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A Message from the Executive Director

Hello friends,

It is strange thinking back to the last time I wrote this section. It was February and we had just wrapped up our most successful Evening of Hope event to date. I was excited for what the rest of 2020 would bring since it was Lost & Found's 20th anniversary year. We had so many plans!

Then COVID-19 reared its ugly face. And just like so many other non profits, businesses, and organizations, we have been constantly readjusting our planning and expectations on a weekly, if not daily basis. Our program staff worked diligently throughout the summer to ensure we could return to in person grief support groups by July, while concurrently creating virtual curriculum for Zoom, for if/ when meeting in-person is no longer an option. As of press time, all but one of our grief support groups are meeting in-person, and we are able to conduct these meetings in an environment which protects the safety of those in attendance. Although everyone who attends a group must be masked, our participants seem to have a true sense of comfort finally being together in the same room - as a unit.

The generosity of our community is one of Lost & Found's greatest blessings. Your support gave us the resources to provide a grief support group to almost 900 individuals last year, at no cost to them.

Your compassion transforms lives.

Eg Di

Emily Givens, Executive Director

Reflecting on 20 years SHAWN ASKINOSIE

LOST & FOUND GRIEF CENTER CO-FOUNDER

I looked up and to the left as I stopped in my law office parking lot waiting to turn on National and head home. It was dark out and the lights were off in the building except for the third floor. I'd just greeted our first group of children and families coming to Lost & Found Grief Center for the very first night of its existence. The kids went upstairs with Dr. Karen Scott for their support group, while the parents met in our conference room. I made sure they were all settled and left. As I sat there in my car, I took it all in for that moment. I recall lingering, looking up at the little lights, and in that pause I was overwhelmed with gratitude that these families trusted Karen and I with their broken hearts. In my mind that moment was yesterday, but in reality it was 20 years ago. You know the kind of moments I am talking about, the indelible ones that you will never forget.

It was not long after that first group that I co-facilitated the first teen group with Group Coordinator Connie Peterson, a Parkview school counselor at the time. Jeanene Gerhardt (also a school counselor) facilitated the parent group on our teen night. There were many school counselors who helped us in those first years and many who continue to do so because they all knew Karen, as she had worked with all of them for years.

Over the years people have asked me how to start a non profit. You've got to have money, people, and expertise in addressing a need. That's pretty much the recipe. But it's more than that or everybody would be doing it. The genesis of great nonprofits all start with someone listening. And I don't mean the ho-hum looking over their shoulder at who else is in the room halfway kind of listening. I am talking about deep listening in which you're heard, seen, understood. That's how Lost & Found started. One day after church more than 20 years ago I saw Karen at Panera (St. Louis Bread to me). I was getting up to refill my drink, saw Karen in line, and went over to say hello. I'd known Karen for years as a friend. I started extolling the virtues of the book Tuesdays With Morrie like an evangelist on fire. She listened intently for what might have been several minutes. Then she said, "I've read the book." She looked right at me and said "It's too bad Springfield did not have a grief center when your dad died, you could have really benefited from it." I probably did not listen and kept talking about the book. Here's the thing: she could tell from my words, tone, body language, and facial expressions what the book meant to me - that I was a broken-hearted man, even if I did not really know it myself. She went on

Fast forward to present day. Thousands of children and families later, and Lost & Found is a nationally respected grief center with its own building, budget, employees, tons of volunteers, executive director, board of directors, and an endless supply of broken-hearted grieving families who need us. We need them too. One of our very first trainers from the Dougy Center warned us all those years ago, "You will sometimes feel guilty when group night ends and you will think that you just got way more out of the night than the grieving families." And that is just fine because there's a word for that: compassion. That's what Dr. Karen Scott had for me on that Sunday at Panera in the refill line.

to say, "There's a grief center in Portland called the Dougy Center." We then agreed that Springfield needed one and that together we would do it. All of this during a drink refill. I went back to my table where Caron, my wife, was

patiently waiting and said "I think we're going to start a grief center."







Real People. Real Loss. 20 years of healing.



Darnella Abrams



Josh Burgbacher

Families come to Lost & Found during the worst moments in their lives. By attending group, they soon learn that they are not alone in grief and gain a sense of hope. Over time our staff and other participants guide families along their grief journeys towards healing. We are honored to share the stories of just a few families Lost & Found has helped over the past 20 years.

Stay tuned to our social media for more.



