

# Healing Hearts



e-Newsletter | June | 06.02.2023

## In This Issue

- How Do You Cope With Father's Day?
- The Gift of Volunteering: *Un regalo para mi*
- Volunteer Training This July
- Everyone Was a Winner at Hats Hearts, & Horseshoes, A Kentucky Derby Affair
- Celebrate Global Running Day with Team Bo's Place
- Register for *Good Grief for Helping Professionals*
- The Hamill Foundation's Exceptional Support of Bo's Place
- Bo's Place Spring Appeal is in Full Swing!



## How Do You Cope With Father's Day?

Part of the magic of support groups at Bo's Place is people who are bereaved sharing their thoughts and feelings about the person that died and both giving and receiving support. Sometimes that support is sharing what has been helpful in navigating the grief journey. With Father's Day coming up this month we asked some members of the Bo's Place Family to share their tips for coping with Father's Day while grieving their father's death.

- "I cope with Father's Day by spending time with the other men in my life who support me in my grief journey."
- "I cope with Father's Day by incorporating small reminders of him into my day...his favorite food, an activity he enjoyed doing, or listening to a song that reminds me of him."
- "What helps me most on Father's Day is staying off social media. Seeing other dads being celebrated can be difficult on that day. Instead, I spend time with other people in my family and try to be present with them."
- "On Father's Day I reflect on my own health to give myself time to re-align my goals knowing that I have another day to enjoy life."
- "Knowing it can be hard for myself on Father's Day, I ignore social media so that I'm not bombarded with 'feel good' Father's Day stuff."
- "On Father's Day I try to do an activity my dad loved, like anything outside."
- "I cope with Father's Day by sharing stories with others that have gone through similar situations of having a dad die."
- "What helps me most on Father's Day is staying positive and remembering the good days or fun memories."
- "I don't have other male family members to spend time with on Father's Day, so I take time to reflect on cherished memories of my dad."
- "On Father's Day I write my dad a letter catching him up on all the things that happened in the last year: The latest gossip, my own achievements, and how the Dallas Cowboys were doing."
- "My dad died when I was young leaving my mom to fill the role of both parents. What helps me most on Father's Day is spending time with my mom and honoring whatever feelings come up."



Whether you are grieving a father or someone else in your life, we invite you to try any of these tips that seem helpful. Take what works and leave the rest. That is the beauty of a support group; what works for one person may not work for another so hearing from lots of different people increases the chance that you will hear something that feels right for you.



## The Gift of Volunteering: *Un regalo para mi*

"¿Tú lengua materna es el Español, quieres transformar vidas, sentirte socialmente útil, ver las cosas de otra manera, aumentar tú autoestima? Ven y forma parte de una de las mejores comunidades de voluntariado." (*"Is your native language Spanish, do you want to transform lives, feel socially useful, look at things in a different way, increase your self-esteem? Come and be part of one of the best volunteer communities."*)

-Elizabeth Silva, Saturday Bilingual Family Group Volunteer Facilitator



Bo's Place Spanish-language family support groups provide a unique space for bereaved Hispanic/Latino families.

Groups facilitated in Spanish allow for native Spanish-speakers to express their feelings, thoughts, and experiences regarding their grief in the language in which they feel most comfortable. Our Spanish-speaking volunteers provide support to a community that is often scarce in providers and resources. Individuals who share their time with Bo's Place are a part of a family's healing, transformation, and support.

Renee Mathez, a Saturday Spanish-Speaking Family Group Volunteer, shared the following regarding her experience working with Spanish-speaking families, "la oportunidad de conocernos mejor a nosotros mismos, descubriendo nuestra capacidad de dar, de ser empáticos, de ser más solidarios y generosos. Todos sanamos en estos momentos compartidos de mutuo apoyo y profundo reconocimiento de nuestras emociones y sentimientos." (*"the opportunity to know ourselves more, to discover our own capacity to give, to be empathic, to be more supportive and generous. We all heal in these shared moments of mutual support and profound recognition of our emotions and feelings."*)

Volunteering has been found to help with mood, optimism, purpose in life, and to create more social contact. Volunteering not only benefits the well-being of those served but also of those serving. Or as Ethel Diaz, a Saturday Bilingual Family Group Volunteer Facilitator, stated, "la experiencia ha sido un regalo de vida para mí. El ambiente de comunidad que existe en Bo's Place permite tanto a los dolientes como a los voluntarios, sentirse como en casa." (*"this experience has been a gift of life for me. The community environment that exists at Bo's Place, allows as much for the persons grieving as for the volunteers, to feel that we are at home."*)

