



The WARM Way

A Publication for the Families and Friends of The WARM Place

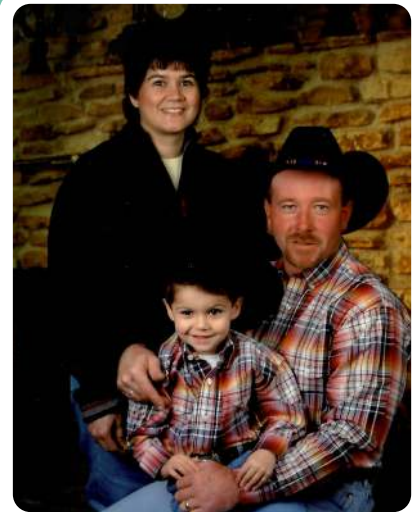
SPRING 2022

The Gift of Giving Back

By Molly Bell and Dana Minor, M.S. LPC-S, CSC

The WARM Place has continued to be a place where families can be surrounded by caring and compassionate volunteers. Our volunteers give of their time and graciously walk alongside our families in their grief journey. We are fortunate to have a diverse group of volunteers from various backgrounds, careers, and life experiences. Over the years, we have had many volunteers that decided to become a volunteer because they themselves attended The WARM Place years ago. These volunteers give back in a way that reflects the support they felt when they attended our peer support program.

One of our current volunteers began her journey at The WARM Place in 2006. Pam and Garrett Golliday first came to The WARM Place when Garrett was just six years old in April of 2006. Pam had just lost her husband, Garrett's father, two months prior in a car accident. Pam shared that she and her husband were both hard workers and strived to make a good life for their family. They enjoyed spending time with each other and most weekends they could be found camping and fishing as a family.



*The Golliday Family:
Pam, JT, and Garrett*



*Pam and Garrett Golliday
volunteering as houseparents
at TWP in 2014*

The WARM Place provided a safe environment for Pam and Garrett to share their memories and be around other grieving families. Pam reflected on her time attending as a WARM Place family and shared, "Attending groups as a TWP client helped my son, Garrett, with understanding life without his dad. He made lifelong connections with kids his own age, kids who understood how he felt which made life more manageable."

Seven years after closing from group, Garrett was looking for a way to give back to the community. Pam said, "There was no doubt that The WARM Place helped him so much during a difficult time," and it was exactly where he wanted to serve. The Gollidays started as house parents, volunteering in the kitchen on group nights to help prepare for our potluck dinners. They volunteered together from 2014 to 2019, until Garrett moved away for college. In 2017, Pam had decided to go through the facilitator training to help lead group activities and discussions

in our peer support groups and began her journey as a facilitator. One of Pam's favorite things about being a facilitator at The WARM Place is her connection with the children. Pam said, "It is the kids that get to me, each kid is unique and giving."

We are incredibly grateful for the years of dedication, commitment, and for the support provided to our WARM Place families. Pam shared one of her most memorable moments volunteering was a "special night in group watching the kids connect with each other." They all "connected with each other on a deeper level. It was breathtaking, a memory I will never forget."

When asked, "What would you say to someone who is thinking about volunteering at The WARM Place," Pam shared, "This is a life changing experience!"



Pam and Garret Golliday 2021



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A NOTE FROM SHELLEY *Executive Director*

Spring is right around the corner, and often when we think of spring we think of growth. Here at The WARM Place, we found many opportunities for growth last year, and we look forward to continuing this momentum in 2022.

While our program has grown over the years, I find it important to remember that the core of what we do at The WARM Place has not changed. Our program remains based upon peer support for children grieving the death of a loved one. We have grown by increasing the number of children and families we serve over the years, by adding Pre-K and Young Adult grief support groups, and most recently by offering Virtual Peer Support groups. We have also grown by adding special events for the families such as our Family Nights and our annual family camp, Camp Remember Me! Everyone was so glad to get back to in-person groups, Family Nights, and camp this past year, and we look forward to making 2022 our best year yet. Growth in the services we offer also means continuing to increase our outreach and educational opportunities for the community. In 2021 we reached over 2,600 individuals through outreach efforts, and we plan to increase that number in 2022!

