

A close-up photograph of a child's hands and feet. The child is sitting on a light-colored concrete surface, wearing black sneakers with bright green accents and black socks. They are using an orange chalk to draw a heart shape on the pavement. A pink heart shape is already partially visible, and the child's hand is in the process of completing it with orange chalk. The title "Mending Hearts" is overlaid in a white, cursive font across the center of the image.

Mending Hearts

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Dear Friends,

Looking back, 2020 was certainly a remarkable, albeit challenging year. On a positive note, Lost & Found Grief Center hosted our largest fundraising event to date (during the brief pre-pandemic part of 2020!), marked two decades of service for thousands of grieving individuals, and celebrated the achievements and well-earned retirement of our co-founder, Dr. Karen Scott. Last month we welcomed our newest team member, Dr. Iman Williams Christians as our Chief Clinical Officer. Dr. Christians comes to us from Virginia Beach, Virginia, where she was the Clinical Director of the Steven A. Cohen Military Family Clinic. She has a Ph.D in Clinical Psychology and will oversee all aspects of Lost & Found's grief support groups and individual counseling efforts. She immediately fit in with our staff, and we are ecstatic to see how the next year unfolds.

Over the past year our dedicated team has done an incredible job with the continuity of grief support services for both new and returning families. Our goal was to have as little disruption as possible, regardless of the difficulty that came with regular pivoting due to COVID-19. With social distancing requirements in place, individuals have been more isolated, which means grieving children and adults need us now more than ever.

No one should have to grieve alone, which is the vision Dr. Karen Scott and Shawn Askinosie had for families attending Lost & Found 21 years ago. We are extremely grateful for your continued support and look forward to serving Southwest Missouri for 20 more years!

Emily Givens, Executive Director

The one word I would use to describe Lost & Found Grief Center is...

wildflower

“When you think of a catastrophic forest fire and you see the pictures afterwards, usually, the very first thing that grows back is a wildflower. I saw an image of a flower in front of a burned out tree trunk and just thought, it’s the first good thing that’s happened since this catastrophe. That’s what Lost & Found is.”

- Cam Collins

*Former Lost & Found Grief Center Participant
Former Lost & Found Grief Center Board Chairman*



Funding a Legacy

In October 2020, Lost & Found presented co-founder Dr. Karen Scott with a legacy fund in a surprise retirement celebration. Soon after Karen's retirement in 2020, Development Director Jamie Fields made contact with individuals whose support made a lasting impact alongside Karen, throughout her tenure, to create this fund to say thank you for her 20 years of service to grieving families in the Ozarks.

A total of 43 families and individuals whose lives were touched or changed by Karen's work were generous enough to contribute to the legacy fund which totaled \$53,350. At the surprise reveal of the legacy fund, a framed piece depicting each building that housed Lost & Found Grief Center - co-founder Shawn Askinosie's law office, the Conor House, and the current building - surrounded by the names of the fund donors was presented to Karen.

The dollars raised are being used to fund individual counseling for those who need one-on-one support, as well as staff education/support/visioning to ensure the Lost & Found team has training and support to maintain the high caliber of care that Lost & Found has offered for over 20 years. Any remaining funds will be used as needs arise to meet families where they are as we navigate these unprecedented challenges and increased need for grief support services.

"The impact Dr. Scott has made in our community will have a ripple effect for years to come. The donors I connected with were so moved by her passion and were honored to contribute to the legacy fund to celebrate her 20 plus years of providing a sacred space and hope for bereaved families."

- Jamie Fields, Director of Development



Andrew Jansen - NewsLeader

Pictured: Dr. Karen Scott

\$53,350

43 GENEROUS DONORS

CONTINUED SUPPORT FOR GRIEVING FAMILIES IN THE OZARKS

IT'S BEEN VERY
REWARDING TO SEE
PEOPLE COME FROM
SUCH AN INCREDIBLE
PLACE OF PAIN TO
BEING ABLE TO MOVE
FORWARD IN LIFE WITH
HOPE.

