



Mending Hearts



Lost & Found
grief center



FALL 2021
VOLUME 3 ISSUE 3

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GROUP COORDINATORS

Judy Doran • Ashley Perryman • Laurie Shrable • Gen Nelson
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A Transition in Leadership

Farewell Emily Givens, Welcome Mike Woody

The fall Lost & Found Grief Center newsletter is filled with important updates and transitions.

At the top of the list is the executive director leadership transition from Emily Givens to Mike Woody. Emily served this organization for the past four years with enthusiasm, empathy and a willingness to meet challenges (resource development during a pandemic, Zoom group session meetings and much more!).

Co-founder Shawn Askinosie said, "We will always be thankful to Emily for the role she played in our organization at a critical time of transition. Her boundless energy and dedication will be remembered with gratitude. We're happy that she can take this time with her growing children. We were fortunate to have Emily when we did and hope she will remain connected to our mission."

Continued success and happiness, Emily, from the grateful Lost & Found Staff.



A Message from the Executive Director

Lost & Found Grief Center co-founder Shawn Askinosie includes in his book, "Meaningful Work," a quote from Kahlil Gibran: "Our greatest joy is sorrow unmasked." Shawn goes on to say it took years to understand what that meant in his life.

For Shawn and us at Lost & Found, it means the sorrows of life can lead us to an expanded understanding of our true self and, from there, meaning. When meaning leads us to purpose, look out! Great things happen like Lost & Found Grief Center.

I deeply appreciate the operations and program staff at the center. The talent and commitment are inspiring. We shake off the disappointments of the day and practice a simple guideline: Show up. Do the work. Repeat.

Your donation of money, in-kind, volunteering and referrals are making a difference. Check out the activity report in this issue to see how.

Mike Woody

Peace and blessings,
Mike Woody, Executive Director

LOST & FOUND ACTIVITY REPORT

Over
3,500
in group sessions
in the center



Over 5,000 hours
of group sessions in
the center (208 days!)

11
uniquely
designed
group
topics



29
group
session
choices

80¢ of every dollar spent
in payroll is directed
to program



300
Individual
Counseling
sessions!

NEW GROUPS FOR FALL 2021

Pregnancy and Infant Loss Support (PAILS)

The loss of a baby is a painful experience that many families go through daily. Unfortunately, the loss of a baby remains a private topic. Peer support can help reduce isolation and provide a safe space to express emotions and experiences common in grieving.

Our Pregnancy and Infant Loss Support (PAILS) group helps families and bereaved parents whose lives are touched by the tragic death of a baby through:

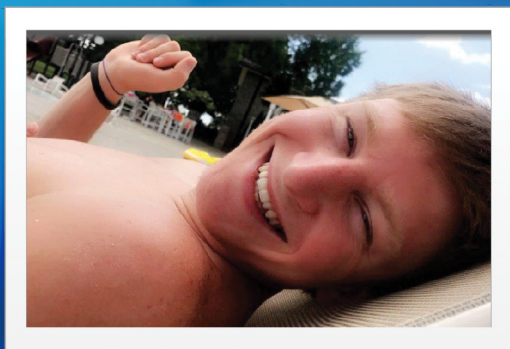
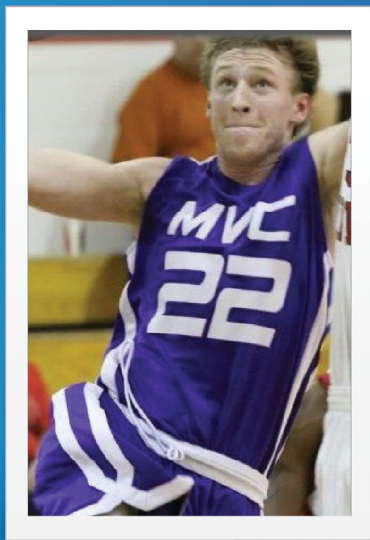
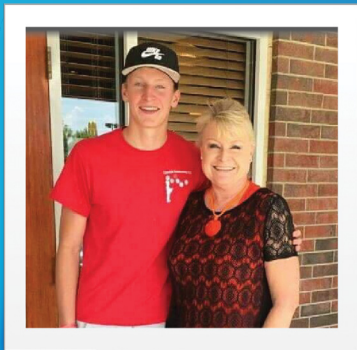
- Pregnancy loss/miscarriage
- Stillbirth
- Sudden infant death syndrome (SIDS)
- Within the first six months of life



Connections Group

Our Connections group provides a structured support experience to adult participants beyond the acute phase of grief. Connections provides grief education specific to the struggles of grief past the first or second year of loss and beyond.

