

Journey of Hope

... where children's hearts begin to heal



Fall 2007

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A Journey from Grief to Ironman—Giving Back to JOH

November 5, 2002, the Barnett family—John, Dorothy, Kim, 11, Derek, 7, Zachary, 4, and John's mother Earlene—were on their way to a Thanksgiving vacation in Atlanta. Near Birmingham, Alabama, their car was involved in a rollover accident. John and Earlene received fatal injuries. Dorothy suffered a crushed wrist, and the children sustained minor injuries. The adults were transported to one hospital, the children to another. Dorothy did not see her children for 24 hours, and then she had the nearly impossible task of telling them that their dad had died, and that their grandmother was so severely injured that she might die as well. (She died nine weeks later).

Dorothy and the children began attending Journey of Hope in January, 2003. Dorothy remembered, "At the first meeting, I couldn't even get through a sentence without crying."



Dr. John E. Barnett

by Dorothy Barnett-Griffin

This journey began for me in November 2002 when my husband was killed in that automobile accident. I and my three children survived, but we had to figure out what direction our lives would take.



Kim, Derek and Zachary Barnett

My children and I started going to the Journey of Hope Grief Support Center (JOH) following the accident. The support and love that we got while attending our groups at JOH helped us grieve. My three children were given the opportunity to talk about

their loss with their peers in small groups, and they realized they were not the only ones that had suffered a tremendous loss. This environment of sharing allowed my children the safe haven to talk about their loss and what it means to lose people you love.

I can not tell you how much this organization has helped our family. I feel so strongly about the JOH mission that I serve on the Board of Directors, and this is one way I give back so that any family that has suffered a loss can feel the support that we had.

What does this have to do with IRON-MAN? After I recovered from my injuries, I started biking. It was great therapy for me, and I found out that you can cry and ride at the same time. I participated in several bike rallies and found a new love for exercise. Along the way, I met Mike Griffin, another avid exerciser. We were married July 16, 2005. This year we decided to enter an Ironman

Triathlon to challenge ourselves and to support the work that Journey of Hope does with families.

On November 3, 2007, Mike and I will be in Panama City Florida to compete in our first Ironman triathlon. We are excited but also somewhat exhausted from all the training that we are doing.

What does it take to finish an Ironman triathlon? You have to swim 2.4 miles in the ocean, Bike 112 miles and run/walk 26.4 miles and complete all of this in 17 hours. One day of pushing your body beyond any limit that you thought possible. Sounds crazy? Most of you would agree. So call us crazy! Somehow it appeals to me as a measure of how far I've come on my journey.

It will definitely require perseverance, and, importantly, the *inspiration* of being able to support JOH at the same time. That's where you come in. Janus Charity Challenge allows athletes the opportunity to swim, bike and run for a bigger purpose. We are raising money for the Journey of Hope and some of the monies will be **matched by Janus**. This is a completely free program and every penny goes directly to the Journey of Hope.

So...we will do the hard part. We will swim, bike and run all day and train very hard to be able to make it. You can inspire us and support JOH through the Janus Charity Challenge to keep Journey of Hope helping families such as ours.

If you would like to help inspire Dorothy and Mike by donating, visit the JOH website—www.johgriefsupport.org and click on "A Journey to Ironman." Scroll down to find the link to the donor page at Janus Charity Challenge.

You can also look them up on the Janus website by typing Journey of Hope at www.januscharitychallenge.com.

Dorothy said, "You can follow our very long day on November 3rd on Ironmanlive.com. I hope you all can stay up that late!"

Bunny Breakfast and Golf Tournament Raise Awareness, Funds, Friends

Breakfast with the Easter Bunny and the Fifth Annual Golf Classic are the two primary fund raisers for JOH, and 2007 marked banner years for both.

Even though 2007 marked just its second year, Breakfast with the Easter Bunny has found an important place as a fundraiser for JOH and as a major event in the community.

This year's Breakfast was a sold out success, raising over \$21,000. Our sincere thanks goes to "Purple" Sponsors KPMG LLP, Dorothy Barnett-Griffin and Marsha Clark & Associates, as well as individual donors, in kind support from the Junior League of Plano, many other businesses and over 200 guests.

