GRIEF • COMPASSION • HOPE • COMMUNITY •

MISS FOUNDATION

Kindness Project 2014

About the Kindness Project...

The Kindness Project began in 1996 as a way for families to honor their deceased child and to help themselves heal. Now, years later, almost 2,000,000 (yes, two million!) Kindness Project cards have spread around the world showing random acts of kindness in memory of a child, parent, friend, or spouse who died before their time.

The idea is to perform random acts of kindness, usually anonymous, in your community. A little card is left behind so that the person who benefits from the kindness knows that someone's life and death continues to matter. This beautiful movement has helped thousands of families to heal and find positive outlets for their overwhelming grief.

The History of the Kindness Project ...

The Kindness Project is a worldwide movement to share our children (or other loved ones) with those who never had the honor to meet them. Let me tell you why we are so excited about this project...Dr. Joanne Cacciatore's daughter, Cheyenne, died in July of 1994. It was the worst day of her life. She says she never imagined herself laughing or experiencing joy again. Dr. Jo began sought ways to keep Cheyenne's memory alive within her family and to the rest of the world: She wanted to create a quiet legacy. She wanted people to know that Cheyenne existed and, more importantly, she wanted to help change the lives of others because of her presence on this earth. So Dr. Jo set out on various missions of random kindness. On a daily basis, she looked for opportunities to reach out and do something unexpected and unusually kind for someone else. Most often, strangers were the recipients of these good deeds. As she did them, she began to feel a sense of peace in knowing that Cheyenne was the reason for her compassionate enlightenment The Kindness Project blossomed out of Dr. Jo ‘s extraordinary experiences doing things for others. She discovered that truly miraculous things happen to our spirits when we help others, and she sought a way to share that movement with others. It is our hope that the Kindness Project can make incredible transformations within our communities, in our families, and in ourselves. Imagine if every person touched by death would participate in helping to transform the world into a gentler and more altruistic world! What an impact this would have on so many levels! The Kindness Project reminds others that our children, and other loved ones, are so very important to us that we are willing to extend the life and love of our child and share it with others! It is a legacy that transcends death. It is a legacy of love. - See more at: http://www.missfoundation.org/support/kindness

How It Works...

Kindness Cards are available on the MISS Foundation website <MISSFoundation.org/Support/Kindness>, and can be ordered from the website, or downloaded and printed from any computer. Each year on July 27th (and all year around), the MISS Foundation hopes that people will commit random acts of kindness, all over the world.

In the last two years, we've had over 5,000 people sign up on our Facebook events page to participate, and have shared their stories of kindness. This year, so many people participated and shared their stories with us that we wanted now share their stories of performing and receiving an Act of Kindness with you.

We joyfully share our Stories...

Received an Act of Kindness...page 4
Performed an Act of Kindness...page 11

We received an Act of Kindness...

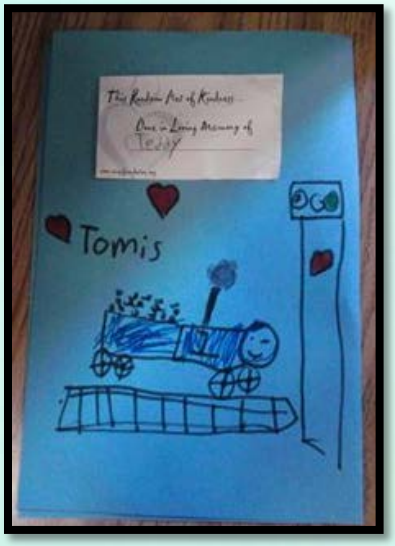
07/28/13
In Honor of: Thomas
From Ashlee Ling, a #KindnessProject recipient. Beautiful, thank you Ashlee:
I had a long horrible 13hr work day yesterday and I'm walking out to my car all cranky...and I find a little container of bubbles with a note that says "in loving memory of Thomas " it was bitter sweet...very sad that someone had lost their child. My thoughts went out to Thomas and his family. On the other hand, the bubbles were such a sweet surprise...and you better believe I was blowing bubbles 12:30 at night! Thank you for that.

10/22/13
From facilitator and grieving mama Melissa:
Yesterday Michele Newton and I were so happy to witness yet another great gift of the children's memorial wall. The sweetest little boy, all of perhaps 3, came with his dad and little sis to pick out a kindness car so they could do a RAOK in memory of a child who was represented on the wall (As is the tradition each time the wall is displayed). He picked a card randomly out of a huge bunch – got two. He proudly walked back to the wall to find his child What he didn't know quite yet was that the child's precious dad just happened to be standing there at that exact moment taking his time at the wall. It was a beautiful moment…so beautiful.

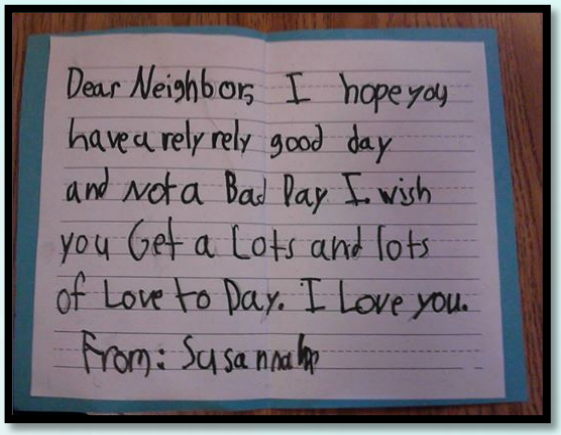
10/19/13
In Honor of: Emma and Alexis
The Kindness Project (tm) from the MISS Foundation touches a grieving mama at a restaurant... we are so very sad with her over the loss of her precious girls. And also so moved that she connected with us. We just received this amazing email from a grieving mama: Can you please post something for me? I am a waitress at an Italian restaurant, a group of people came into our restaurant wearing Kindness Walk shirts from the Kindness Project (tm) from the MISS Foundation. I couldn't figure out why but for some reason I felt drawn to ask them about it. I have never heard of it before. They told me about the walk they had just done and about this foundation and what it does. She didn't know, but I just lost my twin girls in May due to a cord entanglement. I was so amazed to find they do things like this here where I live. I don't know if that woman will ever see this, but if she/you do, I just want to say thank you so much for telling me about this foundation. Without even knowing it, you really helped me. Miss my babies, Emma and Alexis. Thank you MISS Foundation Tucson for touching this sad mama's heart.