A recent [article](#) reported mental health crisis among Latinos and noted that there is a lack of providers who are Latino or can at least speak Spanish and would be able to help in a culturally relevant manner. Latino families seeking services when they are having mental health difficulties is made more complicated by the lack of trained, culturally knowledgeable providers who speak their language. Bo's Place recognizes the great need for Spanish-speaking providers, and we are spreading the word in the hopes that we can recruit more volunteers to work with our Spanish-speaking families.

If you are fluent in Spanish and would like to experience the benefits of volunteering, please consider joining our Spanish-speaking volunteers at Bo's Place. "Considera dar tu tiempo a Bo's Place, y hazlo desde el corazón, ya que no solo podrás colaborar con las familias dolientes, sino que estarás siempre rodeado de personas altruistas, generosas y en un ambiente amistoso y de cooperación mutua." (*"Consider giving your time to Bo's Place, and do that from your heart, you will not only be able to assist grieving families, but will you always be surrounded by people who are altruistic, generous and in a friendly environment where there is mutual cooperation."*)

-Renee Mathez



## Volunteer Training This July



Everyone's talking about volunteering with Bo's Place! Several of our Volunteer Facilitators from Tuesday's 9-Week Family Group excitedly shared what it means to facilitate support groups at Bo's Place. From seeing the change in grieving families to finding a meaningful way to give back, **YOU** can help Bo's Place heal hearts by becoming a Volunteer Facilitator. Our greatest need is for Volunteer Facilitators for our in-person family groups. We will hold our next Volunteer Facilitator Training on **Saturday and Sunday July 29-30, 2023, 9:00 a.m. - 4:00 p.m., at Bo's Place**, 10050 Buffalo Speedway. In the training, participants will learn about Bo's Place services, gain a better understanding about grief, and discover tools to be an effective volunteer facilitator for our peer support groups.

If you are interested in becoming a volunteer facilitator or would like more information, please email [volunteer@bosplace.org](mailto:volunteer@bosplace.org).



## Everyone Was a Winner at Hats Hearts, & Horseshoes, A Kentucky Derby Affair

A hot and summery afternoon set the stage for our seventh annual Derby event Hats, Hearts, & Horseshoes. The Houston Polo Club lawn was the venue with an impressive polo display delighting the crowd. 375 supporters in their Derby finest attire, most with fabulous hats in tribute to the "Run for the Roses", attended the event that was held on Saturday, May 6. Chairs of this successful event were **Drs. Julie and Stephen Chen** and **Alice and J.W. Lodge**, who were thrilled to raise \$335,000. **Mary Beth Staine**, Bo's Place Executive Director, presented the Champion of Hope award to **Dorothy and Ronny Cuenod** who through sharing their own grief journey provide hope and healing to others in need of comfort and support. Dorothy and Ronny are long-time supporters of Bo's Place, as well as many other organizations addressing the mental health needs of children and families. Dorothy and Ronny experienced the death of their son Grayson in 2007 and their family benefitted from the grief support groups that Bo's Place provides. They continue to support Bo's Place and are advocates for the bereaved.

Guests socialized, sipping champagne and traditional mint juleps and sampling a variety of delectable bites. Silent auction bidding, a racing wall raffle, heads or tails game, bourbon pull, and Mission Market entertained the guests during the event. Multiple large screens allowed everyone to catch the greatest 2 minutes in sports - the Kentucky Derby race. **Marcey Heschel** was one of the few to place her raffle ticket on the racing wall for the magnificent horse Mage and was excited to win the 1st place prize of a \$1,500 gift card to IW Marks.