- DR. KAREN SCOTT



Andrew Jansen - NewsLeader

Pictured: Dr. Karen Scott, Jamie Fields

Volunteer Spotlight



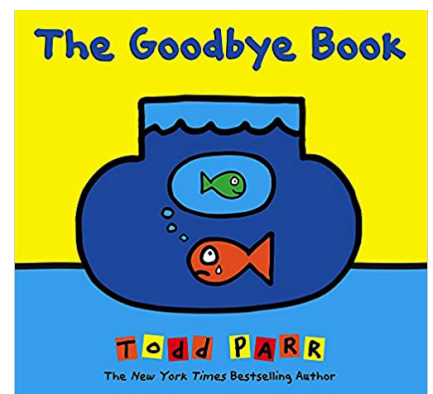
"WHEN I WAS A BOY AND I WOULD SEE SCARY THINGS IN THE NEWS, MY MOTHER WOULD SAY TO ME, 'LOOK FOR THE HELPERS. YOU WILL ALWAYS FIND PEOPLE WHO ARE HELPING.' "

- Fred Rogers

Those words by Mr. Rogers were instilled in Chelsea Campbell from an early age by her mother. They continue to resonate with her still today, and she strives to live the life of a "helper". At Lost & Found we can attest to the help she provides to our organization. Chelsea has been a volunteer with us for just over six years. In that time, she has been a dedicated facilitator in our children's groups. While working towards her undergrad at Missouri State, she spent much of her time in the research lab, and she felt she was missing a human connection. She wanted to find a way to give back. She began researching volunteer opportunities in Springfield and was drawn to Lost & Found. She knew how hard and confusing it could be to face the death of a loved one, and although she had not experienced the loss of a primary caregiver, she had struggled understanding the death and loss experienced in her childhood. She knew that loss would be happening to people whether or not she was involved, so if there was a way that she could help carry a small portion of their hardship, even for a few moments, she would try. Chelsea stated that she feels her role here isn't about trying to find answers, but instead to provide help and hope. Since graduating from Missouri State, Chelsea has taken a job with Mercy where she does cancer research. She works directly with their families to facilitate group support and provide hope. We are incredibly grateful for the time and dedication that Chelsea has given to Lost & Found. She truly has the heart of a servant, and we are blessed that she is one of our "helpers"!

RECOMMENDED READING

Looking for a good book to help start a conversation with a child in your life about saying goodbye to a loved one? We recommend *The Goodbye Book* by Todd Parr. This book gently guides a child through the various emotions of grief, touching on different ways we try to cope, and acknowledging how hard it is when we miss someone who is no longer with us. This book normalizes how disconcerting the experience of grief can be. The book offers helpful suggestions for what to do when we miss a loved one, encouraging readers to hold on to good memories as they navigate a changed life. In fact, grieving individuals of all ages could benefit from reading this simple, yet ultimately comforting, book.



" LOST & FOUND HAS GIVEN ME THE ABILITY TO BREATHE AGAIN. "

- Lost & Found Grief Center Participant

Coping with Worries

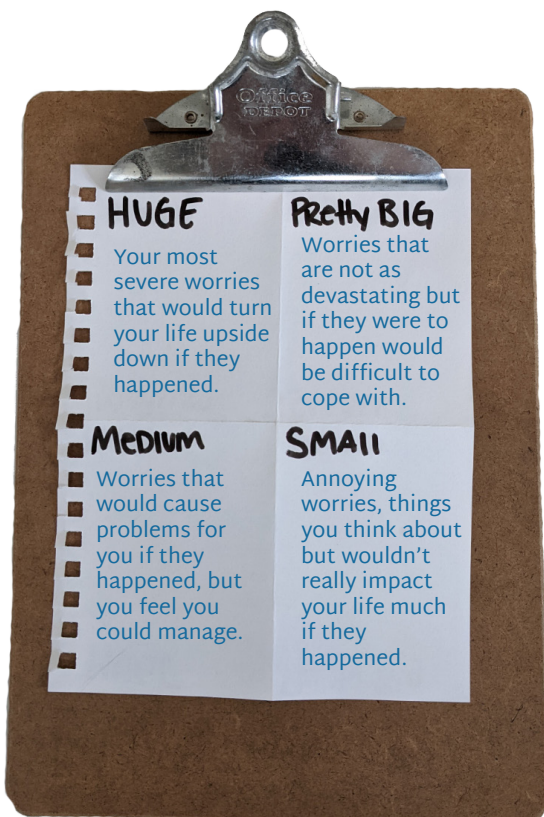
Our adult and parent/caregiver groups discussed how worry has impacted their grief. When someone we love dies, we often feel vulnerable and start wondering what unexpected or difficult thing might happen to us next. Our thoughts start racing and our minds may start playing out multiple scenarios of additional catastrophes that could happen. When worries start to feel out of control, we have less energy to cope with all the other challenging emotions of grief. In group we discussed how the pandemic has also added to our fears, while at the same time preventing us from engaging in the usual ways we might handle them. In response to this, we practiced a writing activity that can help us process our worries, gain perspective, and develop a plan to help us feel prepared to handle life, should some of our worries come true.

