

Mending Hearts



Lost & Found
grief center

FALL 2024

REPORT TO THE COMMUNITY



We are the 1IN10

1-in-10 children in Missouri will experience the death of a parent or sibling before they turn 18. Thanks to the support of our donors, the children on the cover of this newsletter and others just like them can laugh and cry together in a safe space while sharing their feelings without judgment. We are grateful for your continued support of the healing work that happens at Lost & Found Grief Center.



Lost & Found
grief center

Celebrating 25 years of
help, hope, and **healing** in 2025.



DONOR APPRECIATION RECEPTION

BY MARK MILLER, LOST & FOUND GRIEF CENTER EXECUTIVE DIRECTOR

It was gratifying for me to see so many people at Lost & Found Grief Center's Donor Appreciation Reception on September 25. As the new Executive Director, closing in on my four-month anniversary at Lost & Found, the event allowed me to meet and thank the people who have contributed to our success since 2000.

Co-founders Shawn Askinosie and Dr. Karen Scott were among those in attendance, along with the Board of Directors and several Junior Board members.

The event also marked the debut of "Finding Hope," a donor-funded exhibition by Randy Bacon. Participants and their friends and families viewed the portraits and videos privately before the donor event. The building had few dry eyes as attendees contemplated the photos, read the stories, and watched the videos. We appreciate our participants' willingness to share their stories of loss. The overarching message of all their stories is, "Grief is Heavy. Hope is Strong."

Thank you to everyone who attended and has supported us in providing help, hope, and healing for the last 25 years!

01.

We are the 1-in-10

02.

Donor Appreciation
Recap from Executive
Director, Mark Miller

03.

Lost & Found Event Recap

04.

Lost & Found Event Recap
continued

05.

Ways to Give Back

06.

Our Board of Directors
Grief Tips for the Holidays

LOST & FOUND EVENTS RECAP

GRIEF CAMP



SUMMER 2024

Family groups at Lost & Found Grief Center typically take a break during the summer as grieving families fill the warmer months with vacations, baseball games, and weekends at the lake. However, Lost & Found does provide summer services for the 1 out of every 10 children in Missouri who will lose a parent or sibling by the age of 18.

Over the summer of 2024, Lost & Found hosted two unique and supportive Grief Camps where children and teens explored their emotions and connected with others in a compassionate environment.

The first camp, in June, was a collaboration between our group coordinators and music therapists from The Center for Music Therapy and Wellness (CMTW).

The second camp, in July, took inspiration from the Disney movie "Inside Out." Attendees designed their own unique character named "Grief."

While most children can spend the summer at sleep-away camp or basketball camp, Lost & Found's Grief Camp provides a respite for children who are grieving.

SAVE THE DATE:

EVENING OF HOPE: 01/25/25

RUN & REMEMBER: MAY 2025

GOLF FORE HOPE: 06/09/25

GOLF FORE HOPE

JUNE 10, 2024

A beautiful day greeted golfers for the annual Golf Fore Hope tournament. Eighty-four golfers teed it up at Hickory Hills Country Club for the four-person scramble.

The event raised more than \$20,000, which will provide 20 children one year of therapeutic grief support at no cost to their families.

Thank you to everyone who came out to play, and a huge thank you to our sponsors, including:

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Wil Fischer Companies



WAYS TO GIVE BACK



END OF YEAR GIVING

As 2024 comes to a close, we at Lost & Found Grief Center are grateful for your generosity. Thanks to your kindness, we've provided care and resources to those facing grief in the Ozarks. As we look to 2025, please consider a year-end gift to help us continue this vital work. Your donation ensures no one has to grieve alone. Thank you for your ongoing support.



SEND YOUR END OF YEAR CONTRIBUTION TO:
LOST & FOUND GRIEF CENTER
P.O. BOX 3008
SPRINGFIELD, MO 65808

VOLUNTEER SPOTLIGHT WHY I *give* BACK

CATHY CLARK IN HER OWN WORDS:

In 2002, I volunteered as a facilitator at Lost & Found because I lost a parent during my teen years. In my 22 years with Lost & Found, the meeting location has changed, but not the dedication and commitment of its volunteers and staff.

Recently, an unexpected series of events allowed me to continue a regular presence in my twin one-year-old grandsons' lives as they relocate to St. Louis. So, I am stepping away from my regular involvement with Lost & Found. I look forward to this new chapter, but I am forever grateful to this amazing organization.



*Thank you,
Cathy!*

VOLUNTEER OPPORTUNITIES:

If you would like to give the gift of time, Lost & Found has a multitude of ways to become involved. From being a group facilitator to assisting on an event committee, Lost & Found welcomes your help.

LOST & FOUND BOARD OF DIRECTORS



Left to Right: Dr. Shawn Usery, Julia Murray, Camber Jones, Lisa Hallam, Stephanie Bottorf, Andrea Brady, Brandi Bailey, Josh Kitchin, Camille Knowles, Shawn Askosie (Co-Founder), Adam Pyle, Marie Moore. Not pictured: Dr. Karen Scott (Co-Founder), Joe Johnson, David Stotemyer

GRIEF TIPS FOR THE *Holidays*

The holiday season can be especially challenging for grieving families. Lost & Found offers these tips to help navigate the holidays after the loss of a loved one.

Family traditions can often activate grief after losing a loved one. It helps to make a list of past traditions and talk to your family about how you feel about them moving forward. You can also consider new traditions.

- 1** Take care of yourself. Grief is physically and emotionally exhausting.
- 2** Set boundaries. Let friends and family know what you are willing to do.
- 3** Anticipate your grief activators and avoid them, if possible.
- 4** Let go of expectations. The societal pressure to experience constant joy around the holidays is unrealistic.
- 1** Create and hang a special stocking for your loved one and fill it with special memories.
- 2** Make an ornament or wreath in your loved one's memory.
- 3** Light a memorial candle and take time to share special memories of your loved one.
- 4** Prepare a holiday dish, dessert, or drink in your loved one's memory.

Mission Services Offered

Groups

- Little Ones (age 4 - 1st grade)
- Children (2nd - 5th grade)
- Middlers (6th - 8th grade)
- Teens (9th - 12th grade)
- Young Adults (sibling & parent loss)
- Adults (sibling & parent loss)
- Caregivers
- Spouse Loss
- Child Loss

Individual Services

- Individual Counseling
- Child Life Consultations

Lost & Found acknowledges that grief and loss present themselves in various ways. Our services support participants socially and emotionally to equip them on their grief journey.

We strive to improve lives in our community by providing help, hope, and healing through professional grief support services.



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