Group members have the opportunity to explore and develop a personal grief narrative through directed writing prompts followed by therapeutic discussion within the group environment to maximize opportunities for insight, growth and support.



Mid-America TRANSPLANT

OUR TRUSTED PARTNER

When you click on www.midamericatransplant.org, you quickly see why Lost & Found is so grateful to their mission and service to families in our area. Many of our participants in group or individual counseling sessions recall the caring support this organization provided during a time of unthinkable sorrow.

Inspired by Life

One organ, eye, and tissue donor can save and heal more than 75 lives. That sums it up for us at Lost & Found. For 10 years we have partnered to create a safe space for thousands of families in

the region. In large part because of support from Mid-America Transplant, we can do what we do to fulfill our mission of "providing help, hope, and healing through professional grief support services".

Remarkable Results

The incredible generosity of donors and their families touched the lives of thousands of people in need. In 2020, 815 organs were transplanted, 181,800 tissues for transplant were provided, and 908 corneas for transplant were donated. Families served at Lost & Found are inspired by the support at Mid-America Transplant as well.

The story below is from a group participant who shared the comfort she felt as a mother, knowing her son was able to help others after his death.

"Mid-America Transplant is one of the sincere, honest, wish giving moments of our experience of our son passing away. Our son Ryan was 22 years old when he ended up in ICU at Mercy. With many tests and conversations with neurologists, we knew there was no brain activity and we had some very difficult choices to make. But being an organ donor was not one of them. Ryan had signed up 6 times to be a donor in his short 22 years. When we were asked if we wanted to speak with Mid-America Transplant, Ryan had made the decision for us. Mid-America spoke to us as a family. All of our questions were answered and then some. The ladies we spoke with were organized, comforting with their information, and made sure we were comfortable with our decision.

When Ryan passed away, Mid-America took over and kept us in the loop every step of the way throughout the process. They took care of all the details.

I have received updates about Ryan's gift of life through Mid-America as well as several letters from recipients. His tissue has been used by a burn victim, his ligaments were used in a replacement operation and his corneas were also received as a gift of sight. These letters coordinated through Mid-America have been a special gift Ryan has left for us. Without Mid-America, we may never have received these updates.

Please consider being a donor and encourage others to do so."

THANK YOU, BOB LOWE AND CHRIS BALL



Evening of Hope Gala

Thank you does not feel like enough for the passion and enthusiasm we have witnessed for the past eight years from Bob Lowe and Chris Ball—the faces of our annual Evening of Hope gala. From their ability to secure one-of-a-kind experiences for our live auction to sharing favorites from their own wine cellars and liquor cabinets, their leadership has raised over \$2.5 million since 2014 to fund grief support for the families we serve.

Ice storms, competing events and even a pandemic did not prevent them from showing up, thinking outside the box and doing whatever it took to create unforgettable evenings for our guests each year. In 2019, the Association of Fundraising Professionals recognized them as “Outstanding Volunteer Fundraisers of the Year” for their fantastic work with Lost & Found Grief Center’s Evening of Hope.

We are forever grateful for their generous hearts and the lasting impact they have made in the lives of those we serve.



Golf Fore Hope

On June 14, Rick Neal and the Hickory Hills Country Club team went above and beyond to host our yearly Golf Fore Hope event—one of only three annual events for area nonprofits that happens on the course. Despite the heat, all team sponsorships sold out, and everyone had a great day.

It has been a year filled with loss and adversity, and the need for the therapeutic grief support services we offer has never been greater. The tournament raised over \$22,500, which will fund group sessions for 22 children and teens. Thank you to Rick and his team and all who sponsored a team, lunch or the goodie cart. Your support provided help, hope and healing for the families we serve.

