



Tides



PROGRAMS

Support For Every Wave of Grief

COMMUNITY NEWSLETTER

Spring 2025

A Focus on Schools



About Tides

Our Commitment

Our Vision is to form a community of individuals who have a healthy grief support system for every wave of grief.

Our mission is to serve grieving individuals of all ages by providing a healthy and compassionate support system so no one has to grieve alone.



Team

- Holly Oxendale**
Executive Director
- Christen Bell**
Development Writer
- Danielle Kaniecki**
Finance Manager
- Angie Kempf**
School Program Manager
- Ashley Lopes**
Programs Manager
- Evelyn Wald**
Grief Support Specialist

Board

- of Directors*
- Calvin Amato
 - Stephanie Beaver
 - Mike Berrena
 - Karen Brown, M.D.
 - Leslie B. Finton, MSW, *Founder & President*
 - Mandy Hartley, *Secretary*
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 - Mike Martin
 - Julia Rater, Esq.
 - Ashleigh Shetler, *Treasurer*
 - Matthew D. Shetler, CFA, CFP®, CPFA,
Vice President

Organization and Sponsor Supporters

- Axemann Brewery
- Bank of America Charitable Foundation
- Big Spring Spirits
- Blaise Alexander Family Dealerships
- Bloom MedAesthetics
- The Cakeshop by Tati
- Centre County United Way
- Centre First Bank, a Division of Old Dominion Bank
- The Centre Foundation
- Centre Glass
- Cleary Gottlieb Steen & Hamilton
- First National Bank
- Glenn O. Hawbaker, Inc.

- The Hamer Foundation
- Kissinger, Bigatel & Brower
- The Beth Richards Group
- Koch Funeral Home
- Landscape II
- The M&T Charitable Foundation
- Mayes Memorials
- McQuaide Blasko, Inc.
- Merrill Lynch
- Resolute Wealth Management Group
- MindBodyArt
- Mount Nittany Health
- RE/MAX Centre Realty
- The Eric Hurvitz Group

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- The McKenzie Holderman Group
- Redline Speedshine
- Restek
- Rotary Club of Downtown State College
- Schooner Executive Search
- Silver Scizzors
- State College Area School District
- State of Hope Foundation
- Stocker Chevrolet Subaru, Inc.
- Student Book Store
- Tasty K
- Team Ream

Special Thank You to Mount Nittany Health

Tides extends deep gratitude and appreciation to Mount Nittany Health for their **\$50,000 donation to School Programming**. This incredible gift allows Tides to expand its reach and continue providing vital support to children and teens coping with the loss of a loved one.

"We are incredibly grateful to Mount Nittany Health for their generous support," said Angie Kempf, Tides School Program Manager. "I have the opportunity to see firsthand how their investment directly impacts the lives of local children who are grieving."

Tides Executive Director Holly Oxendale echoed this appreciation: "This remarkable gift strengthens our ability to reach students in need of grief support. We are deeply grateful for their ongoing commitment to the health and well-being of our community."

Since the launch of Tides School Programming in 2022, more than 500 students and staff from five Centre County school districts have received grief support. Through school-based grief support groups and crisis response services, Tides helps students and

school staff navigate their grief in a compassionate and supportive environment. This funding ensures that Tides can both expand our reach and continue to provide these essential services while offering children and teens the guidance and care they need during difficult times. We are grateful for Mount Nittany Health's dedication to emotional and mental well-being and look forward to continuing this meaningful partnership.



Support through School Programming

209 students supported in 2024

530 students supported since the program's inception in 2022

"Being surrounded by his friends who experienced loss made him feel that others understood and provided artistic outlets for him to express his grief."
-Parent of School Programming Student

Tides School Programming provides essential grief support to students in Centre County completely free of charge. Designed for students in grades K-12 across Bellefonte, State College, Penns Valley, Bald Eagle and Philipsburg school districts, this program creates a safe and compassionate environment where students can navigate their grief alongside peers. Led by Tides School Program Manager Angie Kempf, these sessions help students develop valuable coping skills, connect with others who have experienced similar losses and express their emotions in healthy and constructive ways.

Through this program, not only does Tides facilitate support groups, but we also educate school counselors, faculty and staff on how to support grieving students and provide essential resources. Grief toolboxes, filled with coping tools and books, are distributed to counselors and teachers, while Bags of Hope offer grieving children age-appropriate and loss-specific materials, along with comfort items to support their healing journey.

All-encompassing Grief Support Programs

Bridges **New Program!**

Grief support to individuals living with a terminal illness and their families.



Tides Night Programming

Peer-to-peer grief support for individuals of all ages journeying through their healing process after the death of a loved one.



140 participants
67% adults
33% children

Community Crisis Support

Readily available for schools and other local businesses and organizations who have experienced a death in their immediate community.

298 individuals supported in 2024

Education and Training

Grief-specific education for professionals in our local community who work directly with individuals and families who have experienced loss.

professionals trained in 2024 **260**

School Programming 6-week grief support program designed for students in grades K-12 who reside in Centre County.

Ways You can *help*

Financial Gifts

- To make an online financial gift to Tides, please visit tidesprogram.org/give. If you prefer to mail your donation, checks can be made payable to Tides and sent to PO Box 1251, State College, PA 16804.
- Many corporations offer matching gift programs, which can double the impact of your donation. You can check with the Human Resources department at your employer to see if they offer this option.
- You can designate a gift from an Individual Retirement Account (IRA) or Donor-Advised Fund (DAF). Consult with your financial advisor to complete the necessary paperwork.

Donations can be made at
tidesprogram.org/give

Monthly Donations

We are seeking individuals to become monthly donors and make a lasting impact on grieving children, teens, and adults in our local community.

Sign up for monthly giving of **\$25 or more** and receive a **10 oz Yeti travel mug as a special thanks!**



Donate Items from the Tides Wishlist

- Visit our Amazon wishlist to provide tangible resources to support Tides programming.



The official registration and financial information of Tides, Inc. may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1 (800) 732-0999. Registration does not imply endorsement.

Host a Special Event

- You can help Tides by organizing a fundraising event in our community or create a personal fundraising page!

Connect with Holly at holly.oxendale@tidesprogram.org for more information.

Volunteer with Tides

We love our volunteers! Tides relies on volunteers to assist with programs, community outreach and events.

Visit our website to learn more about the special roles volunteers have at Tides!

Tides a proud partner agency of