11/09/13
In Honor of: Samantha and Ryan
The BEAUTY of the #KindnessProject in Boston! Oh how we love love love this! Posted by Robyn, mama of Samantha & Ryan::::Kindness Project is like Fairydust:::While getting to know my new co-workers, I was telling a beautiful young woman about the Kindness Project (tm) from the MISS Foundation - Her eyes grew wide and she shouted "I know them!" It seems while waiting on 2 gentlemen at her last restaurant, they gave her $150 on a $70 check with a MISS Foundation Kindness Project card enclosed! She was so moved that when she went to her regular Starbucks she gave the manager $50 and asked him to use this to buy coffee until it was spent. As they did this, people were so moved that it started a three day chain reaction of others buying coffee! What a magical domino effect of KINDNESS! – feeling grateful.

03/27/14
In Honor of: Teddy
A beautiful #KindnessProject from Teddy's mama, Clarence: I work at a cute little school in Richmond, CA. as a 1st grade assistant there. I spoke with the kids and the teachers about Teddy and his story, and how he died of cancer a little over a year ago. I also mentioned the KINDNESS Project to the teacher during lunch. They thought it would be a great idea to have the whole school get involved in the KINDNESS Project in Teddy's memory. This morning my sweet little first graders decided to write cards to drop off in the neighbor's mailboxes to make their day better and bring a little happiness into their lives. All the kids in the school will



be doing something special throughout the week and on Monday, March 31, Teddy's 5th birthday. It's very touching, I am so grateful for their kindness and to the MISS Foundation for this lovely initiative. What a sweet way to celebrate my little man.



03/31/14
In Memory of: Liam Joseph
Dear Kindness Project, Yesterday I received a lovely vibrantly colored bouquet in memory of a child named "Liam Joseph"... this #KindnessProject lifted me, having been diagnosed with three kinds of cancer this year. More importantly, it allowed me to feel sorrow and compassion and to whisper a prayer for the family of Lim in their terrible loss. My heart aches for anyone who loses a child. Thank you for the work you do, and my thanks to Liam's Family. Susan N

04/04/14
In Memory of: Bill
From a recipient of the Kindness Project: "I was getting my monthly trim and when I went to pay for it, my barber told me that someone else had paid for it and gave me a card with your website on it. It was paid for in memory of "Bill" and my name is Bill... normally I wouldn't get on the computer to email but I was really affected by this small act of generosity... thank you for this."

05/30/14
In Memory of: Branden
A #KindnessProject from Branden's mom:
Three dozen Subway Cookies for my coworkers in memory of Henry's birthday today and a few days late for Tyler's 13th birthday. Much love to my friends xoxo

06/06/14
In Memory of: James
Dear Kindness Project,
We had the most beautiful thing happen to us today. We were waiting in line to buy our dinner and found out that it was paid by a stranger in memory of their beautiful child James. My husband died a few months ago in a motor vehicle accident and this gift lifted my spirit and broke my heart for the family of James. Thank you for touching my life today.
- Lauren

06/22/14
In Memory of: Michael William
A Kindness Project recipient: We had a lovely act of kindness shown to us today when someone bought our lunch for us. While we don't know who did it, we'd like to say thank you to your organization for putting together such a beautiful movement of kindness and love. The "beautiful child" the parents remembered by buying our lunch will be in our hearts. His name was Michael William.
Thank you, Jean and Marty Keller

07/27/14
In Memory of: Thomas
"This little angel has paid a second visit to me! About a year ago I had just finished up a particularly rough 16 hr shift and found a note from baby Thomas with a little container of bubbles on my windshield which of course I put to good use and brightened my day! Thomas seems to know when to show up when things are a little stressful. Have I figured out who my guardian angel is? My heart goes out to little Thomas's family, what a treasure he was and will always be." – Ashlee

07/28/14
In Memory of: Tyler John
I just wanted to share my experience with someone from this organization. I had my coffee paid by a random act of kindness. When I pulled up to the window I received a card that stated it was in honor of Tyler John. I found this organization on the card. I just wanted to give my condolences to the family. I experienced the loss of my Father at a young age, and I had great organizations much like yours walk me through the grief process and pray for me. If it was not for organizations like yours I would not have been able to get over the death of my Father. I shall be keeping the family of Tyler John in my prayers.
Blessings, -Salwa

07/30/14
In Memory of: James
From our manager Bri at the store...just had to share:
"Just experienced the most beautiful thing, a woman came in and wanted to pay for a dozen cupcakes for the next person who orders birthday cupcakes as a random act of kindness. She did it in memory of her nephew who passed 3 years ago. It really touched my heart." #KindnessProject

08/03/14

I work in Panzanella restaurant in Sherman Oaks, Los Angeles. Friday night I served a couple around 7.30 pm but and can t remember their name. They were lovely people but what surprised me a lot was the tip they left me. In the check book I also found a card that said: "This random Act of Kindness.. Done in loving memory of our beautiful child..."

Well... I got goose bumps! I am writing today to thank once again this person and for their amazing gesture. I hope you will read this e mail.

