

# Mending Hearts

20 years  
Lost & Found  
grief center  
2000 - 2020

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## LOST & FOUND GRIEF CENTER IS GUIDED BY THE FOLLOWING PRINCIPLES:

- Grief is a natural reaction to death for children as well as adults.
- Within each individual is the natural capacity to heal oneself.
- The duration and intensity of grief are unique for each individual.
- Caring and acceptance assist in the healing process.

## OUR VISION

No one should grieve alone.

## OUR MISSION

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

## *A Message from the Executive Director*

What an unbelievable, strange and scary time we are living in with COVID-19. Because grief doesn't stop when there's a pandemic - in fact it will likely compound due to the isolation - our work with grieving families throughout 23 counties in SW Missouri continues. We are currently contacting each of our families to make sure they know they're not alone and that we are still here to provide Help, Hope and Healing. We are also moving many of our groups to an online virtual model, and mailing educational packets to families with younger children – this model will continue until we can meet again in-person. As this pandemic grows in our community, more and more families are going to need our professional, therapeutic grief support. Therefore, we are relying on your financial support to ensure NO ONE has to grieve alone. Lost & Found Grief Center is here to help.

Emily Givens, Executive Director

# Reflecting on 20 years of service

DR. KAREN SCOTT

LOST & FOUND GRIEF CENTER CO-FOUNDER

When I reflect upon twenty years since co-founding Lost & Found Grief Center, two words come to mind: incredible and gratitude.

## INCREDIBLE:

Lost & Found has gained a reputation for its expertise in grief and the high quality, personalized service offered to grieving individuals and families. The community has experienced an incredible cultural shift from expecting grieving people to deal with grief on their own to understanding and supporting the benefits of grief support in a group setting, led by professionals. The Center has also experienced incredible growth in the number of groups offered and incredible growth in programs to become a comprehensive grief center. Each service offered was added in response to community requests for services. Twenty years after a humble beginning, Lost & Found Grief Center now offers the following:

- 23 support groups for children and their caregivers, young adults, adult groups, and grieving parent groups
- Groups to assist families with anticipatory grief (dealing with advanced serious illness)
- Crisis support for area businesses dealing with the death of an employee
- Educational seminars
- Social media support and education
- Published grief materials, including two books for children
- Individual grief counseling sessions (for a fee)

We have moved from the top floor of Shawn Askinosie's law office to a beautiful building designed specifically for the groups we offer, with a stop along the way at a 135-year-old home that served us well until we outgrew it. All this goes well beyond the original vision held by co-founders, Shawn Askinosie and Dr. Karen Scott. Simply INCREDIBLE!

## GRATITUDE:

None of the above growth would have been possible without the generous support of this entire community. We are grateful for the countless donors who invested in this work through their financial support. We are grateful to the very talented professionals who have served as Group Coordinators, providing professional, loving service to the thousands of individuals who have sought support at Lost & Found. We are grateful for staff who have exhibited incredible teamwork and dedication, helping make the vision a reality. We are grateful for the hundreds of volunteers who served as facilitators in groups, touching the lives of so many bereaved individuals. We are so grateful for the many volunteers who served on the Board of Directors, as volunteers in the office and at events, and those who generously offered professional support and expertise. Finally, we are grateful to the many grieving individuals who trusted us to support and guide them through their journeys. Each one has left a mark on our hearts and has contributed to our knowledge.

Sadly, grief centers are rare and comprehensive grief centers are even fewer in number. Lost & Found Grief Center is a testament to the generous hearts and support of an entire community. Everyone who played a part should revel in the celebration of twenty incredible years.



# 1999

## FALL

First meeting of working Board of Directors was held.

## NOVEMBER

Application for Articles of Incorporation was filed.

# 2000

## APRIL

By-laws were adopted.

## MAY

Articles of Incorporation approved granting 501c3 status.

## SEPTEMBER

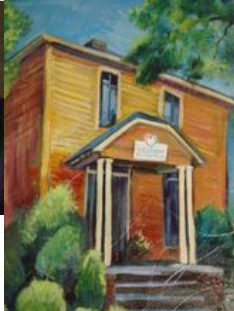
Board of Directors and volunteers attend training from the Dougy Center.



