

Healing Hearts



e-Newsletter | February | 02.02.22

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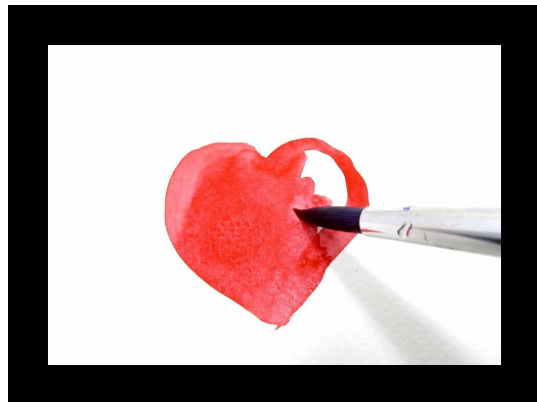


Love Remains

"The things we truly love stay with us always, locked in our hearts as long as life remains." – Josephine Baker

Love is one of the most fundamental human experiences, and it is deeply connected to life's joys and sorrows. We grieve to the extent we love, so in that way each grief story is also a love story. When someone we love dies, their physical presence is gone, but our connection with them continues through the love we feel for them.

In grief literature, this sense of connection is called a "continuing bond." Some people take great comfort in their continued bond and find ways to feel connected through activities such as journaling, engaging in activities and hobbies they shared with the deceased, continuing personal rituals or holding memorial events to acknowledge the deceased, or reflecting on the legacy of the deceased. Developing a continuing bond involves finding ways to maintain a connection with the person who died to integrate their memory into your present life.



To learn more about continuing bonds, see our handout in English and Spanish.

[Continuing Bonds](#)

[Vínculos continuos](#)



Team Bo's Place Runs with Heart

We had a wonderful weekend cheering on Team Bo's Place in the 5K, half marathon and marathon on January 15-16. The weather was cold and the sun was shining – perfect conditions for our first in-person run since 2020!

We enjoyed cheering on the members of Team Bo's Place as they ran past our HOOPLA station. We would like to thank everyone, including our corporate partners, who helped

make the 2022 marathon season a memorable one. We are already looking forward to next year!



THANK YOU TO OUR CORPORATE PARTNERS!

CHAMPION



ELITE



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Volunteer Spotlight: In-Person Volunteers

A big thank you to all our Volunteer Facilitators and Hospitality Volunteers for their endless flexibility, patience, and dedication. Since re-starting in-person groups last October, our volunteers have handled many curveballs as the pandemic evolved. They underwent additional training, completed new requirements, and gave us grace when we had to cancel and reschedule groups.

We could not do the work that we do to support the bereaved in our community if were not for our fantastic volunteers, both in-person and online. THANK YOU for your dedication.



Call to the Post!

Hats, Hearts & Horseshoes: A Kentucky Derby Affair benefitting Bo's Place is just around the corner! Join Co-Chairs **Carol Lee and Allen Lyons** and **Sheridan and Robert Plumb** and Honorary Chairs **Megan and Luke Hotze**, **Alissa and Kevin Maples**, **Millette and Haag Sherman**, **Christie and Mark Sullivan**, **Hallie Vanderhider**, and **Kelli and John Weinzierl** on **Saturday, May 7**, at the **Houston Polo Club** for the most exciting two minutes in sports.

We are thrilled to honor **Rick Smith**, Bo's Place board member and former Executive Vice President and General Manager of the Houston Texans, at this year's event. In 2017, Rick's wife, Tiffany, was diagnosed with breast cancer, and Rick stepped back from his career to care for his wife and their three children until her death in January 2019. Following her death, the Smith family directed donations made in Tiffany's memory to Bo's Place; the Smith family matched donations, bringing the total to over \$100,000. Rick and his children also joined a family grief support group at Bo's Place.



Gather your friends and secure your table today for the best Kentucky Derby party in town!

Secure Your Table

For more information, please contact Rachel Daniels, Special Events Manager, at 713-942-8339 or derby@bosplace.org.



We are Hiring

Did you know that Bo's Place was voted one of the Best Places to Work by the Houston Business Journal in 2019? If you, or someone you know, is an experienced fundraising professional or a licensed mental health professional interested in joining the leadership team at Bo's Place, please read more below about our open Development Director and Community-Based Programs Director positions.



Development Director

Community-Based Programs Director



Bo's Place Grief Support Services

At Bo's Place, we believe that grieving families heal when they 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, click [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.