08/10/14
In Memory of: Tyler
"I had no idea that really giving people still existed! You have no idea how the gift of these supplies has touched our lives. My daughter, who you helped stock for Kindergarten, had 2 boxes of crayons. I asked how she got 2 and she said that you gave her two - one for home and one for school. As she colored this morning with immense joy, I just needed to say thank you again. In a moment where a parent can't supply even the simple things, my heart is secure knowing that others can and will help."

09/29/14
In Memory of: Carlson Miles
I wanted to pass along a big thanks to the person who bought my coffee and bagel this morning in memory of Carlson Miles. I was having what I thought was a rough morning. Then this. And I felt really grateful to just be alive. Thank you, Mark L., Springfield, IL

We performed an Act of Kindness...

06/30/13
In Honor of: Abigale
Donated needed items for the local pet rescue today in honor or our daughter Abigale, our precious angel

07/27/13
In Honor of: Liam
From Amy McCarter #KindnessProject _for Liam: Gave 4 gift cards to pay for frozen yogurt today. The employees were so excited to participate in my random act of kindness and appreciative. Love you and miss you Liam.

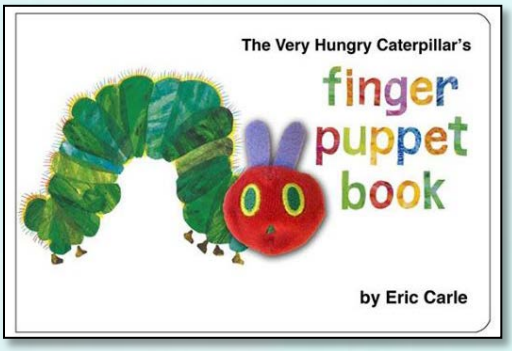
07/30/13
In Honor of: Dylan
We started doing random acts shortly after our dear son, Dylan, was born still last year... As a family, we do random acts several times a month and ask our extended network to do them for Dylan on his birthday. For International Day of Kindness this year, we bought lunch for a couple in line behind us at a restaurant who said they were touched and would remember to pay it forward. Then, we were able to buy a cake that we delivered to the local fire station. The fire fighters were incredibly kind and took Dylan's two older brothers on a tour of the fire truck. It was a wonderful way to honor our sweet boy.

07/30/13
In Honor of: Nora Elizabeth
Our family made a donation to a local animal shelter that recently had a crisis situation and was in desperate need of supplies. We also donated a 6th, 7th and 8th grade backpack complete with supplies to the local middle school who is in need. And we adopted a family who is in need of school supplies and clothes. In memory of Nora Elizabeth... always and forever. -Christine Grothe

07/30/13
Yep. That's $500 worth of coffee for 300 people. We #kindnessproject - the Kindness Project (tm) from the MISS Foundation

08/10/13
In Honor of: Braden
I purchased 4 ice cream sundaes at Culvers for an anonymous family. But just as we left, there was a family of four coming in. The parents were saying "we are here for a cone only! We heard them squeal with delight when we were walking out after the clerk told them all to pick whatever they wanted. I don't know why I got four. I usually do one or two or 8 but I'm so happy Braden made this family happy.

08/14/13
In Honor of: Alma
A gift for other children from Alma
#KindnessProject at work in the world!
I chose a load of baby books that I would have loved to read to our little girl, Alma, and took them around to our local children's centre. I also left a big box of party bubbles, which they took straight into a class of 3 year olds who were being read a story - they were delighted! Thank you Kindness Project and thank you little Alma.

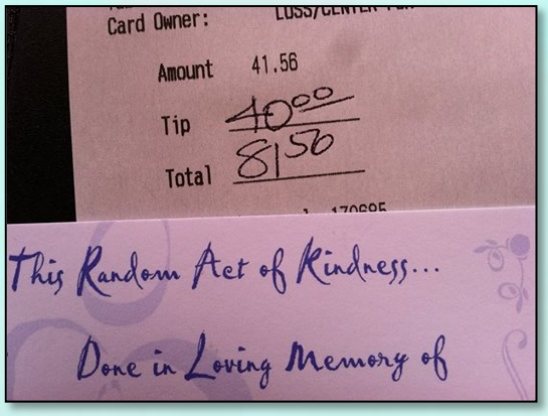


09/23/13
In Honor of: Ryan
A #KindnessProject from the Tucson MISS Foundation group!
The Olea Family (Maricela Ramirez Olea) is spearheading a Kindness Project in memory of their beautiful son, Ryan, whereby new underwear and socks for kids ages 0-18 years, will be collected to benefit the Aviva Children's Services for children in CPS custody. Bring the items to the Walk or contact Mari to make plans for a drop off.

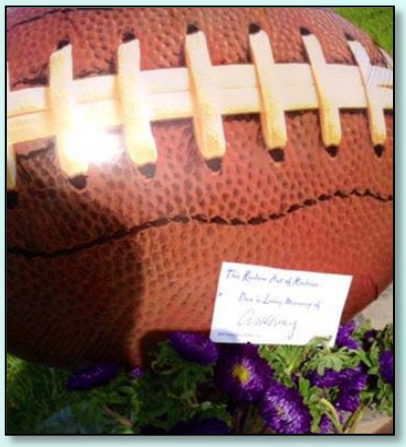
10/24/13
Frueh Family
The MISS Foundation would like to thank the KONG Company and the Frueh family for their generous combined contribution of $30,000.00 as our major 2014 corporate sponsor for our organization yet again. For the past three years in a row, they have (beyond) generously supported our work in communities around the world, helping us provide crucial services to bereaved families facing the death of a precious child. While most philanthropists and donors run from the topic of child death, KONG and the Frueh family have consistently shown up, with love compassion, and generosity. W could not do much of our work without their support. Please head over to their Facebook page here and say "thank you" and support KONG if you have pets.
https://www.facebook.com/KONGCompany

11/11/13
From Barbara Sullivan Parisi, a grieving mama: I was so blessed last week, I know a woman whose child is struggling but getting up every morning to fight a difficult fight. This person has been there to listen to me this past year after my adult daughter died suddenly. Her child is trying to make it on his own and after 6 months of proving his is working it - I had a refrigerator delivered to his apartment - something he could not afford... he has no idea why or who I am, his mother is suspicious but not certain....I know my daughter is smiling.