Shawn Askinosie



Dr. Karen Scott



# 2001

## JANUARY

First children and parent grief support groups met in the law offices of Shawn Askinosie at 1201 E. Walnut Street.

## AUGUST

First fundraising event; refreshment sales on parking lot of Wal-Mart on N. Kearney.

# 2002

## JUNE

PSAs about Lost & Found Grief Center began airing on local media.

# 2004

## MARCH

First Executive Director hired.

# 2005

## DECEMBER

Received a gift of \$100,000 from Chuck & Ginger Foster in memory of Conor Foster which provided down payment for purchase of building at 1006 N. Cedarbrook.

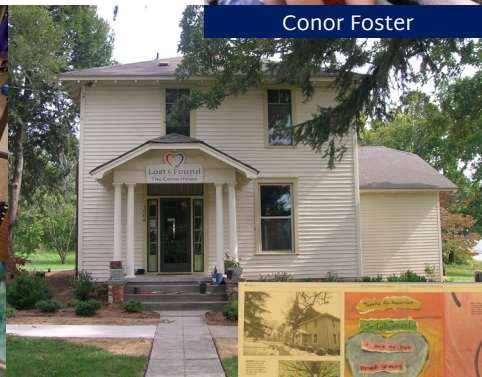
# 2006

## JULY

Moved into Conor House.



Conor Foster



# 2007

## MAY

Dr. Karen Scott became Executive Director.

# 2008

## FALL

Young Adult and Adult groups for Spouse Loss were added.

# 2012

## JANUARY

Young Ambassadors group established.

# 2014

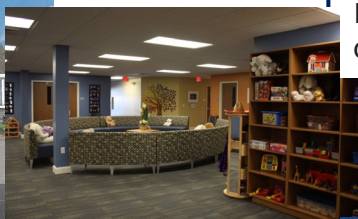
## APRIL

Board of Directors approved selection of building at 1555 S. Glenstone and launched private phase of Capital Campaign. Goal of \$1.9 million.

Bill & Virginia Darr pledge \$100,000 toward Capital Campaign.

## JULY

Lost & Found Board of Directors pledge \$741,000 toward Capital Campaign.



# 2015

## JANUARY

Public Phase of Capital Campaign announced.

Bobby Allison pledged \$600,000 toward Capital Campaign, securing naming opportunity for building.

## FEBRUARY

Capital Campaign raised \$2.3 million, exceeding goal.

## OCTOBER

Moved into newly renovated building at 1555 S. Glenstone.

## NOVEMBER

Young Adult Child Loss Group added.

# 2016

## APRIL

Journeys' Program Group offered for families coping with terminal illness.

Publication of first book; *The Most Special Gift*.

## SUMMER

First Grief Camps held.

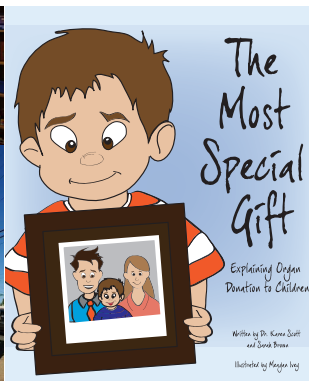
# 2017

## MAY

Emily Givens became Executive Director.

## SEPTEMBER

Began offering individual counseling for a fee.



# 2018

## APRIL

Child Loss Group offered.

# 2019

## DECEMBER

Publication of *Little Grievers Workbook*.

# Leah LeMon

FIFTH GRADE TEACHER IN LIBERTY, MISSOURI  
ATTENDED FIRST CHILDREN'S GROUP AT LOST & FOUND

Shortly after I turned three, my father was diagnosed with stage four pancreatic cancer and was given six months to a year to live. When he died, he left behind a three-year-old daughter, an 18-month-old son, and a young wife. My mother was a school counselor and probably the most well-equipped to handle the heartache that was about to

come into our lives, but knowing that something terrible, something unthinkable, is going to happen to YOU doesn't make it any easier. Try to imagine my mom's task of explaining the process of my dad dying to a three-year-old girl. No one is prepared for that.