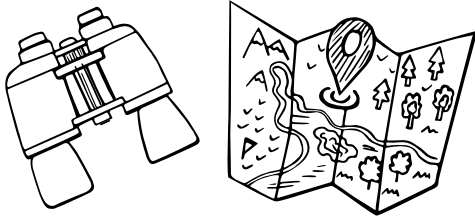


Run and Remember

On May 23, our annual Run and Remember 5k offered a sacred space for families to honor a loved one who has died. Activities to honor and celebrate the memory of those lost included the Memorial Garden, personalized moments of remembrance, and a Smile Cloud to float messages of hope into the sky. This meaningful event had over 500 registrants, many who participated in the 5k or 1 mile memorial walk.

Attendee Bobbie Wurst shared “Run and Remember has been such a great tribute to my spouse these past three years. To be able to do something like this in his memory is so meaningful for me. The comradery and connection with others experiencing the same thing you are is so important right now. It’s also a great way to raise funds for Lost & Found through the sales of race registrations, memorial signs and t-shirts.”

We hope you will Run and Remember with us again in 2022!



GRIEF CAMP AT LOST & FOUND GRIEF CENTER

The past year and a half have been difficult for the entire country. An estimated 119,000 children across the country have experienced the death of a primary caregiver due to a COVID-19 associated death, and more than 140,000 children experienced the death of a primary or secondary caregiver, according to the Centers for Disease Control and Prevention.

With a greater need for grief services, Lost & Found Grief Center had to step up in a big way. While in-person grief camp at Lost & Found was not possible in 2020, we have been fortunate to plan three grief camps in 2021. There was clearly a need, and Lost & Found was ready to answer the call.

Why Grief Camp?

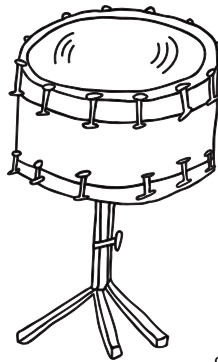
The structure of everyday life for the average child is more fast-paced than the life their parents experienced as children. Children today face increased pressure in school and extracurricular activities coupled with an average of 5-7 hours of screen time on electronic devices. There is much less emphasis on play, connectivity and social relationships.

The camp environment provides an atmosphere of healing that helps children focus on processing their grief, accessing special memories of their loved one and building positive relationships with others who understand what it is to experience the death of a parent, guardian or sibling. Children realize how capable they are, which helps them learn to adapt and overcome challenges related to grief.





Lost & Found hosted a music-themed grief camp in June. Music has been identified as a critical form of creativity that helps express complex emotions related to grief. Children worked with a music therapist to process their grief and honor their loved ones through music.



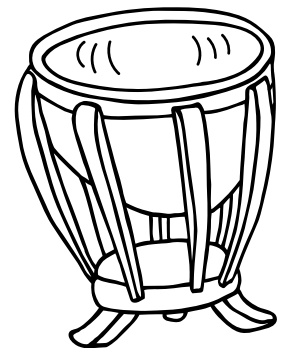
One 8-year-old child wrote additional lyrics to "Somewhere Over the Rainbow." The music therapist sang about his mother and how she made him pancakes to that melody. This activity was the highlight of the evening.

Children also described what kind of music helps them cope with grief emotions, and everyone's favorite part was beating on drums. The children finished the night making rain sticks, drums and memory jars and playing a friendly but spirited game of musical chairs.

In July, Lost & Found hosted an art-themed grief camp. The highlight of the night was the paint pour. Children were encouraged to choose three to four colors of paint to pour on a canvas. Each color represented them, their loved one or their grief journey. One of the children described her portrait, which was dark with small specks of bright pink, as representative of her mother. She said, "Even when it is dark, I know my mom is with me."



Children also made memory bracelets. Some kids and teens worry they will forget stories and memories about the person who died. Beads can help symbolize and remind us of special memories. One child decorated his bracelet with several basketballs because he remembered his mom would come to all his basketball games. He continued to share some of his best memories of her cheering him on at his games.



Grief camps at Lost & Found have been so successful that we wanted to take it to the next level by requesting funding from the Eluna Network to sponsor a Camp Erin grief camp in September. We were awarded the grant, and we turned to our existing partnership with Onward Acres, a fifth-generation farm that offers an annual pumpkin patch, to host our final grief camp. Camp Erin at Lost & Found Grief Center is the first time the center has taken grief camp into nature, filled with nature hikes, farm animals and toasted s'mores.



Best Wishes

TO SARAH BROWN



The Wind Beneath Our Wings

Sarah Brown has left an indelible mark on the programs at Lost & Found Grief Center and the hearts of numerous families. Sarah brought an unfailing commitment to our mission and love for our families that everyone felt.