The beauty of the #KindnessProject at work in the world.



11/13/13
In Honor of: Lisa Weber
An extra generous tip in memory of Lisa Weber because she is loved and missed by many- the #KindnessProject remembers them.



11/15/13
In Honor of: Anthony
We love this... for Anthony, Shelby's best friend In Memory of My Best Friend Anthony!

11/18/13
In Honor of: Paisley Mayvis and Homer Andrew
We took the formula that was sent in the mail to us for our precious twins Paisley Mayvis and Homer Andrew to our local safe haven for babies, Vanessa Behan Crisis Nursery. I just miss you little ones.

11/18/13
From Bunny Oliver:
After carrying cards around for quite awhile, an opportunity presented itself which I could not ignore. I was in a grocery store and noticed two women who were probably from Mexico admiring a display of brightly colored pots and pans. A coupon read that if you purchased one for $20.00, you would receive a second one free. One woman was a mother with a toddler, and the other appeared to be her mother, the grandmother who didn't speak English. They stood there for quite, and took the coupon and walked away. I asked the younger woman if they wanted the pots, and she said the older woman did, but that she was going to wait. I imagined money was a concern. I gave the older woman one of the KINDNESS cards and a $20 bill, and got one of the biggest hugs ever!

12/04/13
In Honor of: Lilly
We paid for someone's order in the drive thru at Krispy Kreme, took homemade cookies to our local fire station, police station, and the OB and NICU nurses at the two hospitals my daughter and I were treated at. My son made and delivered a get well soon card to a neighbor who is sick. Next up donating baby formula to a local church so it can get to the people who need it. Rest in peace my little angel Lilly (05/14/12-05/15/12). Wendy

12/13/13
In Honor of: Jeret
Today our Kansas Chapter donated over 100 toys to Stormont Vail's NICU and PICU units in memory of MISS/ Kansas children. We were able to partner with Kansas State University Baseball Team to deliver the toys to sick kids. We would like to say a special thank you to Justin Tadtman (Director of Baseball Operations) and his wife Katie for helping us deliver toys in memory of their son Jeret.

12/27/13
From an anonymous person...I was at a little sandwich shop buying one of my children a sandwich before his acupuncture appointment. A woman in front of me had a debit card for her order that wouldn't work.

There were several people in line and she was panicking. I handed the man my card and said, "Here, put her lunch on this." She looked at me stunned. "Oh no, no," she said, "that's ok, I'll wait until dinner." And

I said "Please, it would bring me great happiness to buy a stranger lunch." She looked at me for the longest time and her voice cracked as she said, "My gosh, thank you so much. Are you sure?" "No question about it," I said. The cashier said, "Wow. That's really nice. Isn't it?" And I said, "I am happy to help in any small way I can, so I should thank you to you both for this moment." I smiled. And they looked at me like I was mad. Then there was silence, and the cashier got teary. The woman got teary. And yes, of course, I did too. She, my dead child, broke my heart open yet again. To help another because of them is a tremendous gift-curse. The KINDNESS project reminds me of my humanity and my connection to all. I am grieving and I am grateful.

01/26/14

Hi, I heard about the #KindnessProject yesterday at the memorial service for a friend's eleven year old boy. This morning I am inspired by reading on your web-site about the many different acts of kindness that have been done in honor of loved ones. I am now armed with cards, and am keeping my eyes and ears opened for an opportunity to use them in this dear boy's memory. Esteemed thanks, RJ

01/29/14

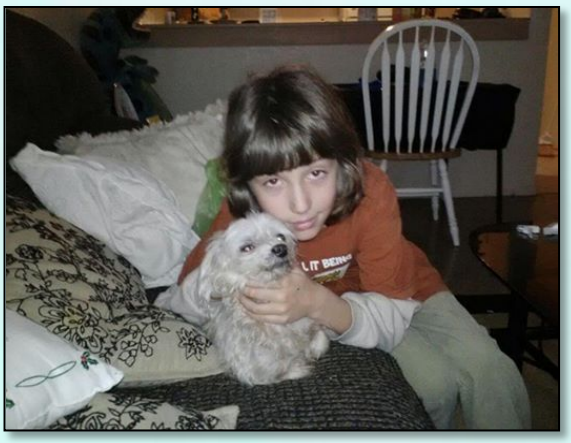
A #KindnessProject that came in today from an anonymous person: Today, I was treating my son to lunch at a local shop. An older woman on oxygen cut in line, accidentally, in front of us after we waited quite awhile to order. She was clearly embarrassed when the cashier told her she'd have to get at the end of the line. When it came time for us to order, I pair for your mocha and muffin in honor of my daughter, so that she would be able to feel the love again and not have to be embarrassed for something silly like cutting in line. The cashier was so moved that she nearly had tears in her eyes, and then she promised to commit a KINDNESS Project today too. Moments like this sustain me.

02/02/14

In Honor of: Allysa

What a beautiful #KindnessProject in memory of a precious baby girl from her mama Kristen J: I meant to share this when we did it... In loving memory of our angel Allysa, born sleeping on 1/20/13, her father and I purchased ten $15 gift cards to Toys R Us and handed them out to parents in the store. People were hesitant to take it from a stranger at first, but we made sure to tell them that it was a KINDNESS Project. You could see the look on their face change right to one of gratitude and disbelief. IT felt wonderful to celebrate our baby's first birthday by surprising ten other parents. We will certainly keep up the tradition every year. Thank you for the amazing idea.