WARM Place families grow with us along their grief journey all thanks to the generous support of our volunteers and donors who make our program possible. There are so many opportunities for you to partner with us this year to fulfill our mission. Whether you are referring a family for our services, participating in our upcoming Race 2 Remember Them on March 5th, signing up to attend one of our webinars, volunteering at a Family Night, teeing off in The WARM Place Classic, or attending A Cool Night in the fall, we hope you find ways to connect with us as we continue to meet the growing needs of our community!

Warmly,

Shelley Bettis, Executive Director



UPCOMING EVENTS

THEWARMPLACE.ORG/EVENTS

March 5, 2022



RACE 2 REMEMBER THEM
5K, 10K
1 MILE FUN RUN

March 14-18, 2022

SPRING BREAK - NO GROUPS

April 2, 2022

VOLUNTEER
APPRECIATION



April 22, 2022



APRIL FAMILY
NIGHT

May 13, 2022



TWP CLASSIC
GOLF TOURNAMENT

June 7, 11, 14, 18

VOLUNTEER FACILITATOR
TRAINING



COUNSELOR'S CORNER

By Kristina Miramontes M.A., LPC-S

Each grief journey is as unique as the individual who walks its path. That being recognized, an aspect of grief that is common to all who grieve is the need for self-care.

The Importance of Self-Care While Grieving

Grief may be experienced in a variety of ways—emotionally, physically, cognitively, psychologically, and even spiritually. The reactions of our minds and bodies to grief can include symptoms such as fatigue, sleep disturbances, appetite changes, mood fluctuations, forgetfulness, loss of concentration and even despair. Coping with all of these potential responses may be overwhelming, but there are some things you can do to manage your grief while continuing to function day-to-day.

1

ACCEPT YOUR FEELINGS. Feelings are neither right nor wrong, they just are. Sadness, loneliness, fear, confusion, anger—these are among the many feelings you may experience, and they are completely normal. Emotions are often raw early in the grief process, but it is important to express them. Attempting to stifle feelings usually leads to an emotional outburst at an inconvenient time.

2

BE PATIENT WITH YOURSELF. Grief is an intensely personal process. Accept that it follows no magic formula or time frame. It will take as long as it takes. Think of the care you would extend to a friend in the same situation of loss, and allow yourself that same grace. Be careful not to take on responsibilities beyond what is realistic. It is better to allow for some flexibility in your obligations during this time.

3

PAY ATTENTION TO PHYSICAL NEEDS. It can be very easy to neglect your physical needs while grieving. However, this is a time when taking good care of yourself is crucial. As difficult as it may seem, making every effort to get adequate sleep, eat nutritionally balanced meals and fit in regular exercise and intentional relaxation can do wonders.

4

ACCEPT THE HELP OF OTHERS. Understand that grief is hard work. It requires a great deal of energy and can be exhausting. Even though we place a high value on self-sufficiency, it is important to ask for, and accept, help from those close to you. It is vital to know who will listen and be supportive. Sharing your story out loud is one key to healing. Remember that professional guidance is also available.

5

SCHEDULE THINGS. Many people may isolate themselves while they grieve. If you can figure out what works best for you to get out of the house a few times a week and avoid isolating, that may help. Look at your calendar and find time to get out, whether it be by yourself or with friends and family. Socializing can help us laugh a little and distract us from our thoughts for a few hours.