She started as a volunteer facilitator in a children's group, where we first saw her talents and beautiful ability to connect with both children and their parents. She became a group coordinator and eventually a program coordinator. Her duties expanded to intake calls, writing activities for groups, grant writing assistance, assessing our processes and much more. Perhaps her greatest contribution was the creation of the Journeys Program for families dealing with terminal illnesses.

"Watching Sarah grow professionally was a highlight of my career at Lost & Found. I have always loved and appreciated her willingness to try new ideas and programs. I could always count on her enthusiastic support, as well as her meticulous research on similar programs," recalled Dr. Karen Scott, co-founder.

"She was our resident expert on very young children and led the entire Journeys Program, providing a calm, steady guiding hand to children and parents dealing with a terminal illness in their families. Sarah's research, attention to detail, dedication to excellence and unwavering support made her the wind beneath my wings. Her contributions enhanced everything we did." Sarah is soft-spoken, but her voice is mighty because of her knowledge and insight into the grieving families she serves. Her gentle but powerful presence will be greatly missed.

We wish her the best as she begins a new venture, earning a master's degree in counseling. We hope to see her back at Lost & Found upon the completion of that program.

MEET OUR JUNIOR BOARD

Lost & Found established its Junior Board in 2012 to connect young professionals with its vision: no one should grieve alone.



▲ Katie Hansen

Supporting Lost & Found

"The Junior Board supports Lost & Found Grief Center's mission by creating community awareness along with volunteering and fundraising efforts," says Chairman Katie Hansen.

Katie joined the Junior Board in 2015. After the death of her sister Grace, Katie attended a grief group at Lost & Found. Now, she gives back to her community by serving on the Junior Board.

"After seeing the positive impact that Lost & Found Grief Center's services provide and experiencing hope and joy after loss, I knew I wanted to be involved. Being a part of a team who cares so deeply for the community has been one of the most rewarding and valuable experiences of my life," she says.

Some of the Junior Board's efforts include sending cards, meals, flowers and other types of support to families in the community. They also participate in Children's Grief Awareness Day initiatives.

Secretary Haiden Conrad says, "The Junior Board makes supporting Lost & Found, their services and their staff a top priority through volunteering our time in whatever capacity may be needed."

Many Junior Board members serve as volunteer greeters to welcome group participants to Lost & Found.

Game Day Event: October 3, 2021

One of the group's primary responsibilities is organizing Junior Board's signature fundraiser: Game Day.

"Game Day is the ultimate tailgate and the best 'Sunday Funday' in the Ozarks," says Game Day Co-Chairman Courtney Parsel. "The best part about Game Day is that all proceeds directly benefit the individuals and families who rely on Lost & Found Grief Center's therapeutic grief support services."

You can indulge in iconic tailgate fare at Game Day, catch every moment of the game on big screens, and enjoy half-time fun with giant Jenga and cornhole games.



Join us on October 3, 2021, at 11:00 AM to watch the Kansas City Chiefs battle the Philadelphia Eagles. The event is at Metropolitan Grill and Hard Knox BBQ.

Individual tickets and sponsorships are still available.
Visit <https://lostandfoundozarks.com/gameday/> for more details.

*On the field, a safety is worth two points.
For us, safety is everything. We remain committed to following state and local COVID-19 guidelines.

Rooted in the Mission

We are honored to have so many young professionals in our community committed to our mission. Many of our Junior Board members have experienced a loss and know what it's like to navigate grief at a young age.

"Almost every member has a direct connection to the mission of Lost & Found Grief Center as the result of grief they have experienced in their own lives," says Katie. "Those who haven't experienced personal loss have connected through seeing the positive impacts of grief support firsthand. This connection helps the team stay rooted in the heart of the mission."

Become A Member

If you are passionate about Lost & Found's mission and want to make a difference, we'd love for you to consider serving on our Junior Board.

Vice Chairman and Recruitment Chair Brett Stufflebam remarks, "It has been motivating to see families who have

graduated from groups turn around and volunteer their time back to Lost & Found. I believe that speaks volumes to the positive impact Lost & Found has had on the lives of the families who have used their services."