02/03/14
In Honor of: *^**M**^*
A couple of days ago I received my Kindness cards in the mail. I had a few errands to run but was feeling really puny after yet another hospital stay. I grabbed a few of the cards as I was running out the door and with my ever faithful hubbie and two dogs. A few stops later at the pet store, which was a zoo, crowded. First, a dog was not controlled and it tangled in the legs of a 93 year old woman ringing her to the ground. She hit her head hard. I helped her for a while until the proper folks came, then went looking for my husband. As I checked out, a woman came behind me with a young child holding the smelliest, sickest looking dog in her arms. She had a bottle of pet shampoo. I whipped out the card and proudly announced I was paying for her shampoo. I think, at that moment, I had missed the whole point of the kindness thing. The woman and her son thanked me profusely and explained they lived on assisted housing, but had met someone who was worse off than they were. They were going to put the little dog down, and this woman could not bear the thought so she took it, not knowing how to care for it, let alone pay for it. The dog was obviously ill so I suggested a vet. The cashier found an emergency clinic and I told the woman to take the dog and I would pay for it. Before she left the store, I had her son pick out a collar and leash. I purchased this also and handed her $20 for gas. Then I called the vet and asked them if they would accept payment over the phone. The bill was over two hundred. I kept looking at my beloved husband wondering when he would tell me to stop, but he didn't. Last night I received a text, with a picture of a young smiling boy and a fluffy little dog. Now I understand how to use those cards.



02/09/14
In Honor of: Sammy and Gabriel
Such a beautiful #KindnessProject for the hungry from Sammy & Gabriel's mama, Alicia: This morning I woke up thinking about my boys and where life has taken me. A feeling told me despite my hardships, I've been blessed in my life journey. I live in an area where I see homeless people digging through my dumpsters for food. If my boys were here, I'd teach them about helping others but I'd also teach them about life so they'd never have to be in that spot. So as a Sunday KINDNESS Project, I decided the boys and I would feed some of our local dumpster friends. I made egg sandwiches and included beef jerky for snacks. I hope whoever eats the food can find one piece of peace today. S&G's mama

02/19/14
In Honor of: Shelby
In honor of Shelby because she loved animals, I took towels to the veterinary office for surgeries, cages, etc. Because she loved to be 'prettified' I paid for my neighbor's hair appt. Because she loved to bake cookies, I baked and took cookies to the post office and the library. Because she loved church camp every summer, I sponsored two teenagers to be able to go this summer. All for Shelby, the KINDNESS Project Sharon, Mom of beautiful Shelby

02/26/14
In Honor of: Ryan
I paid for pizza and drink combos today, for a few strangers, at Costco. The cashier said, "We don't usually do things like this". I smiled, with tears rolling down my cheeks....and shared a precious boy named Ryan's story. They changed their tune and agreed to help me with my KINDNESS Project. Today we remember Ryan on his 3rd Birthday and hold his family close to our hears. MISSing and remembering you always, Ryan and surrounding your Mom, Megan and dad, Joe, with love and support as they navigate this life without you. Happy Birthday sweet boy.

03/05/14
In Honor of: Madeleine
From Alane B: My first ever Kindness Project , in honor of the beautiful, precious, sweetest, and always loved Miss Madeleine on her seventh birthday. Three birthday cakes for three little girls. Much love, gentle hugs. The #KindnessProject change lives. Won't you join us?

03/18/14
In Honor of: Lee-Anne Wann

The #KindnessProject in partnership with CASPER in New Zealand and around the world...We are proud and privileged to announce the support of Lee-Anne Wann for our A-OK Day on the 20th March. "As a Health & Fitness Professional, I talk a lot about the small things that we do on a daily basis that can make for great changes in our lives. We are the sum of what we do consistently and being aware of these small things and improving them goes such a long way towards achieving our health and well-being goals. I believe this extends to expressing gratitude for what we do have and where we are at in life as well as caring for those around us, even strangers. Everybody needs and deserves a little bit of love and thoughtfulness; the launch of the A-OK day – a day on which we perform acts of kindness in memory of someone who has died from suicide by CASPER and the MISS Foundation is a beautiful opportunity for us to give back and help others through something small that could make a great change in their life".

03/20/14
In Honor of: Teddy, Leila, Juliana, Gavin, Deven and Mark
Because far too many of our babies are getting cancer... (We) brought dinner to the pediatric/PICU floor at our local hospital in loving memory of Teddy, Leila, Juliana, Gavin, Deven and Mark...Beautiful Teddy's mama,
Clarence, Berkeley, CA

03/27/14
In Memory of: Sarah
I was asked by Rev. Sue Wintz to participate on Friday in a #KindnessProject in memory of her daughter Sara. Today I was in the grocery store in Moline, IL as I was walking past the floral department, I thought of Sarah. So I bought a beautiful assortment of carnations. I explained to the cashier what I was doing, so she provided one of their containers, with a note saying that each flower was in Memory of Sarah. She took the container to a cashier and asked her to give a flower to each customer until they were gone. She was so touched by the KINDNESS Project that she even gave me a little discount on the flowers and thanked me for being so kind. We were both a little teary eyed by the time I left. I know Sarah was smiling down upon us!

