that the holiday season often adds additional stress to those grieving the death of a loved one. In light of COVID-19, the holidays are poised to be especially difficult for bereaved families this year. Designed for helping professionals, this online workshop will describe common reactions to the holidays that the bereaved often experience and how this may be impacted by the pandemic. Techniques and activities to use with children and adults to help them express their hopes, concerns and expectations



regarding the holidays will be discussed, as well as ways to work toward creating new meaningful traditions as a family. We are offering this one-hour workshop in both English and Spanish, to ensure more families have access to valuable resources in the language of their heart.

Register for English

Register for Spanish

# Youth Bereavement Support: A Road Map to Inclusion - Friday, November 6

As a member of the National Alliance for Grieving Children (NAGC), Bo's Place invites you to join the NAGC for their 2020 Virtual Fall Conference. The diverse and unique nature of grief within broader contexts of racial trauma for marginalized

populations calls us to be innovative, progressive, and "culturally conscientious" in our approaches with less resourced communities. This experiential presentation will offer a lens to view ethical work with underserved populations, to include activities, cultivating peer support, inclusive and resonant facilitation, self-care, skill building, and family-based group and processing approaches. Three bereavement professionals will present varied perspectives to explore an inclusion framework for a 21st century approach to reach across divides to make healing connections in community grief, loss and trauma.



Register Now







### Save the Date: Speaking Grief Documentary Screening

Bo's Place is excited to announce a screening of the new documentary, *Speaking Grief*, followed by a panel discussion. *Speaking Grief* explores the transformative experience of losing a family member in a death and grief-avoidant society. It is a public media initiative aimed at creating a more grief-aware society by validating the experience of grievers and helping to quide those who wish to support them.



Mark your calendar for **Thursday**, **November 19**, **2020**! Registration information to follow.







### Volunteer Spotlight: Nally Hernandez

Nally's involvement with Bo's Place started out slow and steady, reminiscent of her life growing up in Lufkin, Texas. Nally is grateful for that small-town experience in her younger years and returns home to visit her family (and escape the bustle of Houston) at least once a month. When speaking about her family, Nally shared that her mom worked when she was a child, so her grandmother became like a second mother to her. Being such a strong presence in her life, it was deeply painful when Nally's grandmother died when she was only 15 years old. This time was made even more difficult when Nally's mom was unable to talk to her about the loss and she felt completely alone.

Many years later after moving to Houston, Nally was visiting St. Martin's Episcopal Church with a friend and noticed the mission of Bo's Place written in the Outreach Sunday brochure. She went home and did some research on the organization, interested in opportunities to volunteer. At the time, Nally thought she would need a degree in social work or psychology to become a volunteer at Bo's Place, but



was drawn to the thought of being able to offer support to others, in the way she desperately needed as a teenager. With encouragement from Volunteer Coordinator Carla Bagalay, Nally considered the possibility of attending the Volunteer Facilitator Training, but hesitated for many months thinking "I could never do that." In the end, her heart kept tugging at her to complete the training and she describes it as one of the best decisions she's ever made.

With Spanish as her first language, Nally has served as a support group facilitator in our Spanish groups, as well as a counselor at Campamento Sanando Corazones. And although she almost said no to the opportunity, she also led a yoga class at the last Women's Retreat, which was her first time teaching in Spanish. She remembers the retreat vividly as an incredibly moving experience, providing an opportunity for self-care to many women who had never tried yoga before. Nally attributes her personal growth in many areas to the opportunities she has been given as a bilingual volunteer at Bo's Place. Most recently, serving as the Volunteer Council Member representing the Saturday support group facilitators, Nally has moved into a leadership role in helping to strengthen communication between volunteers and staff. Oh, and did we mention that she also ran as part of Team Bo's Place for the 2019 Chevron Houston Half Marathon?

As a result of volunteering at Bo's Place, Nally acknowledges a significant shift in her views on death. Although she believed that death was "the end" when she was younger, she now recognizes that a person's memory continues forever, and we discover new ways of continuing the relationship. She has also found new ways to honor her grandmother's life, including creating an altar for Día de los

Muertos. Although she did not grow up observing this holiday, she has found it to be a very meaningful way to remember family members who have died. She hopes that through these types of events, the younger generation will recognize the importance of talking about death and begin to remove the taboo in our culture. Nally described the power in knowing that she was exactly where she needed to be, even when it felt scary, to ensure that the people she supports at Bo's Place never have to grieve alone.







### Run for a Reason with Team Bo's Place

With cooler temperatures on the way, it's the perfect time to start training for race weekend with Team Bo's Place. Runners on the team participate in the 5K (3.1 miles), half marathon (13.1 miles) and marathon (26.2 miles), so pick your distance and lace up with us!

To help you train for the big day, all team members receive monthly newsletters full of training tips and fundraising ideas. Additionally, Team Bo's Place offers opportunities to virtually train together on our Facebook page to allow us to stay connected.

We would love for you join our team and experience the reward of running for a reason. Most of our current and former runners would tell you that nothing propels you toward the finish line like having a person or cause to run for.



Contact <a href="mailto:marathon@bosplace.org">marathon@bosplace.org</a> to join the team and make your miles matter!

SIGN UP HERE







# Bo's Place General Updates

Bo's Place is doing our part to stop the spread of COVID-19 by working remotely and providing telephonic support and online programs to the bereaved. Our Board of Directors and COVID-19 Task Force continue to monitor conditions in the community and are encouraged at the progress we have made. We look forward to bringing our staff, volunteers, and families back to our building when it is safe for everyone to return. Until then, let's all work together to spread kindness, hope and healing as we mask up, wash our hands and physically distance to help stop the spread of COVID-19.







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





