Before doing this activity, take a few minutes to be mindful. You may choose to picture a wild thunderstorm and then visualize the storm slowly dissipating. Imagine the sun warming the earth and feel the calmness that always comes after a storm.

- Begin the writing exercise by listing every worry you can think of that has been bothering you in the past few weeks.
- Fold a sheet of paper into fourths and label each square: huge, pretty big, medium, small.
- Take each item from your list and place each one in the box that correlates with the size of the worry. *See graphic.*
- After placing the worries in their respective boxes, rank each worry on a scale of 1-6, indicating how likely it is each item might happen, with 1 being not likely and 6 being most likely to happen.
- For the worries that you feel are most likely to happen, take a few minutes to reflect on what would be the hardest part for you should the worry come true.
- Now picture what life might be like if the worry came true. Ask yourself, "What could I begin to do right now, so I would feel more prepared should this worry happen?" Write down at least three things you could do now to be ready should the worry come true. For example, after a spouse dies, the remaining parent may worry about getting sick and not being able to take care of his or her children. To help diffuse this worry, the parent can talk with trusted friends and family to develop a plan for how to handle this situation, making sure to maintain a contact list of people who have indicated they would be willing to help, and listing the type of tasks they would be willing to assist with.

Optional step: List ways you have coped with worry in the past.

- Finish by placing one or both hands over your heart. Take a few breaths and visualize sending kind wishes to yourself and/or your loved ones. Remember that the strength you have developed during past adversities will help you cope with new challenges you may encounter.



When worries or fears overwhelm you, **write them down.**

Determine how big your worries are, how likely they are to happen, and what is the biggest concern you have should they become a reality.

List at least three ways you can prepare to help yourself cope should your worry become a reality.

Worry Creatures



After someone dies, a lot of things change in a person's life and sometimes this creates new worries. When we returned to group this month, we talked about the concerns that grief has brought up for our participants. Our children's groups made worry pocket creatures. Children wrote each of their concerns on a piece of paper for their worry creature to hold onto for them. Middle school and high school participants each made a list of their anxieties and discussed them as a group. Participants then had the opportunity to discuss their fears in a safe space and learn new ways to deal with them.



AUDITIONING COPING STRATEGIES

Our Journeys Caregiver group for adults who are caring for a loved one with an advanced serious illness continues to meet virtually through Zoom. Recently the conversation in group turned to considering the question, "How can we take good care of ourselves when faced with the uncertainty and unpredictability a serious illness often brings?" We discussed how tough it can be to take time for ourselves as there are always more healthcare appointments to attend, new treatment regimens to learn, or household chores that have been on hold for what seems like too long. We talked about the need to remain flexible as we approach each area of our lives, and that often we must use trial and error to determine what will work for us in each season of our journey.

Sometimes we can try a new coping skill only to feel frustrated when it isn't a good fit for what we currently need. As we talked, one participant suggested it is helpful to think of the process as "auditioning" or "shopping" for coping strategies. Maintaining this perspective can alleviate the pressure of feeling we've failed when something we attempt is not a good fit. Thinking about the process as an audition can help us stay motivated and trying new avenues on our search to find what does work. We ended our group acknowledging the strength of each member and remembering that as we take good care of others, it is essential we take time to find the activities that best help us recharge.