6

PRACTICE DEEP BREATHING. Grieving on its own makes us feel like we want to be slumped down, curled into a ball. It makes us want to protect our hearts. The chaotic yet static state sometimes even stops our breath entirely. If you are grieving, you may notice that your breathing is very shallow, or that you are holding your breath without even realizing it. You may suddenly find yourself gasping for a breath, as if you've been under water, reaching for the surface. This is not abnormal in grieving. Grief affects every part of us, including our breathing. Here is your chance to learn to breathe through grief. Steps for this exercise are as follows:

1. Find a quiet place where you won't be distracted.
 2. You may want to sit in a comfortable chair or lie on the floor with a pillow under the small of your back.
 3. Breathe in through your nose, slowly and deeply, pushing your stomach out as you breathe in.
 4. Say the word "relax" silently as you breathe out. Picture your stress and tension begin to leave as you breathe out.
 5. Breathe out slowly through your mouth, letting your stomach come in.
- Repeat these deep breaths 10 times. You will notice how much more relaxed you feel after a very few minutes of controlled breathing. Do this at least 3 times daily.

Remember, the process of grieving will undoubtedly vary from person to person. And while our overall health may not be the first thing that comes to mind, it can be integral for the healing process. Take your time as you move through your healing, and if you can keep these steps in mind, they may help you through a difficult time.

2021 AT A GLANCE



The WARM Place®
Grief Support Center for Children

PROGRAM BY THE NUMBERS



1,825 CLIENTS SERVED
676 FAMILIES SERVED



2,772

INDIVIDUALS RECEIVED PHONE SUPPORT FROM WARM PLACE GROUP DIRECTORS



287



AVERAGE # OF FAMILIES ENROLLED IN VIRTUAL AND IN-PERSON SUPPORT GROUPS



428



AVERAGE # OF CHILDREN ENROLLED IN VIRTUAL AND IN-PERSON SUPPORT GROUPS



11
COUNTIES SERVED

2,670

PEOPLE REACHED THROUGH TOURS, SPEECHES & OUTREACH EVENTS



6

FAMILY NIGHT EVENTS HELD WITH

749

PARTICIPANTS

299

VOLUNTEERS DONATED



6,690

SERVICE HOURS

2021 HAPPENINGS

FEBRUARY

119 PARTICIPANTS

Grief Talk Webinar:

Activities to Help Support Grieving Children and Families



JUNE

WARM Place program team presented at the National Alliance for Children's Grief Annual Symposium



MARCH

Resumed In-Person Groups and Started Virtual Peer Support Program



NOVEMBER

Camp Remember Me with 58 participants



SEPTEMBER

150 PARTICIPANTS

Grief Talk Webinar: Supporting Children Grieving a Death by Suicide



DECEMBER

The WARM Place was named the PGA TOUR Charity of the Year



817-870-2272
thewarmplace.org

VOLUNTEER SPOTLIGHT

Meet Zakeria 'Zee' Frasier, one of our dedicated group facilitators. We asked Zee to tell us why she began serving at The WARM Place and why she encourages others to do so as well!

Tell us a little bit about yourself!

My name is Zee Frasier. I am a middle child of four children. I was raised by my mother and stepfather in Philadelphia PA. I work for the Lockheed Martin Corporation. My 20 year work anniversary was January 11th, 2022! When not at work I enjoy vacationing, trying new restaurants, attending live events (musicals, plays, basketball, football & hockey games) and game nights with friends or family. I am an aunt to 8 nieces and nephews and 4 great nieces!

Who or what inspires you?

When I was a child my grandmother had a big influence on me. I aspired to be as strong and independent as she was! She is kind, intelligent, loving, hardworking, sweet, tender yet stern and has been happily married for over 50 years. I'd like to think I'll live up to all of that and more. Currently my mother and fiancée inspire me to be more spontaneous and adventurous than I would ever be on my own! They are courageous and genuine; these are attributes I'm learning to acquire and add to my list of qualities!



Zee Frasier, Volunteer

What brought you to TWP as a volunteer?

I'd been volunteering at a women's shelter since moving to Fort Worth in 2016, and I realized I was happiest when I was assigned to a task that involved the children. The shelter had to close for reconstruction and would be closed for the better part of the year, so I looked for more opportunities to serve the community and came across TWP. After reading the mission and getting the tour, I was sold!

What is your favorite thing about volunteering with TWP?

