



Transforming the lives of chronically ill children, and their families, shifting all from surviving to thriving - until cures are found.

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Greetings!

What is Resilience? Where does it come from? And, what's love got to do with it?

Alison P. Block, Ph.D., director of psychosocial curriculum, Department of Medicine, Monmouth Medical Center, trains medical residents in the psychological effects of chronic illness. She asserts there are five factors that promote resilience with

with Connection to Others being #1.”

I am not surprised. Time and time again Bounce Kiddos, Siblings, and Parents tell us that feeling like they belong, being surrounded by people who understand and care, is a game changer.

- Bounce Mom, Patty: *We feel so loved, special, and cared for thanks to Bounce.*
- Bounce Mom, Megan: *Thank you for making us feel so loved and cared for throughout our journey.*
- Bounce Mom, Kathy, *You put love in a box (Bounce Back Kit) and we feel it!*

What's love got to do with resilience, that vital ability to bounce?

Turns out, everything.

Joan M. Steltmann, CEO

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**Coming Up:**  
**Bounce It Forward® -**  
**Online Meet & Greet with**  
**Ninja Warrior, Jesse Labreck**

Bounce Families will be amazed and motivated by Ninja Warrior, Jesse "Flex" Labreck during a virtual Meet & Greet on February 20th. Ms. Labreck will share her motivation, challenges, obstacles, and successes as the first rookie woman to qualify for the Vegas Nationals. She will also share her experience as a caregiver to an inspiring young woman with cerebral palsy.

Thank you to Bounce Board Member, Amy Jones, and her family,  
for sponsoring this incredible virtual event!



## Back by Popular Demand: Bets for Bounce Virtual Poker Tournament

Texas No-Limit Poker Tournament  
Thursday, March 4<sup>th</sup> at 7 p.m.  
Registration: \$90 all-access fee

Call in friends, family & colleagues. Escape for a night at the virtual casino.  
And, give to a great cause. All from the safety of home.

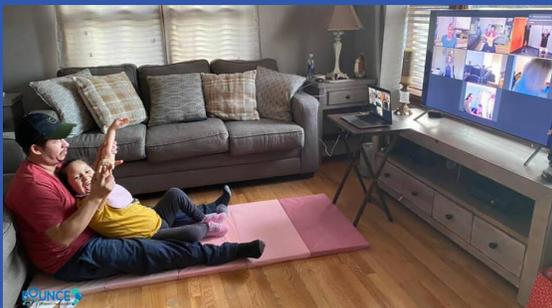
**REGISTER  
NOW!**

## Bounce Bash® Be Your Health Superhero builds strong bodies and minds



Bounce families enjoyed an adapted/seated  
exercise from *Orange Theory*,  
a healthy snack brainstorming session,  
and guided meditation with *Gratitude Yoga*.

Thank you Katie, Trevor, and Lisa,  
for sharing your expertise!



**Bounce Academy®**

# Parenting the Other Child: Siblings of Chronically Ill Children



~~ sponsored by The Butler Family  
Foundation ~~

Siblings of chronically ill children face unique challenges that often fly under the radar, leading to mental health issues later in life.

In partnership with the Center for Siblings of Children with Disabilities, Bounce helped parents and caregivers learn more about the impact of a child's chronic illness on healthy siblings, and what they can do to better balance the family's social and emotional needs of the entire family.

Thank You to the Butler Family Foundation for making this life changing event possible with their generous sponsorship.

## *Bounce Bash*® Happy Hearts Hoopla a True Heart Warmer!

Bounce families had a chance to share what makes their hearts happy in our Valentine's Day Party! Kiddos and families enjoyed bingo, Minute to Win it Games, and a Happy Heart craft.



## Bounce's first-ever Trivia Night a Real Winner



Thanks to everyone who participated in a fun-filled night that raised nearly \$2,000 for the children and families Bounce serves.

# Become a Bounce Champion for Children!

Making a gift to Bounce transforms the lives of children facing chronic illness, and the lives of their loved ones. Now it's easier than ever to do so.

Sign up to give to Bounce Kids & Families monthly!

**GIVE MONTHLY**

Questions? Please contact Campbell Haug: [chaug@bouncechildrensfoundation.org](mailto:chaug@bouncechildrensfoundation.org)

## Videos of *Bounce In Action* from the safety of home



Bounce Bash family adventures



Bounce Back Kits family care packages



Bounce It Forward unexpected outings

[www.BounceChildrensFoundation.org](http://www.BounceChildrensFoundation.org) | [Info@BounceChildrensFoundation.org](mailto:Info@BounceChildrensFoundation.org)

