

# Healing Hearts



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## In This Issue

- Resolve to be Kind to Yourself in 2022
- Volunteer Spotlight: Christian Capo
- Join Us for the Annual Hearts of Hope Luncheon
- Help Us Cheer On Team Bo's Place
- Register Now for Upcoming Volunteer Facilitator Training



## Resolve to be Kind to Yourself in 2022

When a year comes to an end and another one begins, it is a natural time to reflect upon the past and to think about the future. When someone you care about dies, those thoughts of the future include thinking about how many things will change and the ways life will be different without them. It may feel harder to set goals or make plans when the path forward feels less clear. You may have to adjust your expectations for yourself.

This year, consider making resolutions to be kind to yourself and to prioritize self-care. Over the past several years, Bo's Place has increasingly utilized self-care and mindfulness-based activities in our grief support groups and in resources provided to the bereaved. The feedback that we have received is that having tools that help calm the body and providing strategies to set aside moments for yourself can be incredibly helpful in managing the reactions to the grief that you may be experiencing.



Grief is a whole-body experience and can be physically and emotionally depleting. Self-care can help rebuild your inner resources, having a positive effect on both physical and mental health. There are many activities that you can do even if time, energy, and resources are limited. The first step is setting the intention to care for yourself. You can start with something as small as a 1-minute breathing exercise, and then add more options as time and energy allows.

For self-care ideas, please check out the self care folder on the [Bo's Place @home](#) portal in both English and Spanish. You can also find videos that demonstrate self-care activities in English and Spanish.

Bo's Place sends you our best wishes for health and well being in 2022!

Bo's Place @home Portal

Self-Care English

Self-Care Spanish

Videos - English

Videos - Spanish



## Volunteer Spotlight: Christian Capo

Christian Capo has held a lot of different roles over the last 3 years at Bo's Place. He has been both a Masters Level Social Work Intern and a volunteer facilitator for Katy Family Groups, Little Friends Groups, Spanish Family Groups, and for all age groups of in-person and online Family Groups. Christian first learned about Bo's Place when he was doing end of life research at Rice University and attended one of our community training workshops. He has always been interested in palliative and end of life care, and volunteering at Bo's Place has given him the opportunity to pursue his interest while helping others. His experiences here have helped him feel more connected to his own mortality and understanding of grief.



Christian says that Bo's Place is where he feels most himself, and that he loves working with his kind, compassionate, and hard-working fellow volunteers. In every group he has facilitated, his co-facilitators have understood how to build spaces in the conversation where the participants can create meaningful connections. One of his favorite memories from group was when a group of children decided to tell jokes to lighten the mood after a heavy session and they all ended up laughing together. Christian's personal favorite joke was "Why did the chicken do a dance? Because they wanted scrambled eggs!"

Christian is an LMSW who works in Health Equity, leading vaccine clinics and giving health education trainings in the unincorporated areas of eastern Harris County. He and his wife have two cats, David and Kicky, who they train to do tricks! Christian also enjoys cycling and adventurous cooking such as making cheese or fermenting hot sauces.

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



## Please Join Us for the Annual Hearts of Hope Luncheon

Join Co-Chairs **Daisy and John White, Niccole White Greeley, MD, and Christopher Greeley, MD** and **Jacqueline White Arribas and Alfredo Arribas, DDS** at the Annual Hearts of Hope Luncheon benefiting Bo's Place. The luncheon will take place on **Thursday, February 10, 2022** at **The Westin Galleria Houston**. We will honor **Rebecca Taylor** and **Christyn Taylor** with the Robin Bush Award and hear from Special Guest Speaker, **Ann Christensen**.



We are so grateful to the many friends of Bo's Place who have made this event a true success as we gather together again in February! 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.

Tickets and tables are limited, so secure your table now!

[Purchase Tickets & Tables](#)

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



## Help Us Cheer On Team Bo's Place

Houston Marathon race weekend is just a few weeks away and we can't wait to cheer on Team Bo's Place as they walk and run for a reason! We

invite you to join us on **Sunday, January 16, 2022**, to cheer on the half marathon and marathon runners at the Bo's Place HOOPLA station. It is located at approximately mile 5.5 on the course, a great point in the race to see your friend or family member as they run by. We will be handing out snacks to runners and offering encouragement with signs and noisemakers.

If you are interested in joining the Bo's Place HOOPLA station, email [marathon@bosplace.org](mailto:marathon@bosplace.org) for more information.



## Register Now for Upcoming Volunteer Facilitator Training

Bo's Place next Volunteer Facilitator Training is quickly approaching and will be held virtually on **Saturday and Sunday, February 5 & 6, 2022** from **9 am-4 pm** both days. This training is required for all volunteers interested in becoming a facilitator for Bo's Place peer grief support groups (in-person and/or online groups). The deadline to register is Friday, January 21.

If you are interested in attending and becoming a volunteer facilitator, please reach out to Kelly Prucnal, Volunteer and Outreach Manager, at [kelly@bosplace.org](mailto:kelly@bosplace.org) for more information.



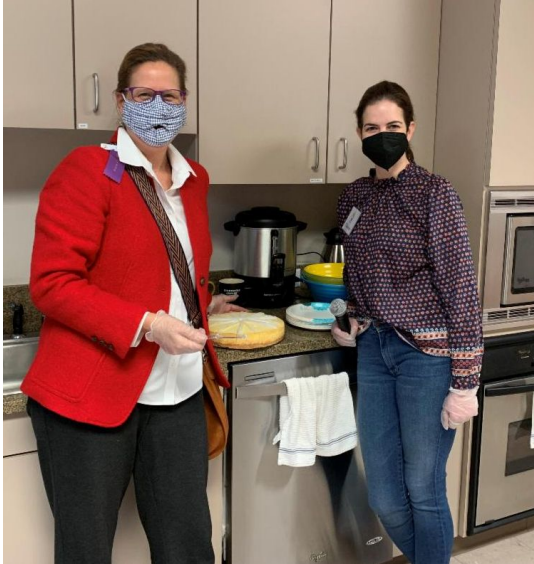
## Happenings



We were fortunate to have two fantastic volunteers help us prepare our holiday cards for mailing on **December 9**. They spent hours stuffing, stamping, and addressing hundreds of envelopes to go out and spread holiday cheer! Thank you to **Jacqui White Arribas** and **Ellen Van Wart** for all your help!

A big THANK YOU to our Board of Directors for their generous sponsorship of our family support group **Holiday Dinner** on **December 13**! They provided Olive Garden for a special holiday dinner that was enjoyed by all. A special thank you to board members Laura Laux, Christina Altenau, Amanda Eichenbaum, and Megan Hotze and her daughters Emma and Catherine for serving as the hospitality volunteers for the night!





Our staff was thrilled to celebrate the holidays – in person this year! – for our **Annual Staff Holiday Lunch** on **December 15**. Everyone feasted on lunch from Carrabba's while enjoying the camaraderie of colleagues. It's the most wonderful time of the year!



Another tradition returned in person this year: our **White Elephant Exchange**! With wacky holiday outfits, we had a spirited gift exchange on December 15. Our hearts were full after an afternoon of laughter and connection as we celebrated the season.



## 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.

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

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