Kids were able to pet live rabbits, have their photo taken with a very friendly Easter Bunny mascot, get their faces painted, go on Easter Egg Hunts, unload goodie bags filled with treats, and do all manner of crafts—from decorating cookies, to making placemats to blowing bubbles.

Adults had their own fun at the Silent Auction—

spa packages, rounds of golf, chocolate, wine, a North Carolina beach house rental and all manner of enticing items were up for bid.

Breakfast with the Easter Bunny was a family event worthy of an organization that serves families.

The Fifth Annual Golf Classic was no less successful. Grossing almost \$40,000, the event included a record number of golfers.

Adding interest to the tournament was the chance to win a new car from Reliable Chevrolet, course games, and—everyone's favorite—Outback Steakhouse serving steak and ribs right on the course.

Golfers with raffle tickets won everything from free golf, to a weekend in a Mercedes Benz from Ewing Autohaus

Platinum Sponsor was the Barnett-Griffin family in memory of John Barnett, Jr. M.D.; Gold Sponsors were the Williams family in memory of Bret Williams, M.D.; the Todd Williams family in memory of Mickie Wyrick; A.R. Schell & Son Agency and Marsha Clark & Associates.

Dozens of community businesses contributed in kind

sponsorships, notably, PGA Superstore, Medical Center Hospital.

Fundraisers like the Bunny Breakfast and Golf tournament require hard working individuals and a strong team effort to be successful.

The JOH Board of directors works as a team to contribute personally, gather contributions, seek sponsorships and participate in all fundraising efforts. For each event, however, there are a few board members who step forward to do the hard work involved in our success.

Stacy Sturgeon Dorothy Barnett-Griffin, Michelle Weiing, Linda Wong and Laura Roach led the effort for Breakfast with the Easter Bunny. They worked tirelessly for a year prior to its debut in March, 2006, and began working on the 2007 event just as soon as the 2006 breakfast was over.

Glenna Blackstone, Michelle Weiing and Dorothy Barnett-Griffin co-chaired the golf tournament. They, along with a great committee, worked many months before tournament day. We truly

appreciate the efforts of all who supported this event.

5th Annual Golf Classic Winners

1st Place Gross

Stephan Gordon
Stephen Page
Geoff Girot
Ken Sampson

1st Place Net

Jimmy Langford
James Stinnet
Jeremy Shipp
Dameon Scott

2nd Place Net

Hastings Hanshaw
Kennedy Hanshaw
Clint Bryant
Cameron Reeves

3rd Place Net

Tom Hughes
Billy Steel
Matt Fulwiler
Christian Young

4th Place Net

Jack Dixon
Charles Stokes
Alan Huston
Mike Stengle

Closest to Pin #5

Jimmy Langford

Closest to Line #7

Steven Weiing

Longest Drive #16

Dameon Scott



Fred Hansen and JOH Board Treasurer Stacy Sturgeon made a father-daughter team at the 5th Annual Golf Classic at Stonebridge Country Club.



Thomas Giddens (top, center) is learning to be a philanthropist. He collected bears from his friends at his 6th birthday, and then donated all the bears to JOH. Pictured also is Thomas' younger brother Jackson.

Journey of Hope Donors from March 1 – August 31, 2007

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Members of the Golden Heart Society are wonderful! Each GHS household pledges at the level of their choice. They may give toward the pledge in annual installments over ten years, as one gift, or as many contributions throughout the years. Many GHS members contribute money as memorials and honorariums to friends and family. No matter how they choose to honor their commitment, they all give because they are passionate about our mission. To join this elite group, contact the JOH office.

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Board VP and golf co-chair Michelle Weihing and JOH Facilitator Janice Watson (right) help at the 5th Annual Golf Classic.

THE MISSION OF THE JOURNEY OF HOPE GRIEF SUPPORT CENTER IS TO PROVIDE SUPPORT AT NO COST FOR CHILDREN, TEENS AND THEIR FAMILIES AS THEY LEARN TO MOURN THE DEATH OF THEIR LOVED ONE IN A SAFE, CARING AND NURTURING ENVIRONMENT.

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