Here are a few ideas to "audition"

- Volunteering at an animal shelter
- Trying a new exercise DVD or exercise class
- Trying out a virtual book club
- Trying a new mindfulness app
- Gardening (maybe an indoor herb garden)
- Journaling
- Trying a new recipe
- Visiting a park you've not been to before



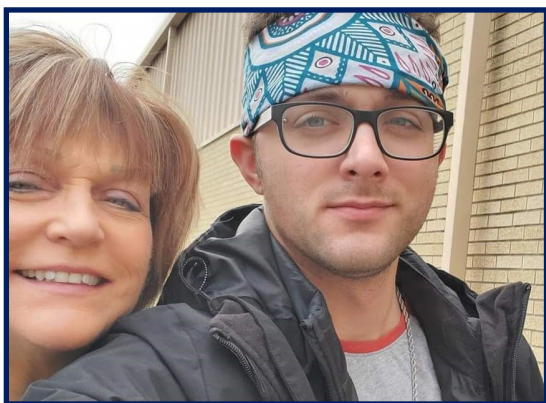
Our Journeys Adult Caregiver group continues to meet virtually through Zoom twice a month. For more information about this group, please call the Lost & Found office at 417.865.9998.

Donate Life Month

Mid-America Transplant's Mission Statement:

Our Mission is to save lives through excellence in organ and tissue donation. As an organ and tissue recovery organization, our work happens at the intersection of life and death.

April is National Donate Life Month, and a great time to highlight our partnership with Mid-America Transplant Foundation. Mid-America Transplant coordinates the procurement of organs and tissues to save and heal lives, serving the geographic regions of eastern and southern Missouri, southern Illinois, and northeast Arkansas. Part of the fulfillment of their mission is to honor the gift of life donors give, as well as to help donor families find healing and support in their grief and loss. Lost & Found has been privileged to be the recipient of financial support through several generous Mid-America Transplant Foundation partner grants as we continue to serve many families whose loved ones gave the gift of life through organ or tissue donation. We are grateful that Mid-America recognizes the value of the professional grief support services Lost & Found offers as we create a safe and supportive environment where grieving families find help, hope, and healing.



Lost & Found serves many families whose loved ones gave the gift of life through organ and tissue donation. We recently spoke with Laurel, one of our group participants whose son was able to be an organ donor, about her experience. We are honored to share her words with you.

When my son, Hans, landed in Mercy ICU we learned that there was no brain activity. We knew since he was 15 that on his driver's license permit, he indicated he wanted to be an organ donor. The Mid-America Transplant team was great - they went through all the steps with us as a family about what to expect. At his bedside we had to watch him die a cardiac death, and we kept encouraging him as his heart rate went down that it was time to go. Two people were waiting on him to transition to save their lives and the transplant team was waiting downstairs, ready to go and ready to help Hans fulfill his wishes of becoming an organ donor. We told him, "You are going to save two lives today, we wanted you to stay, but it's time to go." The team was great, I can't say enough about Mid-America, the way the doctor and team helped us with that transition meant so much. On the way out of the hospital we told people that our son saved two lives today - a 48-year-old male got his liver and a kidney and a 28- or 29-year-old female got the other kidney. We have received updates from the recipients that Hans saved their lives, and gave them their quality of life back, which is so comforting.



APRIL 16 IS BLUE AND GREEN DAY

On this day, the public is encouraged to wear blue and green to honor those who saved lives through the gift of donation and to encourage registration as an organ, eye, and tissue donor.

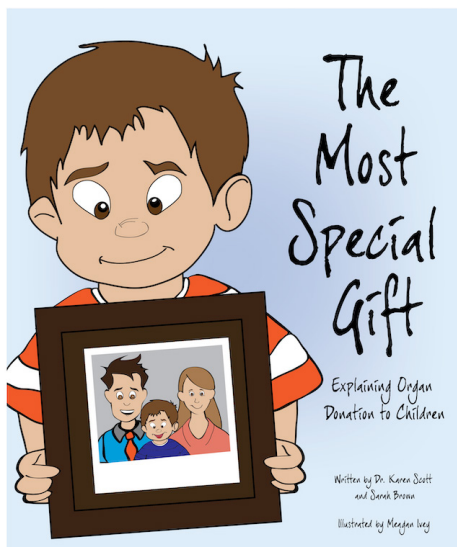


To learn more about the lifesaving work of Mid-America Transplant visit MidAmericaTransplant.org

To learn more about **National Donate Life Month** and to find out how to register as a donor visit DonateLife.net



The Most Special Gift



By Dr. Karen Scott & Sarah Brown

The Most Special Gift: Explaining Organ Donation to Children sensitively tells the story of Julian, a young boy whose father dies. Throughout the course of the story Julian learns his family made the special decision for organ donation. In the narrative, Julian's mother explains organ donation in age-appropriate language. Ultimately, Julian and his mother remember that Julian's dad was always helping other people, and they take comfort that he continued helping people through the most special gift of life.

