



# The WARM Way

*Celebrating 30 years of hope and healing*



A Publication for the Families and Friends of The WARM Place | Where Grieving Children and their Families Find Hope | Spring 2019

## A Lasting Impact

*Playing a role in stories of healing*

For 30 years, The WARM Place has had the opportunity to be a part of over 35,000 families' grief journeys. Often, we hear about the impact that their time at The WARM Place has had on their lives many years later. We are privileged to be a small part of their healing process and to be held in their hearts. Cyndee Jardieu's story is one example of why we exist to fulfill our mission of providing grief support at no cost to grieving families.



Cyndee Jardieu

1995 was the year that everything changed for Cyndee Jardieu. She had a loving husband, Dave, who had just started a new job, three boys, and a twelve-day old baby girl. But on October 14th that year, her world would never be the same.

After the boys had their breakfast and were dressed for soccer practice, Cyndee sent her oldest, Zachary (6), to go wake up their dad. Zachary came

back to her reporting that dad would not wake up.

Frustrated and tired, Cyndee decided she would go back to the boys' room and make Dave get out of bed. Dave had fallen asleep last night in the boys' room while reading a book to them. Cyndee entered the room and touched his back. She immediately knew he was dead.

A scream emerged from Cyndee's mouth, and immediately the boys ran to the room to see what had happened. Cyndee quickly sent them away to watch cartoons. After she called 911 and Dave's mother, she sent her children to the neighbor's house, while she talked with the paramedics. They confirmed her worst fear – Dave was dead.

Cyndee went to her neighbor's house to tell her kids. After contemplating what to say, the words just came out: "Your dad is dead." As she huddled them close to her, tears fell from all their cheeks. Their lives had just been turned upside down. Cyndee knew her boys would need more help than



Zachary, Ian and Spencer with Dave

she could provide, so Cyndee started looking, and she found The WARM Place. Cyndee, Zachary, and Spencer started attending groups at The WARM Place in January 1996, and Ian would later join the PreK group. Cyndee said she was angry and mad to even be there in the first place because it wasn't fair that she and her family were in this situation. However, after the first meeting, Cyndee knew that this would be good for them.

**"The WARM Place helped us to put our grief in perspective and to know that we were not alone," Cyndee said.**

Overtime, other families going through similar experiences began to feel like family. They had something that tied them together. Cyndee still keeps in touch with some of the other people in her support group and Peggy Boehme, cofounder of The WARM Place.

Today, Cyndee is a successful speaker and author of "Detour to Happiness." In her book, she talks about her grief journey and her experience at The WARM Place. Cyndee says that the death of her husband was a tragedy wrapped in ugly paper, a present in disguise of being able to give back to others and comfort those who have experienced similar detours in their lives.

The WARM Place was able to help Cyndee unwrap this present and will be forever grateful to have had a small part in her journey. It is stories like this that give us hope and motivation to continue to fulfill our mission for the next 30 years and beyond.

30  
years



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# A Note from Shelley



2019 is a big year for The WARM Place. This year on August 24th, we will celebrate our 30th Anniversary. 30 years of fulfilling our mission to support grieving children and their families after the death of a loved one. The other day I started to think about milestones and why they matter. Of course, milestones offer us the chance to celebrate accomplishments and reflect. Milestones bring awareness and increase visibility to our cause; they highlight our history and often showcase our vision for the future. However, reflecting on the past 30 years of The WARM Place, I can't help but think that this time also represents 30 years of loss. Years missing our loved ones, years celebrating angel birthdays, years wishing they were still here, and years of grief. Milestones are something we as grievers recognize often - the anniversary of our loved one's death, birthdays that pass each year without them, or the last holiday we spent with our loved one. Days and years are significant to us as we grieve.

We know the journey of grief is difficult and different for everyone, and that is where The WARM Place comes in. When we face grief on our own it can be overwhelming and scary, but with the support of others, we can find hope and healing. That is why this milestone is so significant to us at The WARM Place, because it also represents 30 years of support, love, and companionship to grieving children and families when they need it the most. Over the past 30 years we have served over 36,000 children and their families, and our mission remains the same as we head into the future.

We are grateful for the vision of our founders, Peggy Bohme and Dr. John Richardson, and for the loyal support of our volunteers and donors who have made it possible for our services to be available at no cost to the families that we serve. We hope you will join us to celebrate this milestone anniversary at various events throughout the year, starting with our Race 2 Remember Them on March 2nd, and concluding with a special anniversary edition of our signature fundraiser, A Cool Night by Candlelight on October 5th. We are so proud to continue this important work and we hope you will share in the celebration!

Shelley Spikes, Executive Director

# SAVE THE DATE

For more information on  
WARM Place events, please  
visit [thewarmplace.org/events](http://thewarmplace.org/events)

**Race 2 Remember Them**  
March 2

**Spring Break - No groups**  
March 11-15

**Volunteer Appreciation**  
April 6

**StrangeFest Memorial Concert**  
April 13

**Family Night**  
April 26

**Fireman's 5K**  
May 25

# Peace & War Activity

## Finding peace again

By Gina Brown M.S., LPC  
Group Director

## Counselors' Corner

One of the hardest things about grief is that you are not taught how to grieve. You can try to prepare for a death, but no matter how hard you try, you cannot prepare for grief.

One powerful activity we do with our young teens and teens to demonstrate this concept is called "Peace and War." For this activity you simply need a canvas and some paint. To start, each member of the group is asked to imagine what peace looks like and paint those thoughts on their individual canvases.