Inspired by his mother's volunteer efforts, Brett has served on the Junior Board for five years. As the recruitment chair, Brett helps Lost & Found connect with like-minded individuals who are willing to share their time and talent.

Meaningful Work, Lasting Friendships

Brett reflects on his experience with Lost & Found. "Junior Board has afforded me the opportunity to develop true friendships with my fellow members, who I like to get together with outside of Junior Board meetings and events!"

Junior Board is about relationships and supporting each other as much as it is about supporting Lost & Found. Together, the Junior Board works for a greater purpose.

Katie sums it up perfectly: "The empathy, support and awareness we advocate for is also something we incorporate into our team, which has created some deep friendships. We are not the typical volunteer or event planning committee. What we do and who we are is much greater than that."

Contact Lost & Found Grief Center today for more information about our Junior Board. We'd love to have you get involved!



▲ Left to right : Chelsea Houser, Haiden Conrad, Katie Hansen, Marty Diebold, Jeremy Knottek, Courtney Parsel, Andrew Goodall, Tyler Campbell, Trent Feuerbacher

- **Katie Hansen, Chairman** *Missouri Division of Finance*
- **Brett Stufflebam, Vice Chairman,**
Recruitment Chairman *Springfield First Community Bank*
- **Haiden Conrad, Secretary** *Heim Young & Associates*
- **Courtney Parsel,**
Events and Social Media Chariman .. *State Bank of Southwest Missouri*
- **Brandi Bailey,**
Game Day Co-Chairman *Snyder Construction Group*
- **Marty Diebold** *Edward Jones*
- **Tara Engebretsen** *CoxHealth*
- **Trent Feuerbacher** *Pearson Kelly*
- **Chelsea Houser** *Jordan Valley Health Center*
- **Bryan Jones** *Springfield First Community Bank*
- **Jeremy Knottek** *Central Bank*
- **Andrew Goodall** *OTC*



1 Adult Activity

SELF-GUIDED ACTIVITY FOR BEING STILL

Paula D'Arcy, in her book "When People Grieve," encourages the practice of being still as part of the grieving process.

Doing so allows time and opportunity for our hearts to find the strength needed to heal from loss.

Paula draws on her experience of the loss of her husband and daughter when she says in the book:

"Grief calls us to slow down and allow the sadness to pass through so a deep-rootedness may be found. It is not productive to engage in pointless activity or to be sedated during this time. When grieving, it's important to stop and be still so our hearts can find the bedrock. Recognize depression as a stage and understand that it is normal to be depressed following the pain of loss. The greater and more significant the loss, the greater the sadness.

Four months after the loss of my family, I made this entry in my journal: Everyone is so anxious for me to get better. They don't want me to hurt. But I do hurt, and I need to cry. If I put on a brave face, it only helps them. It drains me."

Activity:

Please write out your thoughts on each of the questions below. Once you have reflected on these questions, turn the paper over to a blank side.

Take several minutes to practice being still with specific intent to allow the emotions to come and to use the time to find the bedrock of who you are and what you believe in.

Once you feel ready, write your thoughts about what that time of being still was like for you, and consider committing yourself to practicing being still at least once over the next week. Write out your plan and be as specific as possible about when and how you plan to incorporate this into your schedule.

Reflection Questions:

1. What stood out to you about this passage by D'Arcy?
2. Do you allow yourself to be still since the death of your loved one? Or perhaps have you been able to be still at times in your life related to other life experiences as part of a healing or growth journey? If the answer is yes to either question, what was that experience like including what was gained?
3. What stops you from being still when you need to as part of your grief process?
4. D'Arcy indicated that part of the grieving process is allowing our heart moments to stop so that we can find our bedrock. What does that mean to you? Have you been able to find some/any bedrock in this grieving journey?
5. Does it scare you to think about allowing the pain of grief to sweep over you?
6. Do the people in your life try to keep you so busy that it interferes with the need to be still? Do you do this to yourself?
7. Do you feel obligated to put on a brave face? If yes, for who and why?
8. Have you moved past the need for this, and what helped you get there? Was it time, processing or a specific activity?

2 Child Activity

DRAWING OUR EMOTIONS: FEELINGS FACES ACTIVITY

When facing the death of a loved one, we may experience a turmoil of mixed and intense emotions. Some of these feelings are unexpected or hard to cope with. Some may feel many different and conflicting emotions all at once. We may expect only to feel sad, but rarely is grief limited to a single emotion.