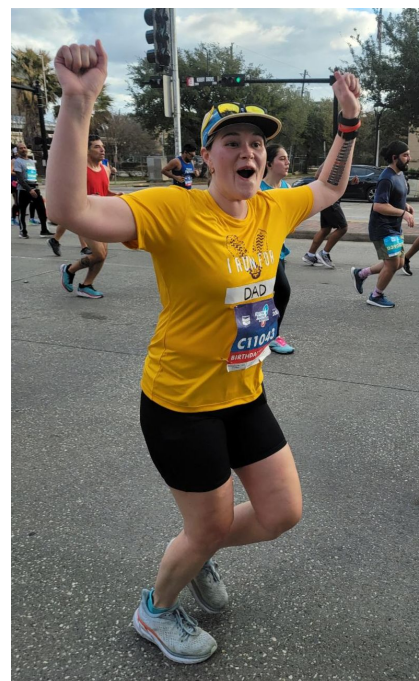
Stephen Chen, Julie Chen, Ronny Cuenod, Dorothy Cuenod, Mary Beth Staine, Alice Lodge, J.W. Lodge.



## Celebrate Global Running Day with Team Bo's Place

What better way to celebrate Global Running Day than to sign up for a race? Global Running Day is coming up on Wednesday, June 7. Commemorate this running holiday by committing to Team's Bo Place for the Chevron Houston Marathon, Aramco Houston Half Marathon, or We are Houston 5K taking place in January 2024.

Running for a reason is a special way to honor or memorialize a loved one, and we would love to have you on our team. Contact [marathon@bosplace.org](mailto:marathon@bosplace.org) with any questions.



## Register for Good Grief for Helping Professionals

Only a few spots remain for our in-person *Good Grief for Helping Professionals* training on **Friday, June 9th** from **9am to 12pm**! This in-person training is designed for professionals wanting to build their skills to more effectively support the bereaved. The session provides an overview of current grief theory, various indicators of grief, and how to support grieving individuals across the

lifespan in a variety of settings. Opportunities for 3 continuing education credits will be available. Register here.

For questions, please contact Community-Based Programs Director Sable McElveen, LCSW at [sable@bosplace.org](mailto:sable@bosplace.org).



Register Now



## The Hamill Foundation's exceptional support of Bo's Place

Since 2004, the Hamill Foundation has helped sustain grief support services at Bo's Place, having a lasting impact on the bereaved children and families Bo's Place serves. The Hamill Foundation is our most generous funder and a cherished partner of Bo's Place. In addition to contributing to Bo's Place through general funds, they have supported our capital campaign, weekend camp for support group families, grief support for bereaved families in West Houston/Katy, personnel costs to hire bilingual clinical staff, and capital and building improvements during and after the pandemic. Bo's Place was also pleased to present the Robin Bush Award to The Hamill Foundation at the 2021 Hearts of Hope Virtual Luncheon, given each year to those who have made a marked difference in the lives of children in our community. Accepting the award was Tom Brown, Hamill Foundation Grants Director, pictured here with Mary Beth Staine, Bo's Place Executive Director.

Bo's Place is grateful for the for the many years of friendship and the more than \$2 million in support that The Hamill Foundation has provided to Bo's Place.



## Bo's Place Spring Appeal is in Full Swing!



All of us can be heart healers and provide hope to those who are grieving. Because of the support of caring individuals like you, Bo's Place is a unique resource for children, families, and adults who are bereaved. Please consider donating to our Spring Appeal and help us bring hope and renewal to those who have experienced the death of someone significant in their lives. The need is greater than



ever.

May YOUR heart be the reason hope springs eternal for those who are grieving.

Give Now



## Happenings

May the 4th be with you! On May 4, Mary Gossett, Bo's Place Volunteer and Outreach Manager spent time with students and staff at **Lone Star College-Cy Fair's Mental Health Awareness Day Fair**. Participants had an opportunity to engage with community organizations that provide mental health resources and practice mindfulness, self-care, and stress management through multiple hands-on activities. A special visitor even stopped by to say hello!



Rick Smith, Bo's Place board member, and Sable McElveen, Bo's Place Community-Based Programs Director, spent time with families at the **Spring Branch ISD Health and Wellness Fair** held at Northbrook High School on May 6. Families collected resources and information that would not only improve their mental health but tips and tools on taking care of their physical health through nutrition and exercise.



Mary Gossett, Bo's Place Volunteer and Outreach Manager, and Sable McElveen, Bo's Place Community-Based Programs Director, attended **Baker-Ripley's Annual Mental Health Symposium** on May 19 at San Mateo Episcopal Church. Participants learned ways to take care of their mental health through sensible nutrition and mindfulness practices that can support the whole family.



## 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.*



**CHARITY NAVIGATOR**  
Your Guide To Intelligent Giving

