

# Healing Hearts



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## Looking Ahead to 2021

2020 has certainly shown us all that you cannot control what a year may bring. The bereaved often experience the loss of the life they had anticipated when plans and expectations are altered or destroyed by the death of a loved one. When there is so much beyond your control, putting thought and energy towards how you want to react and respond can help manage the uncertainty. What are the things that help you feel grounded when the world feels upside down? In 2021, what would you like to have more of in your life? Here are some options to consider:

- **Patience:** remember that grief is a lifelong journey, and it will change over time and not always at the pace you (or other people) want it to. Try to be patient with yourself and others.
- **Memorialization:** find ways to honor the memory of the person who died, acknowledge their legacy, and share memories.
- **Mindfulness:** take time to breathe, reflect, and to be in the moment.
- **Connection:** communicate with others who understand and support your grief journey.
- **Gratitude:** focus on what you are grateful for in both the past in the present.



May 2021 offer you more possibilities to experience the things in life the bring you comfort and joy.



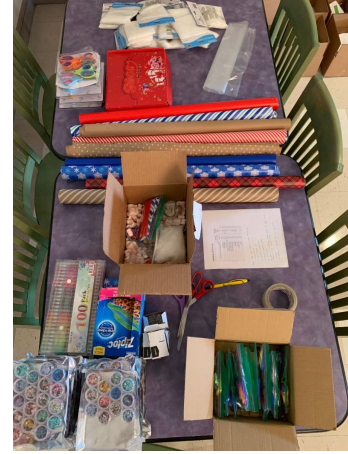
## Volunteer Spotlight: Grateful for All the Helping Hands!

Going virtual was the name of the game in 2020. With the help of several funders, bereaved families and adults enrolled in Bo's Place online support groups had everything they needed to participate fully in their groups.

Through dedicated gifts from the **Greater Houston COVID-19 Recovery Fund** jointly led by the **United Way of Greater Houston** and the **Greater Houston Community Foundation**, **The Junior League of Houston, Inc.**, the **Insurance Industry Charitable Foundation**, and **Cynthia Lam combined with a matching gift from Apache Corporation**, Bo's Place has been able to get supplies for family activities and welcome packets into the hands of those families and adults who are participating in our online groups. These packages include grief resources, Bo's Place t-shirts and our huggable stuffed puppies for each of the children and

supplies needed to participate in our grief support group activities. We are so grateful to these generous donors for ensuring we can provide these resources to our support group participants.

Thanks also to the volunteers who assembled these packages together and get them delivered to our families and participants on time!



## Bo's Place School Support Program

For the past 6 years, Bo's Place has provided grief support groups for students in Houston-area schools in a targeted effort to reach grieving children who might not be able to access grief support through our family grief support program.



Last year, Bo's Place began partnering with **Communities in Schools (CIS) Houston** as we sought to expand our school program by increasing the number of schools and students served. Over the summer, CIS Houston identified 62 schools within their network that indicated they had a current need for grief and bereavement services. While our staff was busy planning for how to provide grief support to schools using online platforms for groups and trainings during the 2020-2021 school year, we received news that the **New York Life Foundation** had approved a 2-year grant to support our school program and efforts to expand. We also received word that the **C.T. Bauer Foundation** had approved funding for our school programs for a second year. Thanks to this support, we expect to provide support groups in 10-16 schools, provide grief resource book bags to 100 school counselors/nurses and train hundreds of school personnel in ways to provide trauma and bereavement-informed care and support for their students during the 2020-2021 school year.

After one of our first online groups, students shared that they felt comfortable sharing with their peers, felt safe in group, and were looking forward to their next group. One student commented after attending several groups, *"I'm happy because ever since I started coming to group. I've felt good because I was able to share with others all that I am feeling. Thank you for listening and understanding and for all the trust that was given to me."*

Bo's Place is grateful for CIS Houston, the New York Life Foundation and the C.T. Bauer Foundation for working with Bo's Place through the challenges of the COVID-19 pandemic to help ensure that bereaved students in our community have access to the grief support that they need.



## Chastang Ford Mask Donation

Bo's Place was thrilled to learn that Chastang Ford joined the Ford Fund and participating Ford Minority Dealers to give away face masks to local charities. We received a delivery of disposable face masks that we are distributing to our participants through the welcome boxes and the activity boxes we have been regularly mailing. We are proud to stand alongside our neighbors and community through this pandemic.





## Hearts Full of Hope

The annual Hearts of Hope Luncheon is going virtual! We are looking forward to the event on January 21, 2021. We will hear from our chairs, **Dorothy and Ronny Cuenod, Cindy and Harry Holmes, Jordan, Sheridan and Stephen Smith** on behalf of their parents, **Lynn and Mike Smith**. We will also honor **The Hamill Foundation** with the Robin Bush Award and hear from our special guest speaker, **Rick Smith**, former Executive Vice President and General Manager of the Houston Texans.



We are grateful to so many friends of Bo's Place that have contributed to make this event a success, despite a pandemic and the fact we cannot be together in-person. On behalf of the staff, Board of Directors, and our families we want to thank each of our supporters for their generosity.

### Healing Heart Underwriters

Cuenod Families  
Cindy and Harry Holmes II  
Janice S. McNair  
Lynn and Michael G. Smith  
Paula and Rusty Walter

### Heart Strings Underwriters

Jenny Elkins  
The Ellwood Foundation  
Sarah and Doug Foshee  
John P. McGovern Foundation  
Light Charitable Trust  
Liz and Ned Schwing  
Sue Smith and Craig Brown  
The Stanton Family

You can find a list of our generous supporters below.

[View full list of Underwriters](#)

Contact Andrea Sivells, Development Director at [HeartsofHope@bosplace.org](mailto:HeartsofHope@bosplace.org) for more information.

\*As of the invitation print deadline.



It is hard to believe that 2021 is here, and as we look forward to warmer temperatures, we hope you will make plans to join us for our 5th annual Hats, Hearts & Horseshoes: A Kentucky Derby Affair on **Saturday, May 1, 2021!**

We are excited to announce the event will take place on the expansive outdoor grounds of the **Houston Polo Club**. Guests will enjoy fun and games, while dressed in their derby best.

Join our Chairmen: **Alissa and Kevin Maples, Millette and Haag Sherman** and **Christie and Mark Sullivan** for the best derby party in Houston! Tickets and tables are limited for this sell-out event each year, so make your reservations today.

## Purchase Tickets & Tables

\*Bo's Place will modify the event format should Covid-19 conditions in Houston require. An in-person event will accommodate all current health and safety guidelines.



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