Abigail Caldwell



Kathy Holleman



Sam Holmes



Samuel Frazier Johnson 1997-2019



Sally Mezzacapa



Michael Wiseman

Dr. Karen Scott

LOST & FOUND GRIEF CENTER CO-FOUNDER EXECUTIVE DIRECTOR EMERITUS

After 20 years of serving bereaved families in our region Lost & Found Grief Center is announcing the retirement of Dr. Karen Scott. Karen and Shawn Askinosie founded the grief center in 2000, borne from the needs she saw as a private therapist and school counselor and from his personal grief experience.

Following Karen's retirement from Springfield Public Schools in May 2007, she led all aspects in the formation and development of Lost & Found's grief support groups.

Under Karen's leadership, the organization grew from its original support groups for children and parents to a comprehensive grief center, recognized both locally and nationally for its grief expertise. In the past 20 years Karen led the growth of the organization from the original two support groups, to its current offering of 25 support groups for all ages, ranging from four through 99. This growth includes educational grief training for members in the community, publications, crisis response for businesses, as well as individual counseling. Spearheading a successful capital campaign in 2014, \$2.3 million was raised in nine months for a state-of-the art grief center at 1555 S. Glenstone, the current home of the organization.

"I FEEL TRULY BLESSED TO HAVE HAD THE PRIVILEGE OF WORKING IN AN AREA I AM SO PASSIONATE ABOUT AND HAVE BEEN HONORED TO SERVE SO MANY FAMILIES WHO HAVE TRUSTED LOST & FOUND AND TAUGHT ME SO MUCH ABOUT THEIR GRIEF JOURNEYS. I LEAVE WITH A SENSE OF GREAT PRIDE IN WHAT WE HAVE BEEN ABLE TO PROVIDE FOR THIS COMMUNITY," - DR. KAREN SCOTT

"IN THE PAST 20 YEARS, THOUSANDS OF GRIEVING CHILDREN AND FAMILIES IN SOUTHWEST MISSOURI HAVE LEARNED HOW TO REMEMBER LOVED ONES WHO HAVE DIED THANKS TO DR. KAREN SCOTT. SHE HAS BEEN A HEALING FORCE IN OUR COMMUNITY AND HER WORK WILL REVERBERATE FOR GENERATIONS."

- CO-FOUNDER, SHAWN ASKINOSIE

In 2016, Karen transitioned to the role of Director of Program Development as part of a long-term plan to prepare the organization for her retirement. Karen retired from her duties at the end of June and has joined the organization's Board of Directors.

Her compassion and support for those who have experienced a loss is second to none. The legacy of her work will continue as past participants have chosen to give back to the organization that gave them so much, by returning as group facilitators so they may help newly bereaved families on their own journeys. The Lost & Found Board of Directors and the entire team of staff and volunteers cannot thank Karen enough for the impact she has had on thousands of families over 20 years in Southwest Missouri.







Calming Glitter far Activity

ABOUT THE ACTIVITY:

One very important part of grieving is learning healthy ways to calm down when our emotions become overwhelming. Providing tangible ways for children to calm down can be very beneficial. Below are instructions to create a glitter calming jar. It is simple, inexpensive, and adults love them too! Let us know if you try your hand at a glitter jar - we'd love to see your creation!

When we are grieving, we might feel lots of big feelings or have lots of thoughts racing in our minds. Before feelings and thoughts become overwhelming, it's good to take a break and let the feelings and thoughts calm down. This calming glitter jar is a tangible way to help ourselves take a break.

SUPPLIES:

- Glycerin
- Paper towels
- Clear soap
- Glitter
- Warm water
- Clear glass marble
- Clear jar or bottle with lid

INSTRUCTIONS:

- 1. Fill clear jar/bottle three-fourths full with warm tap water. Add glycerin almost to the top. Add three drops of clear soap to the jar/bottle.
- 2. Replace lid and shake jar/bottle to dissolve glycerin.
- 3. Remove lid and soak up extra suds at the top of the jar/bottle with a paper towel.
- 4. Add glitter and clear marble to jar/bottle.
- 5. Replace lid tightly and shake jar/bottle.
- 6. As the glitter settles, take several deep breaths and feel your feelings and thoughts start to settle along with the glitter.



AS YOU DO THIS ACTIVITY WITH YOUF CHILD, HERE ARE SOME THINGS YOU CAN DISCUSS.