04/16/14
In Memory of: Noah
In celebration of Noah Wood's life and what should have been his 4th birthday. We had to do a Kindness Project for this very special family. First we went to the dog park and left toys for Noah's furry friends. Then we went to the people park and left toys for the kids. Billie & Jason, Braden's parents, Chandler, Az

04/30/14
In Memory of: Noah

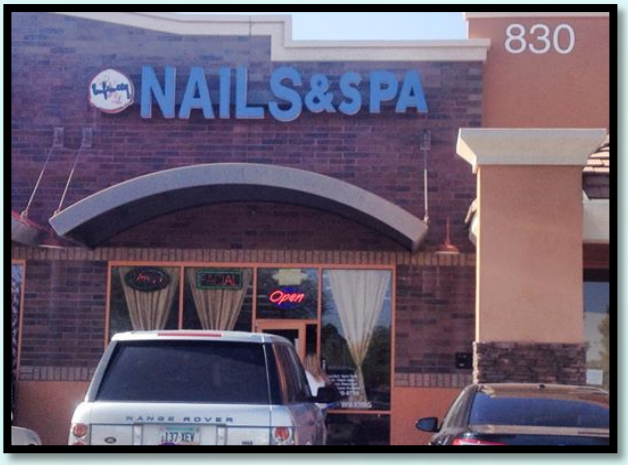
From Noah's grandma, Carole: I really wanted this day to be different . I wanted to be having a 4th Birthday Party with my grandson Noah, his Moms, some friends, family , "furries", cake, balloons and presents. Instead I headed to Einsteins' holding Noah in my heart for a KINDNESS Project. I approached a woman who worked at the bagel shop to tell her why I was there, tell her about Noah and ask for her help. We both were crying and she gave me a hug. It was a big hug, holding on hug, as she whispers, "I am so sorry." I promise I will take care of this myself." By 8 o'clock in the morning, I had already received warm, loving, generous kindness from an absolute stranger and I am holding that hug with me throughout this sad day. Thank you Noah, I know you sent me that hug.

05/25/14
In Memory of: Tyler
The Kindness Project of the day: In memory of Tyler on his 13th birthday, we bought gift cards and water for 2 veterans in need of help. As we start this Memorial Day weekend we remember Tyler, who is MISSed and loved, and feel deep gratitude for all of the men and women who have and continue to serve our country.

05/27/14
In Memory of: Nia
A #KindnessProject from Noah's moms to Nia's mom: My day started with Nia and her mama on my heart. Immediately this morning, I wrote Nia's name on a kindness card, so I was prepared when an opportunity presented itself. Today is Nia's 10th birthday. I stopped at the grocery store to pick up a few random items. I was in line at the self checkout when the person in front of me asked for assistance in putting items back because she didn't have enough money for all of her groceries. I gently offered to pay for the remainder of her groceries, totaling $10 and change. The woman hugged me and thanked me, I hugged her back and handed her this kindness chard, taken the opportunity to share Nia's story. Thank you Nia for helping with this KINDNESS Project. We MISS you and love you and think of you always.

06/13/14
In Memory of: Brian Quinn
Today, I bought a little used stove for an immigrant family in memory of a beautiful boy named Brian Quinn. This family is very poor and didn't have a working stove in their new home. Brian's love will bring warmth and fullness to their lives and their tummies.

06/15/14
In Memory of: Anna Adkins
In memory of Anna Adkins, I paid for the pedicure of a woman who I estimated to be about the same age Anna would be today. I received Anna's Kindness Card at the MISS Foundation Bereaved Parent's Day Walk last month.



06/22/14
In Memory of: Tyler Mattingly
We will be assisting a member of our community with repairs to their home on July 27 in support of International Kindness Project Day. This will be done in honor of our beloved son, Tyler Mattingly.
Sincerely, Del and Terri Chaplin

06/25/14
"My living kids and I used to frequent a restaurant close to home and contribute towards a random diner's bill. We did it often enough that someone called the local paper. In the article, they put a picture of one of the Kindness Cards we used and mentioned my angel by name. One patron paid for someone else's lunch, and another donated gift baskets to a local shelter. One said it was like Pay It Forward in real life. I can't describe the feeling knowing my baby was making some kindness go around. Every act of kindness is an homage to our children. She lives in the hearts of people she never knew." –Kate

07/03/14
In Memory of: Kyndrid
From a beautiful little girl's family a little remembrance and fun at the car wash.
#KindnessProject for Kyndrid

07/07/14
In Memory of: Kyndrid
A #KindnessProject for Kyndrid turns into a way to remember another loved one! This is a heart warming story from a couple that received a Kindness Project from a friend of Kyndrid's parents.

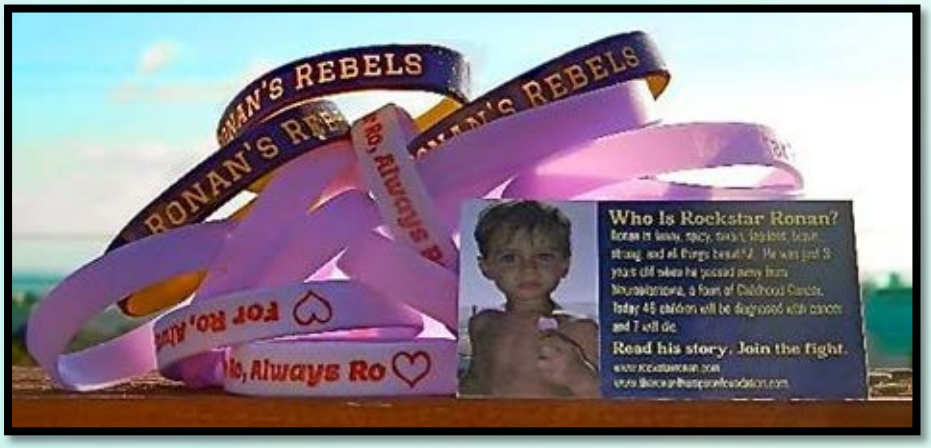
"We were all in Fred Meyer grabbing a few things for a day on their boat. This 4th of July was extra difficult,

as my best friend Jack and just drown 3 weeks prior, his birthday was July 4 AND my father recently passed 3 months prior. We were thinking of something special to do in honor of Jack's birthday. I grabbed Molly to go to the restroom, she didn't want to but of course, girls stick together and this is when you're lovely friend, Dawn, approached us. Both of us thought she was roping us into buying something…but she quickly had our hearts! She took the photo to send to you and then we hugged, sniffled, tear here and there and went our way. Driving the boat, we decided to carry this forward, and spread our love for this new friend, Kyndrid, and our beloved ones.

