



Since  
1993

*Honoring the Past,  
Rebuilding the Future*

Nan & Gary Zastrow, Founders

## Our Legacy of Service

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

Nan and Gary Zastrow 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....***

Nan & Gary's roots were founded in a newsletter they published under the name of *Wings*<sup>™</sup>. This newsletter contained real stories about real people going through the experience of grief. 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 continue to do major programs annually. Their name also changed to reflect their mission. 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.

### ***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 have healing grief experiences. 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 have careers in their community. They also serve on the Marathon County Suicide Prevention Task Force.

*"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.*

## Annual Events

Annually, Wings facilitates and presents the following events:

- Spring and Fall: Getting Back to Life after Loss, six-week, grief support and education series.
- Early summer: Finding the Other Side of Sadness, grief support/grief work series for seasoned grievers.
- Spring Understanding Grief Seminar with a professional speaker
- When the Holidays Hurt workshop for the community (a holiday program with a theme for coping with the holidays)

Additionally, the facilitators often are guest speakers at grief education events both locally, and nationally. (Group names may change annually based on revised content.)

## Sponsorship and Funding

Funding for Wings events, classes, workshops, seminar, mailings, and other activities is acquired 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.

## Social Media

Wings has a presence through its website and Facebook. There are also many articles written by Nan Zastrow posted on dozens of public websites for healing grief. Search “Nan Zastrow” for information!

## The Mission Statement of Wings

*Wings is recognized as a international resource for grief education. We encourage a choice to heal through inspiration, compassion, and hope.*

*“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.*