I remember the hospital bed that was moved into my parent's bedroom and how it was special to make daddy feel better. My grandmother remembers that after it was moved in, I was very reluctant to leave our house. I had the magical thinking of a young child and thought, if I stayed home, he would not die. A heavy burden for a child to carry. I remember long walks down the block on days that he was feeling good. These are very special memories, but also very sad memories. I do remember when my mom tried to explain to me that my daddy was going away and he wasn't going to come back and I wasn't going to be able to see him or talk to him anymore. I asked, "But aren't there phones in heaven?"

Definitely a cute story, but there have been numerous times in my life that I wish there was a phone to heaven. I missed out on having his daily guidance at tough times in my life.

After my dad's passing, my family became some of the first participants at Lost & Found Grief Center, back in the original house on Walnut. As a developing child there wasn't a lot I could articulate about my grief, pain, anger, and sadness that I was feeling. But for one night a week I was with kids just like me. Kids who had an empty seat at the dinner table, didn't have a mommy to kiss goodnight or a daddy to cook them breakfast. We were all a part of a club, the club that no one wants to be a part of. In our time at Lost & Found, we learned that we had hope. We could move forward, but never get over it, because grief is a scar that never goes away. Most importantly, we learned that we were not alone, there were kids, just like us.

My grief walk has been messy and complicated. Sometimes the scar of grief would fade for days and I wouldn't even think about it, but then sometimes it would hit me SMACK in the face. Ever since my mom and step-dad got married I have had to explain why my last name is different than my parents. "My dad died when I was three," I would tell them. "But I know your dad, I see him all the time" kids would say. "Well actually that's my step dad, but I call him dad because he is. I have two dads. One in heaven and one on earth." I always hated explaining that growing up. This may not seem like a big deal to adults, but for a grieving child, having to revisit and explain the loss is a really big deal. It felt isolating, but I could always fall back on my time at Lost & Found to know that I wasn't alone.

This past summer I had the privilege of volunteering at grief camp. We were making heart puzzles and talking about putting together the pieces of our heart that were broken when we lost our loved one. We know that there are SO many people that love us and that person that we lost will always be in our hearts. One of the little boys that I was working with wanted to know why I was there. "My dad died when I was a little bit younger than you," I told him. He paused, set his marker down and said "MISS LEAH, YOU ARE STILL COMING TO GROUP?" He was shocked. I chuckled and told him no, I was not coming as a participant anymore. Now I got to work with kids like him, because a long time ago I was in the same place as him. Sometimes grief still hurts and I still miss my dad. I told him, "But you know what, I'm lucky I got to come here because I know that I am never alone. If I need someone, there are other people who know how I feel. Maybe when you are older, you can come back and volunteer too." "Yeah, that'd be cool," he said and picked his marker back up to color. He was learning that he too wasn't alone.

Grieving is one of the hardest things I've had to do in my life, and thanks to Lost & Found, I have always known that I was not alone.



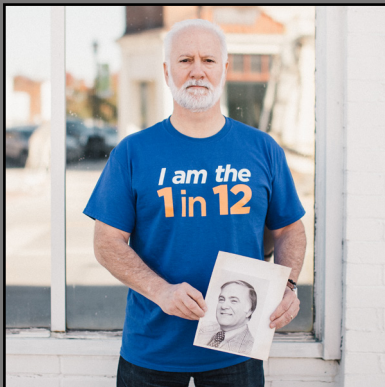
# "I am the 1 in 12"

1 in 12 children in Missouri will experience the death of a parent or sibling by the age of 18.\*

In November 2019 Lost & Found Grief Center launched the "I am the 1 in 12" campaign on social media to bring awareness to childhood bereavement by showcasing people in the community who are part of the 1 in 12 statistic.

Are you a 1 in 12 wanting to share your story? Email [info@lostandfoundozarks.com](mailto:info@lostandfoundozarks.com).

\*Judi's House. (2019). *Childhood Bereavement Estimation Model: Understanding Childhood Grief in the U.S.* Retrieved from [www.judishouse.org/CBEM](http://www.judishouse.org/CBEM).