Available for purchase on Amazon or through the Lost & Found office.

Little Grievors Workbook

By Sarah Brown & Nannette Thomas

Knowing how to support preschool children when a loved one dies is difficult. The *Little Grievors Workbook* helps parents and caregivers address this sensitive topic with confidence. The parent portion of the workbook explains the unique developmental needs of grieving two to five-year-olds, and gives specific suggestions for developmentally appropriate language as well as ways to help preschoolers cope with their grief. The child portion of the workbook contains worksheets to be completed by preschoolers with a parent or other trusted adult.

Available for purchase on Amazon or through the Lost & Found office.



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 on for years. *To learn more about purchasing a Memorial Paver, visit 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 our families. We ensure the family of the loved one knows the donation has been made in their memory. These gifts can be made near the time of death, on a specific date like their birthday, the anniversary of their death, or whenever you prefer. *If you are interested in making a memorial donation you can send a check to our mailing address or make an online donation.*

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 with volunteering, please fill out the online form at LostandFoundOzarks.com/Volunteer*

ATTEND OR SPONSOR AN EVENT

Lost & Found hosts four fundraising events annually. *To learn more about our events, visit LostandFoundOzarks.com/Events For event sponsorship details contact Jamie Fields at jfields@LostandFoundOzarks.com*

SHOW YOUR SUPPORT

Show your support for Lost & Found by sharing social media posts and speaking with family and friends about our mission.

AMAZON SMILE

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. 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.

WISHLIST

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
- Office supplies
Staples, paper clips, pens, post-it notes, etc
- White & multi colored copier paper
- Card stock
- Toilet paper
- Kleenex
- Hand sanitizer
- Cleaning wipes
- Batteries
- Books of stamps
- Bottled water
- Gel pens
- Avery 5160 & 5163 labels
- Sympathy/birthday cards

of Week HOPE

April 12-16, 2021

During the Week of Hope, Lost & Found will share exclusive stories of loss and hope from our participants, virtual auction, and more.

Look for Week of Hope content on social media.

More info: LostandFoundOzarks.com/Week-of-Hope

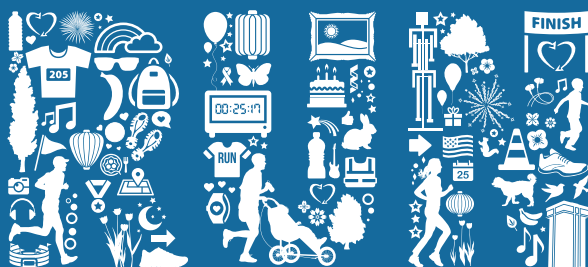
For sponsorship information for these events, contact Emily Givens at egivens@LostandFoundOzarks.com



June 14, 2021

Hickory Hills Country Club

More info: LostandFoundOzarks.com/Golf-Fore-Hope



AND REMEMBER

More than a 5K



Run • Walk • Remember

Save the Date - Sunday, May 23, 2021

Rutledge-Wilson Farm Park - 2-5 pm

Each year, Lost & Found hosts a memorial event and 5K to bring our community together. Run and Remember is more than a 5K. Invite your friends and family to run or walk and to take a few moments in the Memorial Garden to remember loved ones alongside others in the community.

Keep an eye out for more details in your mailbox!

MORE INFO : LOSTANDFOUNDZARKS.COM/RUN-AND-REMEMBER

Lost & Found Grief Center is a comprehensive grief center offering the following services:

Therapeutic Grief Support Groups

At no cost to families

Led by a professional with a master's degree in counseling or related field.

- 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 living in the home, young adult child, or spouse of many years

Individual Grief Counseling

Fee attached

Offered for ages four and older grieving the death of a loved one.

Journeys Program

Advanced Serious Illness Support

Customized care is offered for children, teens, and parents/caregivers to provide support as you and your family move through the challenges that can accompany an advanced serious illness.

Our Mission

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



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