

# Healing Hearts



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## In This Issue

- Memories and Memorials During the Holidays
- 'Tis the Season
- Volunteer Spotlight: Anne Harvey Paez
- Give Back while Holiday Shopping on Amazon
- It's Not Too Late to Join Team Bo's Place
- Last Call for Professional Education Registration
- Save the Date for Derby 2022



## Memories and Memorials During the Holidays

This year, many Houstonians are facing the first holiday season without a treasured member of their family. The bereaved feel the absence of a loved one more keenly during the holidays, when the focus is on family, friends, and traditions. Incorporating connections or memorials into holiday activities can help the bereaved acknowledge the ways their loved ones are still present in their thoughts. If you are bereaved, think about ways you can honor your lost loved one this holiday season. Be easy on yourself if you are not able to do things in your usual way. Some ideas for keeping your loved one present during the holidays:

- Light a candle in their memory at a holiday meal
- Find a time to share favorite holiday memories of the person with others
- Put out a decoration that reminds you of them
- Wear their favorite color or a piece of their jewelry
- Carry a reminder of them

If you are looking for more ideas on how to approach the holidays while grieving, please check out [Helping Grieving Families Through the Holidays](#), available in English and Spanish.

Helping Grieving Families through the  
Holidays - English

Helping Grieving Families through the  
Holidays - Spanish



At Bo's Place, we are memorializing lost loved ones with our "We Remember Them" and "Los Recordamos" banner. Hung on the fence in front of our building, the banner is surrounded by ribbons bearing the names of people who have died. If you would like to include someone in this memorial, please click the button below. The memorial will be on display through January 31, 2022. The brightly colored ribbons blowing in the breeze are a tender reminder of the love and memories

held in the hearts of the bereaved.

## Memorialize My Loved One



The holidays are hard for those who have experienced the death of a loved one. Holiday cards and other traditions can be painful reminders of a loved one. This holiday season, give a gift to Bo's Place and help grieving children, families, and adults on their healing journeys.

Give Now



## Volunteer Spotlight: Anne Harvey Paez

More than eight years ago, Anne Harvey Paez was browsing on Facebook and saw a post about the Bo's Place Volunteer Facilitator training from Executive Director Mary Beth Staine. Anne had recently experienced several losses and was ready to focus her energy on helping others, so she attended the training and soon began facilitating.

At first, she facilitated for a Sunday high school group, but she was asked to try the Pregnancy Loss group. All it took was one group session for Anne to know that she wanted to be a Pregnancy Loss facilitator. She says that watching the participants' tears slowly be replaced with smiles or laughs over the course of a session is what makes the group so rewarding.

Anne recalls a favorite memory in which a participant talked about a fruit tree that she planted in memory of her daughter. On the last day of group, she brought each participant a piece of fruit from that tree to share. Anne says, "Any facilitator will tell you, you get back far more than you give in this role."



Anne was born and raised in Baton Rouge, but has lived in Houston for over 30 years. She and her husband, Gordy Paez, have been married for 5 years and have three young adult children and two rescue puppies together. She is a CPA by trade and currently works as the Tax Director for the Hanover Company. For fun, Anne and her husband like to plan vacations around the concert schedule of their favorite band, Guster. They have seen Guster play in Houston, Portland, San Francisco, and at Red Rocks, and plan to see them next year in Chicago.

Thank you, Anne, for your dedication to Bo's Place!



## Give Back while Holiday Shopping on Amazon

Do your holiday shopping through the Amazon Smile program, and a portion of your purchases will go to help the families of Bo's Place! It's easy – just click below and start shopping!



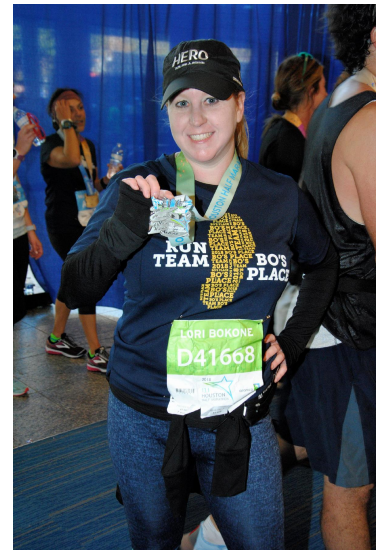
Shop Now



## It's Not Too Late to Join Team Bo's Place!

Join Team Bo's Place for the We Are Houston 5K, Aramco Houston Half Marathon and Chevron Houston Marathon in January and start the year off on the right foot! Run a quick and easy 5K on January 15 or go the extra mile and run the half marathon or marathon on January 16. All runners are invited to our Pancake Breakfast after the 5K to celebrate your efforts. Whether you are a seasoned runner or just want to kick off the new year with a healthy activity, you are welcome on our team. Don't miss the opportunity to run for a great cause!

Find out more information below or contact [marathon@bosplace.org](mailto:marathon@bosplace.org) with questions.



Learn More



## Last Call for Professional Education Registration

This is the last chance to register for our webinar *Good Grief for Helping Professionals* on **Friday, December 3**, from **9:00 am – 12:00 pm**.

Bo's Place clinicians will present on current grief theory, indicators of grief, ways to support grieving individuals across their lifespans, and helpful reactions to grief. Attendees will gain tools to support their work with the bereaved, interventions that can be delivered virtually or in person, and ideas for self-care. This workshop offers 3 CEUs.

Please plan to attend and share with your networks!



Register Now



♥ ♥ ♥

# HATS, HEARTS & HORSESHOES

A KENTUCKY DERBY AFFAIR | BENEFITING BO'S PLACE

We are thrilled to announce that **Carol Lee and Allen Lyons** and **Sheridan and Robert Plumb** are serving as Co-Chairmen for Hats, Hearts & Horseshoes: A Kentucky Derby Affair! Please mark your calendar for **Saturday, May 7, 2022**, and join us for the best Derby party outside of Churchill Downs!

Dress up in your finest Derby attire and enjoy an afternoon at the **Houston Polo Club** with beverages and bites, including the classic mint julep. Fun and games include a "run for the roses" racing wall, silent auction, lawn games, and more!

Join us at the starting gate for another spectacular event, and the real winners will be the families of Bo's Place!

For more information, please contact Rachel Daniels, Special Events Manager at 713-942-8339 or [derby@bosplace.org](mailto:derby@bosplace.org).

## Underwriting & Sponsorship Opportunities

♥ ♥ ♥

## Happenings



We unveiled our annual **Día de los Muertos Ofrenda** on November 1. Featuring pictures of loved ones who have died, this memorial remained on display all month to honor the memories and celebrate the lives of these special people.



**Children's Grief Awareness Day** was November 18. Our staff wore blue "Heart Healers" t-shirts to spread the word about this important day.

We are so grateful to James and his crew for donating smoked turkeys for our families this Thanksgiving. This tradition continues in honor of one of our longtime friends and supporters, who knows how difficult the holidays can be and how helpful this provided meal is. We deeply appreciate all of our staff and supporters for all you do to #helphealhearts.



On November 28, the **NCL Heart of Texas Chapter** helped Bo's Place decorate for the holidays. Thank you for helping us get into the holiday spirit, NCL Heart of Texas!



## Bo's Place Grief Support Services

At Bo's Place, we believe that grieving families heal when they can share their experiences with each other. 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, visit our website [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.*



**CHARITY NAVIGATOR**  
Your Guide To Intelligent Giving