Our therapeutic support groups utilize age-appropriate activities to help participants process feelings and emotions related to their grief journey. For our Little Ones group, we recently used an activity titled All About Feelings – Feelings Faces.

For this activity, group participants received a sheet of paper with nine blank “faces.” The group coordinator facilitated a conversation about nine emotions we may feel: sad, mad, scared, happy, silly, loving, tired, confused and surprised. Each participant was given the option to draw their representation of each emotion.

Next, group participants identified emotions they may experience during their grief journey and were given time to draw what these emotions might look like. Allowing children to explore different feelings and emotions in a safe space helps provide them with language for their feelings as they navigate their grief journey.

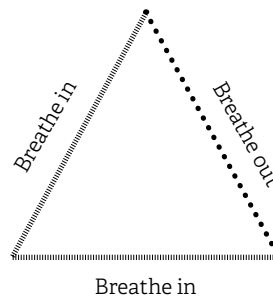


3 Family Activity

3 HEALTHY COPING SKILLS FOR FAMILIES

Healthy coping skills are important for children who are grieving. When life has been disrupted with loss, having the ability to refocus and channel their energy into a mindful activity can make a huge difference.

Here are three mindfulness meditation activities and calming techniques that work well with grieving families:

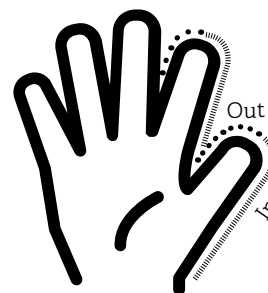


Triangle Breathing

This is a simple activity you can do when feeling stressed, anxious or overwhelmed to help calm yourself.

- Step 1: Sit in a comfortable position and become aware of your breathing. Close your eyes.
- Step 2: Take a deep breath. As you inhale, draw an imaginary line in the air, moving your finger up as you inhale deeply.
- Step 3: Stop at the top point of the imaginary triangle and exhale slowly. As you exhale, move your finger down, making another side of the triangle.
- Step 4: Inhale again, moving your finger across to make the bottom of the triangle.
- Step 5: Repeat with deep, slow breaths until you have “drawn” the triangle three times.

Become aware of how much more relaxed your body feels from simply slowing down and taking deep breaths, concentrating on only your breathing.



Starfish Breathing

Teach your child this technique at a time when they are not upset. Practice it several times, and talk openly with them about when to use the technique. This is also a good opportunity to discuss what makes them worried, frustrated or anxious, and how starfish breathing can help them with emotional regulation.

- Step 1: You and your child will put one hand up and make a starfish.
- Step 2: Use your child's other hand to track the perimeter of each finger and follow with their eyes.
- Step 3: When their finger is going up, they will take a deep breath in.
- Step 4: When their finger is going down, they will let their breath out.

Practice several times with your child until they are calm.

LOST & FOUND GRIEF CENTER ANNOUNCES NEW ADDITIONS TO BOARD OF DIRECTORS

Joe Johnson, Lost & Found Chairman of the Board, announced six new additions to the center's FY 22 board of directors.

"The addition of the outstanding women and men are key to our growth strategy. Our mission is to continually strive to improve lives in our community by providing help, hope, and healing through professional grief support services," said Chairman Johnson.



Julia Murray,
MSN, RN, Hospice Area
Executive of Clinical
Operations - Compassus



Adam Pyle,
CEO - BP Builders



Camille Knowles,
HR Advisor-
HR Advantage



Bridgette Leonard,
Independent Consultant



Dr. Angela
Holloway-Payne,
Principal-Boyd
Elementary School



Dr. Tim Woods,
Trauma Medical Director-
CoxHealth

Ways to Give

There are many ways YOU can directly support Lost & Found Grief Center's mission to provide professional grief support services to families in the Ozarks. Below are different ways you can give back to Lost & Found. When sending donations, please include a note so that we can send our thanks.

Memorial Pavers

Honor the memory of your loved ones by placing their names on memorial pavers outside of our home. These handcrafted pavers are made from clay and engraved to honor your loved one for years. Visit <https://lostandfoundozarks.com/memorial-pavers/>.

Memorial Contributions

Contributions that are made in honor of the life of a friend, colleague or loved one who has died can make a powerful difference in the lives of families. We ensure the family of the loved one knows the donation has been made in their memory. If you are interested in making a memorial donation, you can send a check to our mailing address or visit <https://lostandfoundozarks.com/donate/>.