When finished, each person in the group moves down a chair at the table. They are now sitting in front of another group member's painting of peace and told to close their eyes and imagine what war looks like. On top of the canvas in front of them, they are asked to paint a picture of war over someone else's peace. Once finished, the group members return to their seats in front of their original paintings, which now look like war. The last task is to look at their own picture and recreate peace from the current picture of war.

Discussion questions include: How does it feel to paint over someone else's peace? How does it feel when another person paints over your image of peace? It is not common to hear about how difficult these tasks are for young teens and teens. Just imagine how hard it must be to destroy someone's vision of peace or how it feels to see your perfect illustration of peace destroyed!

When a death loss occurs, our sense of peace changes. We swell up with feelings we perhaps have never had. These feelings are called grief, not anticipated, nor wanted. We have no control over the changes that now happen in our life. Much like the activity suggests, we must now find a way to recreate peace out of the war that has occurred in our lives.

Young teens and teens quickly realize it can be done. It is possible to find peace again. It will look different now. Their image has changed. Their life story has layers that were not there before. However, with hard work on this grief journey, acknowledging feelings and support, their peace can be richer, and their lives full.

***"There is a light within each of us that need never entirely go out. We can lose the battles, but not the war. We can go on when our minds tell us that there is no point in going on-because something deep inside tells us we can go on. And we do."***  
**-A. Powell Davies.**



"Peace and War" paintings from  
WARM Place teens





# 2018

## AT A GLANCE



Last year,  
The WARM Place served  
**1,685 clients.**

**977** individual grief  
support groups held.



people reached through  
**tours, speeches &  
outreach events.**

# 281

families are currently enrolled  
in our grief support program.

# 407

children are currently enrolled  
in our grief support program.



Over  
**13**  
counties  
served in  
the state  
of Texas



**334**  
volunteers



**13,872**  
service hours



**\$342,509**  
dollar value

# Volunteer Spotlight

Gordon Appleman

Since its inception, Gordon Appleman has been involved with The WARM Place. He has served on the Board of Directors for 30 years and has been instrumental in the growth of the organization. We asked Gordon to reflect on his time at The WARM Place as a volunteer and member of this community.

## How did you first get connected with The WARM Place?

Dr. John Richardson invited me to his home to discuss the formation of a new agency dedicated to grief support for children who have suffered the loss of a family member. He was the pediatrician for our two children whom my wife Louise had known in their medical training days. No one ignores an invitation from Dr. John who has a unique ability to see a need by children and how to satisfy that need. Peggy and Lee Bohme's experience with their children was John's inspiration.



## What made you want to get involved?

I was impressed by the vision expressed by Dr. John and wanted to help create and grow the vehicle to implement that vision, which promised to address the heartbreak such as that suffered by the Bohmes. I have been a member of the Board of Directors since the formation of The WARM Place, and served on several committees and as President. I have offered legal advice to the organization, including the preparation of the formation documents.

## What is your favorite thing about volunteering with The WARM Place?

Volunteering has given me a closer insight to the services offered by The WARM Place and its successes in providing comfort and healing to children who have suffered the tragic loss of a loved one. It is a pleasure to serve with staff and board members who are congenial, engaged, and intent on helping people in need.

## Why do you think is important to keep supporting the mission of The WARM Place and why do you continue to support it?

The mission is compelling and not fulfilled as well by others. The services are free of charge to the clients. I continue to support The WARM Place because its mission is praiseworthy and its board and staff are committed to the welfare and healing of the children.

## 30 Years of Volunteers



1989 Board of Directors



Volunteers practice for Santa Calls 2003



Volunteer Appreciation 2018



Ann Greenhill volunteers as a House Parent at the old WARM Place house



Facilitators lead a group discussion at the old WARM Place house



Shirley Bowen and Jim Koss run the "Big Board" at Friday Night at the Zoo 2006



# Save the Date

## A Cool Night by Candlelight

Benefiting Children  
at The WARM Place

*Saturday, October 5, 2019 at 6pm*  
*River Crest Country Club*

Sponsorships and tickets available now at [thewarmplace.org/coolnight](http://thewarmplace.org/coolnight)

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# A Weekend To Remember



The WARM Place was excited to host its first family camping experience, Camp Remember Me, over the first weekend of November at Camp El Tesoro in Granbury, TX. Camp Remember Me was created to provide an opportunity for WARM Place families to grow together in their grief journey. This fun camping experience was packed to the brim with exciting activities for the entire weekend!

We were thrilled to have 15 families and several dedicated volunteers join us for this fun-filled weekend. From archery and hiking to rock wall climbing and zip lining – Camp Remember Me had everything you could want in a fun filled weekend.

The weekend concluded with a very special closing remembrance ceremony at the chapel. Handmade family flags made the previous day lined the walls. One by one, families found their hanging flag, unclipped it, and made their way to the front of the chapel and were asked to share their favorite part about Camp Remember Me.

Each family was gifted a walking staff from camp that had the words, "Camp Remember Me" wood burned into it. The walking staff was given to them to be used as a flagpole to support their family flag. This is a representation of the support that The WARM Place hope to be for their family.

The WARM Place's first Camp Remember was fun, memorable, and special. We are looking forward to Camp Remember Me 2019!



## Thank you

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Where grieving children and their families find hope



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**10K | 5K | 1 Mile Fun Run**

**Register today!**  
**[thewarmplace.org/r2rt](http://thewarmplace.org/r2rt)**

30  
years



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