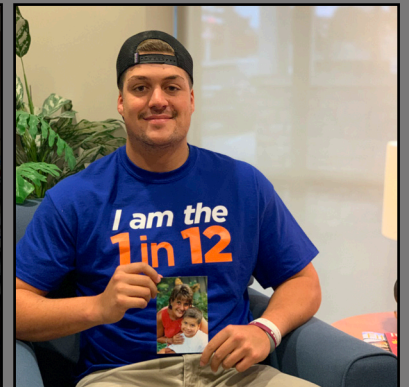
Shawn Askinosie  
Founder & CEO, Askinosie Chocolate  
At age 14 father died



Laura Batson  
Principal, Pittman Elementary School  
At age 9 father died



Geoff Butler  
Founding Partner & Architect, Butler  
Rosenbury & Partners  
At age 17 father died



Chandler Collins  
MSU student, Lost & Found participant  
At age 8 mother died



Hal Donaldson  
President, Convoy of Hope  
At age 12 father died



Dori Grinder  
VP of Membership, Springfield Area  
Chamber of Commerce  
At age 9 father died



Josh Kitchin  
Financial Advisor, Edward Jones  
At age 7 father died



Marc Licata  
Attorney, Licata Bankruptcy Firm  
At age 7 father died



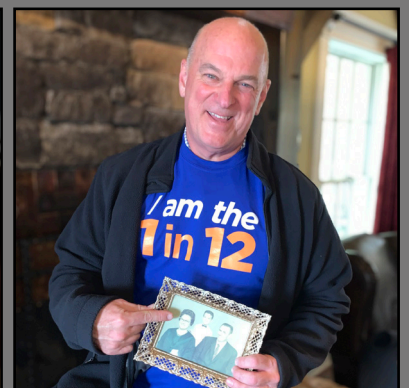
Tiffany Martin  
VP of Operations, State Bank of SW MO  
At age 8 mother died



David Potter  
Agent, American Family Insurance  
At age 10 parents died



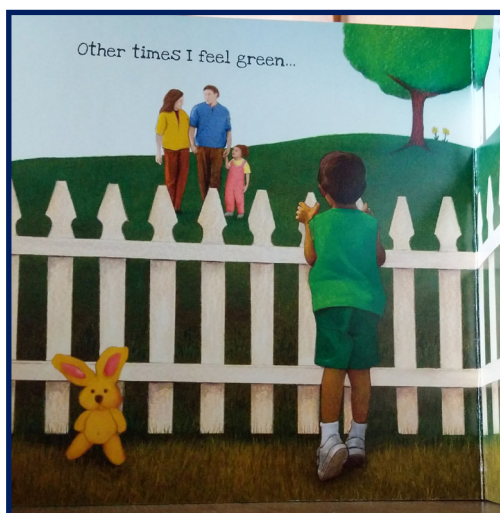
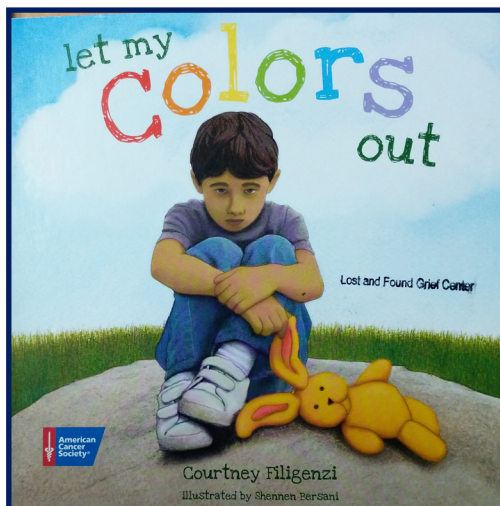
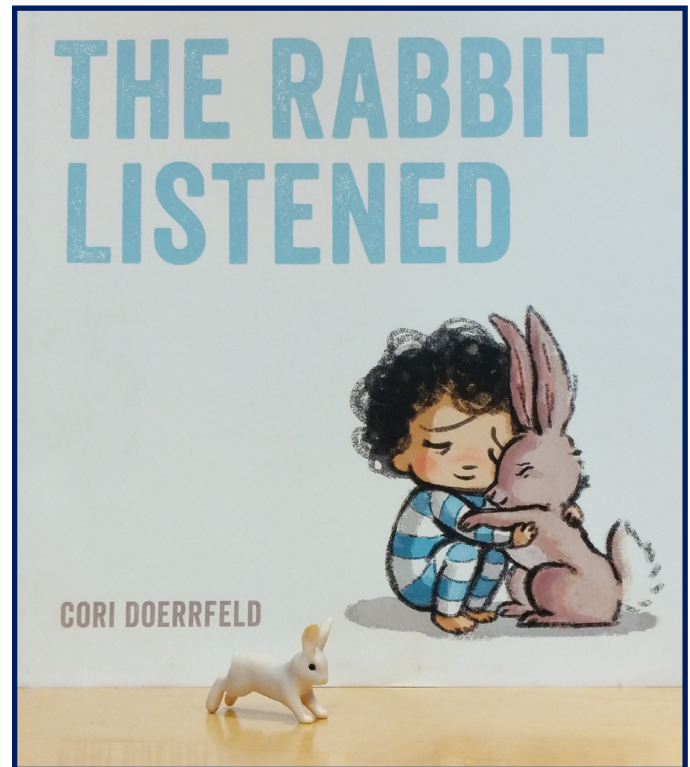
Ron Prenger  
Sr. VP & Chief Hospital Officer, CoxHealth  
At age 12 father died