First the note was purple…my father and I shared the color purple between us, I made him promise to send me signs of purple. 2 We step onto the dock the first boat I saw was "U Don't Know Jack". 3) Sunflowers – the sun was shining in Portland! 4) And now your husband spells his name like Molly's Erik! The flowers cruised all day on the front of Molly and Erik's boat! As we ended our day, Erik found the perfect spot with Mt Hood looking upon us. We took a moment of silence and Molly said a prayer for Kyndrid and cast the flower, then one for Jack. By this time, I can barely kiss my flower and mutter "I love you, Poppy" then my love to Jack. Steve cast his flower for my dad as well. As we drove off, I took a few photos. So there were 5 flowers, and this particular photo shows the 3 with Mt Hood to watch over them!

The purple card was lost. Yesterday, once again on the boat, the purple card fell out of my husband's pocket. We all laughed! Then last night, I took a look at it and found the website on the card – whala!
I believe in signs, I believe in this entire series of events, which is why I detailed them. The purple, the SUNflowers, the day and what it meant to everyone and now this, your reply. LOVE LOVE LOVE!" – Lorie

07/10/14
In Memory of: Ronan
A #KindnessProject for Ronan. This #KindnessProject Rocks!
Ronan, today I brought my co-worker at Rady Children's Hospital-San Diego breakfast without being asked to. I wrote very spicy lyrics and sang them loud off of my balcony. Then I spread you and your mamas love story all over San Diego. Thanks for making me extra spicy today beautiful boy. #SpicyForRO



07/17/14
In Memory of: Aster
A special #KindnessProject for Aster.

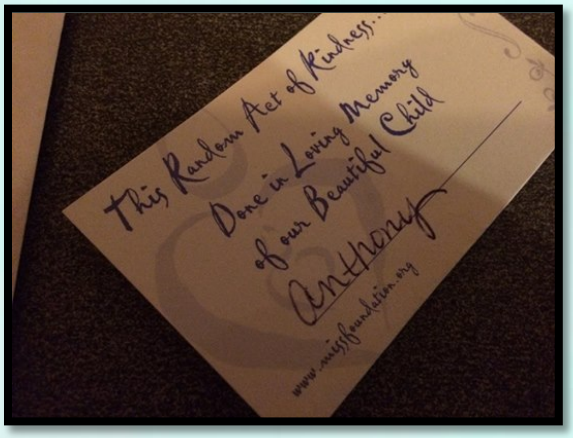
"Today, in loving memory of a little girl named Aster in New Zealand, I bought lunch anonymously for a special family with a little boy who had special needs and who was very obviously loved by them. I told the waitress not to tell them who did it but out of the corner of my eye, I caught their surprise and joy when they found their meal was paid. His big smile felt like Aster's love at work in the world." – Anonymous

07/17/14
Today a young woman with a baby on her hip came into Dunkin' Donuts. She was ahead of me. Her credit card was denied. TWICE... totally embarrassed she left to go to her car. She said she would be back. I paid for my order and went outside. Next to me was her car. Baby crying and her looking to see if another credit card had money on it. I walked over and handed her some money and told her to go get her food. She sat there, mouth hanging open, and in shock. She mouthed thank you. She could not get the words out as we both started crying.

07/19/14
An artist mamas #kindnessproject
I am participating in the world wide program of The Random Acts of Kindness today at Austin Artspace. I'll be here until 6PM Thank you MISS Foundation for this opportunity!

07/25/14
In Memory of: Ian Patrick
18 teenagers getting a free smoothie king in memory of Ian Patrick's 18th heavenly birthday.

07/26/14
In Memory of: Kelly
Tomorrow 21 families will be enjoying several rides on the Flying Horses on Martha's Vineyard - 21 multiride passes being given out in honor of the 21 summers Beautiful Kelly enjoyed on Martha's Vineyard - Thank you Kindness Project



07/26/14
In Memory of: Anthony Carlson
"In memory of Anthony Carlson I paid for the meal of a hungry man tonight and bought him a gift certificate for some future meals. Because these children still matter." –Anon

07/27/14
In Memory of: Caroline Cronk
Thank you for this project and all that you do for these children and their families. I did my random act of kindness a little bit early on July 18, 2014. I left two tubs of chalk, dozens of flick-r pet stickers and 28 bubble wants at a local kid's park in Ontario, Canada on the one year anniversary of 5-year-old Caroline Cronk's passing. I also left dozens of kindness cards for others to pass on the love and do a kind act for someone in memory of Caroline and all children gone too soon. When I returned later that evening the entire paved walkway was covered in children's chalk drawings and Caroline's name! The kindness cards, stickers and bubbles had all been taken as well. Thank you for all that you do.

07/27/14
In Memory of: MacKenzie Lynn, Cameron, Tripp, Max
Lots of #KindnessProjects from Kenzie's mama:

I wanted to share a Kindness Project done in MacKenzie Lynn's honor..my neighbor's daughter for her birthday had a scavenger hunt at the mall and the final piece was create a build a bear in MacKenzie Lynn's honor to donate to toys for tots. I am blessed to have such wonderful and compassionate neighbors that are instilling kindness in their children.

In memory of Cameron: I purchased a gift card in honor of Cameron DeFalco. With the help of the lovely cashiers at Half Price Books, a child will be blessed today.