I feel like the positive impact is my favorite thing about TWP. Knowing that families (especially the kiddos) have a safe place to come and talk through their feelings brings me great joy!

What motivates you to continue giving back?

I am a firm believer in God and He clearly states to give and give cheerfully. I've volunteered in a lot of different establishments, and not all organizations are created equal. I can say TWP is one of the places where I am definitely cheerful! Donating time, talent, or treasure is a blessing to me and anyone

who benefits from it, so in my mind that's a WIN WIN!

What would you say to someone who is thinking about volunteering at TWP?

Sign up—you will not regret the decision! It is a fantastic place with an amazing staff and a wonderful facility!



Zee with her family on a trip to Sydney, Australia

The WARM Place hosted its annual **Camp Remember Me** during the first weekend in November at Camp El Tesoro in Granbury, Texas! Camp Remember Me provides WARM Place families an opportunity to grow together as a family in their grief journey, while making fun new memories in a camp setting. We were so fortunate to have 21 families, an incredible group of volunteers, and many of our WARM Place staff members join us for this fun-filled camp weekend. This year's camp was travel themed, complete with passport making, globe decorating, and an around-the-world scavenger hunt!



"Camp was a very unique experience, serves a much-needed service in helping littles understand and process loss. Love the fact that it is outdoor based, gets kids outside who otherwise might never experience it, and gets the introverted out." - TWP Parent



JOIN US FOR THE 2ND ANNUAL WARM PLACE CLASSIC



Fore the Children

**FRIDAY, MAY 13
12:30PM SHOTGUN START**

Texas Rangers Golf Club

Foursome Scramble

\$1,400 per team • \$350 Individual Player Registration
Sponsorships start at \$500

***Teams and Sponsorships available now at
thewarmplace.org***

ADDITIONAL PRIZES!
Putting Contest
Hole-In-One
Longest Drive
Closest to the Pin
Straightest Drive



Save the Date for



A COOL NIGHT

Into the Garden

Benefiting children & families at The WARM Place



OCTOBER 8, 2022 • RIVER CREST COUNTRY CLUB

A special evening to benefit the children and families attending The WARM Place.
Guests will enjoy elegant cuisine, live entertainment, live and silent auctions, and much more.

Our heartfelt thanks go out to these generous donors who helped to provide support to grieving children in 2021.

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*Donations are listed from 1/1/2021 – 12/31/2021. For a complete list of all monetary donors for 2021, visit thewarmplace.org.



THE WARM PLACE NAMED THE 2021 PGA TOUR CHARITY OF THE YEAR

Each year, the PGA TOUR recognizes a charity or similar organization that demonstrates outstanding dedication to making a difference in its community. In 2021, The WARM Place received this national recognition, being named the 2021 Charity of the Year by the PGA TOUR! This honor from the PGA TOUR comes with a \$30,000 donation that will help underwrite our grief support program. Special thanks to our friends at Colonial Country Club and the Charles Schwab Challenge (pictured above) for nominating The WARM Place for this special honor!



LEMONADE FOR HAYDEN

The 4th Annual "Lemonade for Hayden" event was a huge success, raising \$8,000 in donations, and collecting 82 stuffed animals for WARM Place children! Thanks to Olivia Reed and her family and friends for making this event in memory of her brother Hayden bigger and better than ever!



HIGHLAND HOMES

Thanks to Highland Homes for their generous donation of \$10,000! It was extra-special as one of their employees, Blake Crill, came to The WARM Place twenty years ago at age 10. His company's donation will provide one month of grief support to 80 children and their families!



ATHENA SOCIETY

The ATHENA Society of Burleson demonstrated their dedication to the grieving children and families at The WARM Place, with a generous grant of \$7,500!

OUR WISH LIST

- 24-count crayons
- Postage Forever Stamps
- White standard-size pillow cases
- Paper towels (Bounty)
- Trash bags (30-33 gal.)

For our complete wish list, please visit
thewarmplace.org/wish-list



Join the Remember Me
Giving Program! Visit
thewarmplace.org/donate
to learn more!

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