Brad Thomas  
President, Silver Dollar City Attractions  
At age 9 mother died

# Adult Groups

Children's books often have much meaning for adults. *The Rabbit Listened* is one of those books. Recently we shared it in one of our adult groups. In the book something sad happens. Several animals are sure they have the answer and try to tell the main character how to process his loss, which really doesn't work. Then, the rabbit arrives and he carefully and lovingly LISTENS, which is just what is needed. The next time our group met, one of the participants gave other members of the group a small rabbit (in the foreground of photo). She shared that the group has been her Rabbit. In a world where we want quick fixes and answers even when there aren't any, we are pleased that adults feel supported and listened to at Lost & Found Grief Center.



# Journeys Program

The American Cancer Society book, *Let My Colors Out*, has been particularly helpful for several children in the Journeys Program. In a recent consult, an elementary age child whose loved one has cancer was reading through the book. When she turned the page and began to read that that the boy in the book was feeling "green" and wondered why his mom had to be sick, she looked up in surprise and said, "I feel that way, too! I want to be like my friends whose parents are not sick. It's just not fair." This led to a candid conversation about coping with the feeling of jealousy. At the end of the book, she expressed relief to know that all of her feelings are okay and said it made her feel better to talk about both the comfortable and uncomfortable feelings.

The Journeys Program at Lost & Found Grief Center offers support to families who have a loved one with an advanced serious illness. Children and teens who have a parent or sibling with a diagnosis such as cancer or a degenerative neurological disorder come to Lost & Found for individual consults with our child life specialist, Sarah Brown. Child life specialists are trained to help families cope with the stress and uncertainty of illness, treatment, hospitalization, and grief. In the individual consults Sarah utilizes therapeutic activities to help youth sort through their feelings related to their loved one's diagnosis and treatment.

