



*Honoring the Past,  
Rebuilding the Future*  
1993 - 2013

## Our Legacy of Service since 1993

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### *In the Beginning....*

Nan and Gary Zastrow co-founders of ©Roots and Wings, Ltd. created a non-profit organization in 1993. They founded Wings as a way to heal their own grief and provide education and awareness for others going through the grief experience. In 1993, the death of their son, Chad, and his fiancée, ten weeks later (both as a result of suicide), inspired them to create a ministry of hope.

### *Our Roots....*

Our roots were founded in a printed newsletter we published under the name of *Wings*™. This newsletter contained real stories about real people going through the death of a significant loved one. It also contained articles by professional grief counselors, educators, authors, Nan's journal, inspirational verses, and helping tips for the bereaved. The newsletter evolved into a professionally printed magazine and was mailed throughout the United States and Canada from 1993—2003. The magazine was retired in 2003 when Nan began writing for *Grief Digest* magazine. Classic issues are still available.

### *Service to Others....*

As the Wings magazine grew, so did the organization. By 1997, Nan and Gary were doing workshops, seminars, support groups, and presentations. They became certified as Death and Grief Educators through the Center for Loss and Life Transition by Dr. Alan Wolfelt, Director. They reached out to the community to support their programs and with support continued to do major programs annually. 100% of the donations to Wings are returned to the organization. The volunteer staff gives from the heart.

### *Recognition and Awards*

While recognition is not the goal of their work, they have been acknowledged for their community service. In 2000, Wings received the Flame of Freedom award for community volunteerism. Nan was nominated for the Althenea Award in 2005 and the Hope of Wisconsin, hospice volunteer of the year award in 2008. They presented workshops at the World Gathering for the Bereaved in 2005 in Vancouver, B.C. In 2009; they were Keynote speakers for Bereaved Parents, USA in New York City. Nan and Gary were selected to present workshops for several National The Compassionate Friends conferences throughout the United States.

*"Two special gifts we give our children. One is roots and the other is wings." Words from a plaque in their home that inspired the name and gave them the Vision of HOPE.*

## ***The Wings Tradition***

Nan and Gary continue the tradition of community service and dedication to grief education and grief awareness. Their motto ***Honoring the Past...Rebuilding the Future*** is their pledge to continue their personal education and give of their time and energy to help others. Nan has published several books and continues to write professionally for *Grief Digest*.

Nan and Gary are hospice volunteers; and in addition to their volunteer work, they held careers in their community. They also served as volunteers for Marathon County Suicide Prevention.

## **Annual Events**

The Events of Wings changed in 2020 due to the COVID PANDEMIC. In person gatherings were suspended and seminars, programs, workshops, and presentations were eliminated. When the world begins to return to some normalcy and people are allowed to gather again, a new schedule may be announced.

In the meantime, Wings continues to provide high quality support and education through online, virtual ZOOMGRIEF programs. Refer to the website and Facebook pages regularly for announcements about these programs.

## **Sponsorship and Funding**

Funding for Wings events, classes, workshops, seminar, mailings, and other activities is through individual and business donations. Like other charitable groups, Wings depends upon donations to manage their expenses and keep their programs available to the community. A few long-time sponsors have directly helped with financial support of some community events. To see a list of our sponsors for our Spring Seminar, visit our website at [www.wingsgrief.org](http://www.wingsgrief.org). There are no paid staff or administration fees taken from donations to Wings. All staff are volunteers who proudly give of their time and talents. Donations, memorial gifts, and sponsorship are greatly appreciated. Donations may be made through PayPal or sent directly to PO Box 1051, Wausau, WI 54402-1051.

## **Social Media**

Wings has a presence through its website and Facebook. There are also many articles written by Nan Zastrow on dozens of public websites for healing grief. Surfing the net will find many resources by Nan.

## **The Mission Statement of Wings**

*Our mission is to companion others who walk the journey of grief and to encourage a choice to heal through education, compassion, and hope that is mutually beneficial to the bereaved and those who comfort them.*

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