Circle of Hope: Monthly Giving Program

Circle of Hope is our giving program that provides monthly support. There are different giving levels, and each gift is a true investment into the lives of grieving families in Southwest Missouri. Please visit <https://lostandfoundozarks.com/circle-of-hope/> for more information.

 [LostandFoundOzarks.com](https://lostandfoundozarks.com)

 1555 S. Glenstone Ave.
Springfield, MO 65804

 417.865.9998

Volunteer

An excellent way you can support Lost & Found is by donating your time. Volunteer opportunities include becoming a greeter, group facilitator, joining an event committee or helping with administrative tasks in the office. To get started, please fill out the form at <https://lostandfoundozarks.com/volunteer/>.

Attend or Sponsor an Event

Lost & Found hosts four fundraising events annually. To learn more about our events, visit <https://lostandfoundozarks.com/events/>. For event sponsorship details, contact Jamie Fields at jfields@lostandfoundozarks.com.

Show Your Support on Social Media

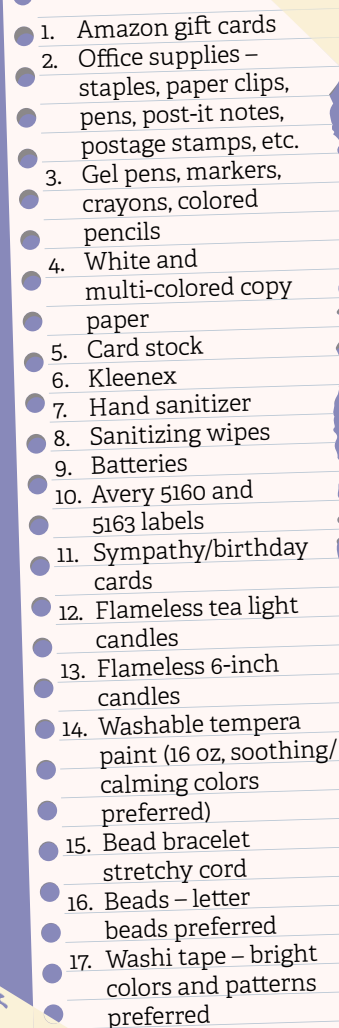
Like, comment on and share our social media posts to help us get the word out to those who might need our services and inform others of our mission.

Amazon Smile

Did you know? Amazon Smile donates a portion of the proceeds from your purchases to the charity of your choice. Simply go to smile.amazon.com and type in Lost & Found Grief Center as your charity. After setting Lost & Found as your charity, it only takes a minute to add it to your Amazon app. Simply open the app, go to Settings in the main menu, tap on AmazonSmile and follow the on-screen instructions.

Amazon Wish List

We are often asked for a list of in-kind donations that would be helpful to our center. 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:

- 
1. Amazon gift cards
 2. Office supplies – staples, paper clips, pens, post-it notes, postage stamps, etc.
 3. Gel pens, markers, crayons, colored pencils
 4. White and multi-colored copy paper
 5. Card stock
 6. Kleenex
 7. Hand sanitizer
 8. Sanitizing wipes
 9. Batteries
 10. Avery 5160 and 5163 labels
 11. Sympathy/birthday cards
 12. Flameless tea light candles
 13. Flameless 6-inch candles
 14. Washable tempera paint (16 oz, soothing/calming colors preferred)
 15. Bead bracelet stretchy cord
 16. Beads – letter beads preferred
 17. Washi tape – bright colors and patterns preferred

Our Mission

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

Funding provided in part by

Mid-America
TRANSPLANT



**HOSPICE
FOUNDATION**
OF THE OZARKS

FUNDING INITIATIVES FOR DIGNITY AT LIFE'S END

-  [lostandfoundgriefcenter](#)
-  [lostandfoundgriefcenter](#)
-  [lostnfoundgrief](#)
-  [lostandfoundgc](#)
-  417.865.9998
-  [LostandFoundOzarks.com](#)
-  info@lostandfoundozarks.com

You can't go back and change the beginning, but you can start where you are and change the ending.

-C.S. Lewis

A special thank you to




Lost & Found
grief center
PO Box 3008
Springfield, MO 65808

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