Talk with your child about what the glitter looks like when it is shaken. Compare their emotions to the glitter in the bottle. The glitter is all over the place and needs to settle to the bottom before it is clear. The emotions we feel after the death of a loved one can be just like the glitter and cloud up our mind. Sometimes it is helpful to calm ourselves so that we can see clearly and process our feelings and understand them better. When we feel calm, we can start to make a plan. For example, you can do deep breathing exercises or stretch out on the floor and close your eyes and imagine a safe and calm place. We don't want our feelings to disappear but it is helpful to allow them to calm down so we can see more clearly and direct our energies towards helpful resolutions to our grief.

The calming jar can also be reserved for "Take a Break" zones where kids can go to calm down from having really big emotions or feelings and they are too anxious to self-regulate. It can also be used as a motivator to clean up quickly to get back and watch the swirling wonder before it completely settles.

"Closing"

When participants in our support groups feel they have received the tools they need to cope well with their grief, they let us know they are ready to close from group. During a recent adult spouse loss group, we celebrated with one our participants, Barbara, as she announced she was ready to close. She read a letter to the group as part of her goodbye to the group members who had walked with her on her grief journey. Here is an excerpt from that letter. This kind of healing is possible because of the power of group.

When I first came to fort + found my husband.

Sob had been gone a year. I was so lost +

miserable because I just couldn't stop

miserable because I just couldn't stop

miserable because I just could never feel like

crying + I felt I would never feel like I have

myself again. But over the past I years

myself again. But over the past I have

found my way in my new life, I his

journey has been very haid. If I could

give you all some advise it would be

never give up. The will get better a little at a

time. Some days will be bad + some will

be better. Just remember all the great

memories you shared with your loved

one, my husband + I met on a blind date +

we were so blessed to have had 53

wonderful years together. The following

Quarantine Questions

What am I grateful for today?

HOW AM I GETTING OUTSIDE TODAY?

HOW AM I MOVING MY BODY TODAY?

Who am I checking in on or connecting with today?

what expectations of 'normal' am I letting go of today?

What beauty or calmness am I either creating, cultivating, or inviting in today? In January 2020, as part of our Journeys program, Lost & Found began offering a therapeutic support group for adult caregivers who have a loved one with an advanced, serious illness such as cancer or a neurodegenerative disease. The members of this group focus on supporting each other as they cope with feelings of anticipatory grief while continuing to live life with hope for the best outcome. In a recent group, as we discussed how to cope with prolonged seasons of uncertainty, we examined a set of questions from Brooke Anderson that circulated on social media at the beginning of quarantine in March. See her questions on the left.

As we considered these questions, we agreed when we have limited energy it's best to start with choosing just one question a day, and to let the questions be gentle reminders that it is not selfish to take good care of ourselves as we take care of our loved ones who are ill. Each day we have the opportunity to slow down, refocus our attention, and think of things that help us gain energy as we move forward in life.

Our Journeys Adult Caregiver group continues to meet virtually through Zoom twice a month. For more information about this group, please call the Lost & Found office at 417.865.9998.

More Calming Activities

Healthy coping skills are important in everyday life but become paramount for grieving individuals. When life has been completely disrupted with loss, having the ability to calm, refocus, and re-frame can make a marked difference for a bereaved person.

In addition to tangible calming techniques (like the calming glitter jar we shared), here are three more suggestions:

Chocolate Tasting



Find your favorite chocolate (we LOVE Askinosie Chocolate!), and put it in your mouth. Close your eyes, and don't chew the chocolate. Set your timer for 60 seconds. Once the timer begins, focus all your attention on the sensation of eating the chocolate. What is the texture like? How does it taste? What do you like most about it? Give yourself one minute to only think about the chocolate and nothing else. When you open your eyes, see if you notice any changes in how you feel. Your body should feel calmer, your brain should be clearer, and your taste buds should be singing!

Breathing 1-2-3



Doing something simple like focusing on breathing can be an amazing tool for calming. Sit comfortably in a chair, close your eyes, and breathe in. As you breathe in, count to three, then hold your breath for three seconds, then exhale for three seconds. Repeat as many times as needed.

Picture it



Visualization can be a powerful tool for helping your mind become calm. Sit comfortably in a chair with both feet on the floor. Close your eyes. Picture a calm, safe place. As you picture this place, focus on as much detail as possible. How does the place feel? Is it hot or cold? What does it smell like? Is anyone else there? What is the lighting like? What sounds do you hear? Allow yourself to focus on as many details as possible, and when you're ready, open your eyes again, knowing you can always return to the safe place.

Thank you

Group Facilitators & Volunteers

We are thankful for these individuals who give their time to give help, hope, and healing to the grieving families who come to Lost & Found.