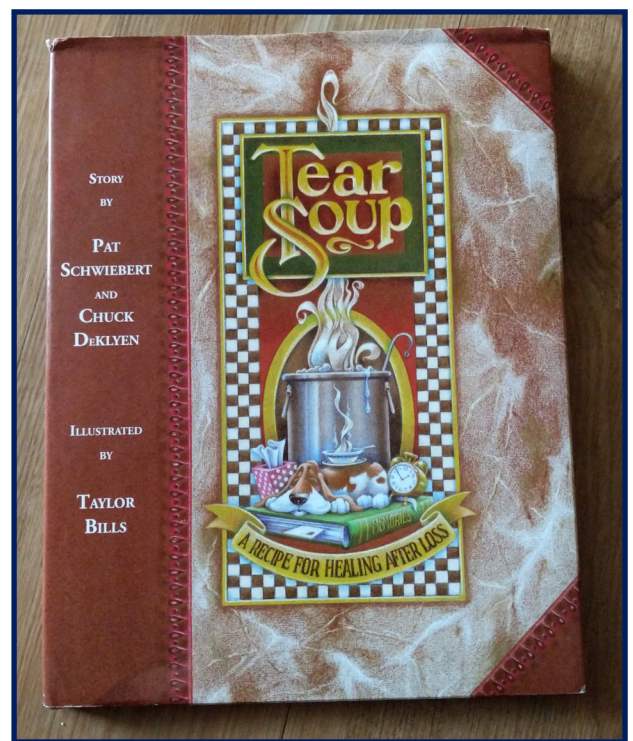
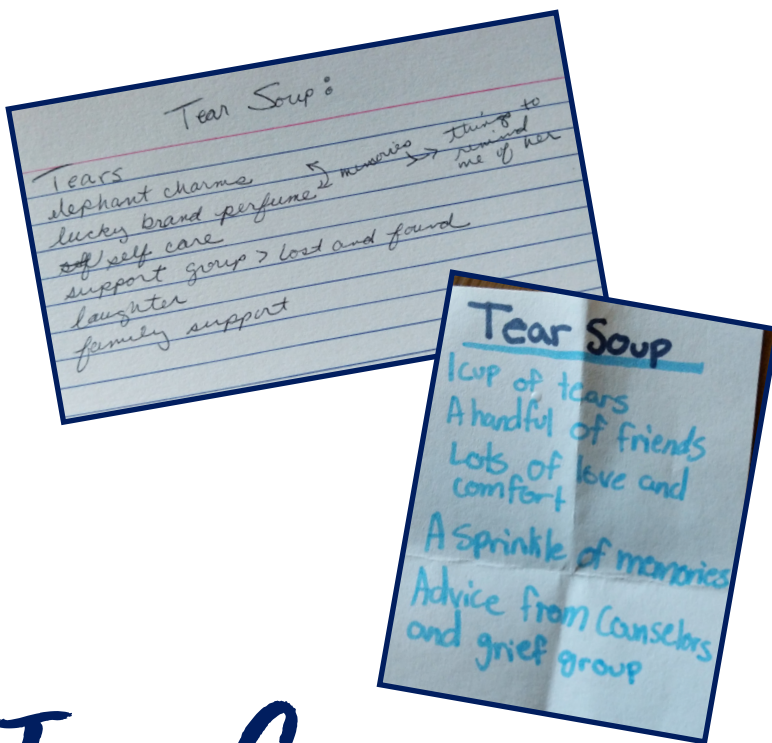
*We are thankful for a generous grant from Hospice Foundation of the Ozarks that allows us to offer the Journeys Program at no charge to children, teens and their parents.*

# Bibliotherapy

In this newsletter, you are seeing that we believe bibliotherapy can be helpful. You might ask, "What is bibliotherapy?" Wikipedia gives the following definition:

"In its most basic form, bibliotherapy is using books to aid people in solving the issues that they may be facing at a particular time. It consists of selecting reading material relevant to one's life situation. Bibliotherapy has also been explained as 'a process of dynamic interaction between the personality of the reader and literature - interaction which may be utilized for personal assessment, adjustment, and growth.' The concept of the treatment is based on the human inclination to identify with others through their expressions in literature and art. For instance, a grieving child who reads, or is read a story about another child who has lost a parent may feel less alone in the world."

Be on the lookout for a recommended book list on our website, coming soon.



## Teen Groups

In the book jacket of the book, *Tear Soup*, it states, "Some cooking requires that you measure ingredients exactly. But making soup is different ... Improvising as you go, your only goal is that the blended creation will both satisfy your hunger and soothe what hurts you... What's true about soup making, is also true about grieving." We know that grief is unique for each individual and we explore what it looks like for our youth in groups. After reading the book and talking about it, we asked our teens to write their recipe for their own *Tear Soup*. Here you see two of the recipes shared with us in group. We are honored that many included the support that they get at Lost & Found Grief Center as part of their recipe.

# Volunteer Spotlight

"IMMERSE YOURSELF IN A CAUSE YOU'RE PASSIONATE ABOUT." – GERMANY KENT

If we were to describe our volunteer Kim in a quote, this would be one of the most descriptive we could find. Kim has been involved with Lost & Found Grief Center for about seven years. She came here following the death of her husband, Mark, on Christmas Day of 2010. "We were devastated," said Kim. Although she initially came to us seeking help for her daughter, Mackenzi, who was seven years old at the time, she soon found herself receiving invaluable help in the parent group she was attending. "We were all

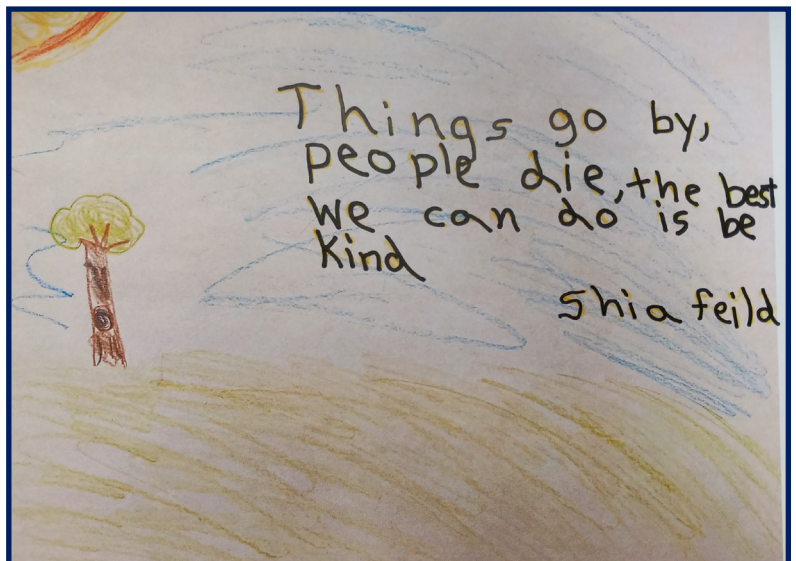
exhausted parents dealing with our own grief, but desperately trying to help our children with their grief," said Kim. She loved this community of people so much that she decided to become a volunteer facilitator. Kim is now in her 4th year of facilitating in a parent group, and we are so blessed to have her as part of our team. Having been through her own grief journey, she is an invaluable asset to have in group with her ability to relate to other individuals. In her professional life, Kim is in her 20th year of teaching at Nixa Public Schools. Her daughter Mackenzi is a thriving 16-year-old high school student. Kim is a great addition to our team and we are thankful to she has chosen our organization to dedicate her time. There are few things that are more meaningful our staff than when a former family gives back by choosing to volunteer with us. Thank you Kim for your gift of time!

## KIM MARTIN



## Mission Moment

Death changes the way we do things. It often helps us prioritize what is really important. Shia shared this poem with us his first night in group. We are always amazed at the wisdom children bring to our groups.



# Evening of HOPE

January 25, 2020

Thank you to our Premier Sponsors:

Platinum Sponsors

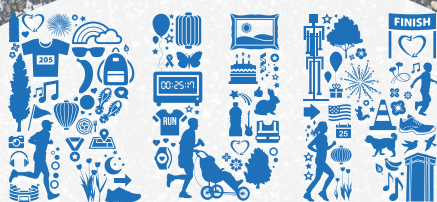
Betty & Bobby Allison • Brent & Barbie Davis  
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Photos by Randy Hanson Photography



AND REMEMBER

More than a 5K

Rutledge-Wilson Farm Park

May 21, 2020

5:30 pm - Race Registration Opens

7 pm - 5k & 1 mile Run/Walk Registration

Followed by Remembrance Program

What is Run and Remember?

Each year, Lost & Found hosts a memorial evening and 5K to bring our community together. Run and Remember is more than a 5K. This is an opportunity for you to invite people to remember loved ones alongside others in the community.

Look for more important dates in the mail!

For more information visit:

[lostandfoundozarks.com/run-and-remember](http://lostandfoundozarks.com/run-and-remember)

**EVENT POSTPONED**  
[LOSTANDFOUNDZARKS.COM/RUN-AND-REMEMBER-FOR-UPDATES](http://LOSTANDFOUNDZARKS.COM/RUN-AND-REMEMBER-FOR-UPDATES)



# 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
- General office supplies (staples, paper clips, pens, etc)
- White & multi colored copier paper
- White card stock
- Toilet paper
- Kleenex
- Colored sharpies
- Books of stamps
- Small bottled water
- Gel pens
- Avery 5160 & 5163 labels

For more ideas, view our Amazon Wish List via  
[lostandfoundozarks.com/Giving-Opportunities](http://lostandfoundozarks.com/Giving-Opportunities)



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