Alexa Russell Amanda Blankenship Annie Schaeffer Ashton Hodge Becky Reser Becky Shirley Betty Teel **Britteny Crowder** Callie Newton-Woods Carla Osborn Carolie Schultz Cathy Clark Chelsea Campbell Cheryl Bruette Christine Gregory Cindy McIntyre Craig Borges Cynthia Crabtree Daniel Mezzacapa David Potter Debra Ankiewicz Denise Meyer Elaine Werner Genell Heimer Glenda Head Hailey Bourgeois Hannah Faucett Hannah Ragain Heidi Foster Jacey Collins

Jamie Fields Jane Handley Jeanene Gerhardt Jessica Lyon Kari Kleinsmith Kathy Cox Kayleigh Stark Kelly Bagwell Kelsea Slater Kim Hughes Kim Martin Kristen Tuterschlager Lacey Berry Linda Longwell Lisa Hallam Melissa Cox Michael Harris Mike Woody Paige Goetz Pat Haas Pat Stockford Rachel Westervelt Rendy Morris Riley Grinnell Rose Korang-Okrah Ryleigh Tucker Shawn Askinosie Sydney Malone Terri Lay Theresa Witt Heilman



ADsmith never fails to create content which conveys the important work our families do on their grief journey. We are forever grateful for their unwavering support.



CentricMIT goes above and beyond. They are more than just a tech company. Their generous gift of an upgraded firewall

system will ensure that the sacred stories shared at Lost & Found are protected. We are so appreciative of their continued support.

amazonsmile

You shop. Amazon gives.

Did you know? Amazon Smile donates a portion of the proceeds from your regularly priced purchases to the charity of your choice.

Simply go to Smile.Amazon.com and type in **Lost & Found Grief Center** as your charity.

Amazon Smile is now supported on mobile apps as well! After setting Lost & Found as your designated charity in your browser, it only takes a minute to add it to your app.

Simply open the app, go to **Settings** in the main menu, tap on **AmazonSmile**, and follow the on-screen instructions.

CHALK ART CONTEST NOVEMBER 5-19 Support grief awareness in our

Who can participate?

Individuals, families, and businesses!

community, specifically Children's Grief Awareness Day, by decorating your sidewalk, driveway, storefront, or parking lot with expressions of hope!

Prizes will be awarded for People's Choice, Individual, and Family/Business categories

More details to come. NO fee to participate, donations are encouraged.

Visit LostandFoundOzarks.com/Chalk-Contest to sign up and for more information.

Organized by the Lost & Found Grief Center Junior Board



This year, due to COVID-19, our annual Run and Remember 5K became a hybrid event. We are thrilled that we were able to create a meaningful and safe event for our families who joined us in person and virtually to Run and Remember their loved ones.

21,266 miles were logged toward our goal of 20,000 miles for 20 years of Lost & Found!

We hope that you Run and Remember with us again in 2021!

Frent Committee:

Cheryl Bruette • Cheryl Campbell • Kathy Clark • Rhonda Jasinski Josh Kitchin • Claire Potter • Becky Shirley • Shelley Stout

Thank you, Sponsors!

In Memory of Dr. William "Bill" Campbell • In Memory of Michele Granger Chris & Dody McDaniel • David Potter - American Family Insurance In Memory of Sarah Stotelmyer • @WesfromtheEast

























No one should grieve alone

LOST & FOUND GRIEF CENTER IS A COMPREHENSIVE GRIEF CENTER OFFERING THE FOLLOWING SERVICES:

Therapeutic Grief Support Groups

At no cost to families

- Children, ages 4-18, grieving the loss of a parent, caregiver, or sibling w/ concurrent groups for parent/caregivers
- Young adults, ages 18-30, grieving the loss of a family member
- Adults grieving the loss of a child under 18, young adult child, or spouse

Individual Grief Counseling Fee attached

For ages 4 and older grieving the death of a loved one

Wish list

We are often asked for a list of in-kind donations that would be helpful. Below are items we go through very quickly in the office. Feel free to contact us if you have any questions about donating from this list.

- Amazon gift cards Batteries
- Office supplies (staples, paper clips, pens, post its, etc)
- White & multi colored copier paper
- Card stock
- Books of stamps
- Toilet paper
- Bottled water
- Kleenex
- Gel pens

- Hand sanitizer
- Avery 5160 & 5163 labels
- Cleaning wipes
- Sympathy/birthday cards
- Individual packets of glitter
- Plastic fillable globe ornaments

For more ideas, view our Amazon Wish List via lostandfoundozarks.com/Giving-Opportunities



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