In honor of Tripp: I purchased a gift card to Half Price Books and the cashier will give it to the next child that is with their parents purchasing. Remembering Tripp with you and congratulations on precious Stella Grayce.

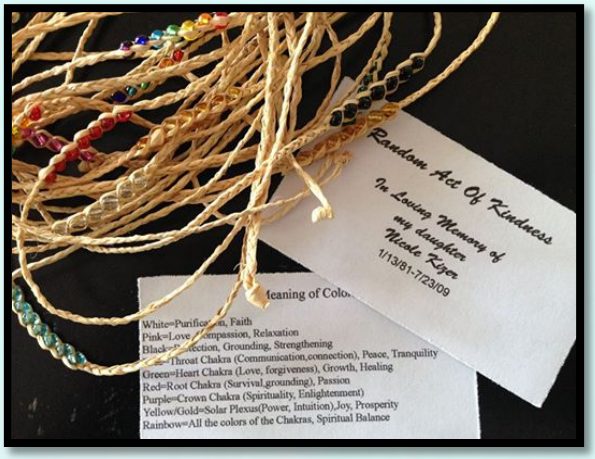
In memory of precious Max...Today a child will be blessed with a wonderful gift card in memory of your grandson.

I purchased a half price books gift card in honor of your precious peanut. Generally, I give them to the cashiers and they hand out for me...but today one of my customers I met at the beginning of the month came in for an adjustment with her husband and precious son, Lucas. Lucas loves to read and I brought het kindness card over to her.

Today before work, I got my kindness cards ready. I work by a Target with a Starbucks and purchase gift card for both Michael Greenberg and Mathew Sheppard. During my lunch break, I went over to Target and gave them to the next two customers in line. They were so thankful and speechless.

Always in our hearts and spreading kindness in your honor.

07/27/14
In Memory of: Nichole
In memory of my daughter Nicole's 5 year angelversary this week, I was blessed to perform some big random acts of kindness & a bunch of small ones like leaving bracelets in places people will find them/giving out as many as I could. Thank you Miss Foundation for this wonderful Kindness Project.



07/27/14
In Memory of: Noah
From Noah's grandma, a #KindnessProject of the healthiest kind!

Spreading Kindness at the farmer's market & thinking all the children that are MISSed every day. I paid for a green drink at Jo's Juice (oh my heart!) & one for the person behind me. As I gave her the Kindness Project Card she teared up & then paid for the person behind her & passed him the card. Kindness is blooming with the bounty of this season.

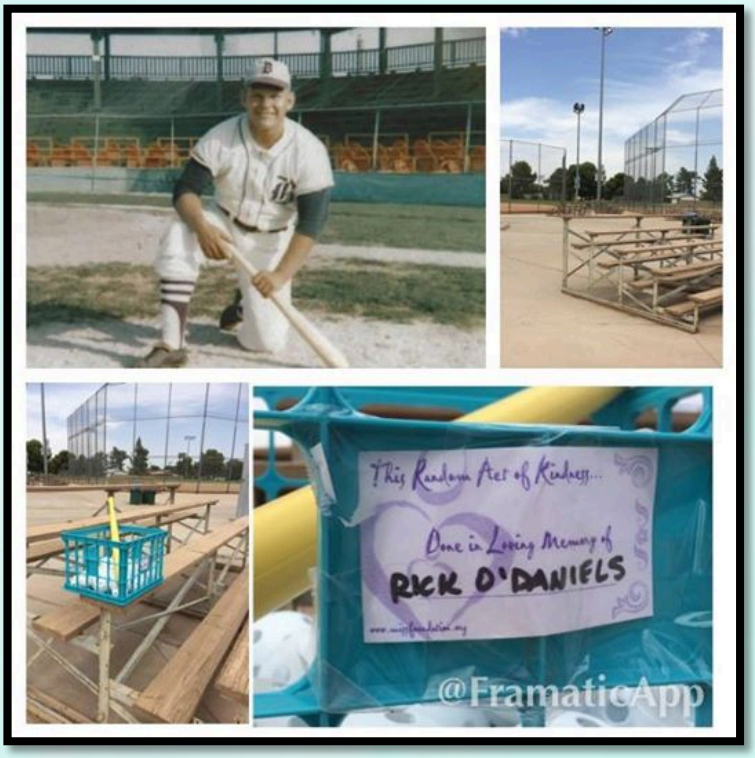
07/27/14
In Memory of: Violet
Violet's mama committing #KindnessProjects for her little girl! Money on a gas pump!

07/27/14
In Memory of: Evan
Our beloved Evan would be 23 years young this year. This morning the first 23 customers at Amy's Ice Creams, N. 183, got an ice cream from Evan. Evan loved every minute of it and I am sure the kindness will find a way forward. We love (((Evan)))!!! — with Amy's IceCreams.

07/27/14
In Memory of: Anthony
20 footballs free in memory of Anthony for his 20th birthday today. What a beautiful #kindnessproject tribute. Today we celebrated Anthony Carlson's 20th birthday by randomly handing out footballs in Phoenix and Tempe for International Kindness Project day. Anthony LOVED the word "random"! Many faces lit up with smiles because of you, son!

07/27/14
In Memory of: Jacob
In Los Angeles, little bags of #KindnessProject love for those who need both help and love in memory of Jacob.

07/27/14
In Memory of: Katie
"Roses today at Angel of Hope for You Katie " – Michael



07/27/14
In Memory of: My Father
My father died about 5 years ago. He played minor league baseball in his twenties for a couple of years...he started playing baseball as a very young kid and sports became his life.

I visited a park today that he took me to as a child and left a basket of 24 starter whiffle balls on the bench of baseball field. The park is old and run down now and in a poor area of town. Often times there are children alone there trying to find something to do. Maybe having a ball will give one of those children the start my father had in life."

07/27/14
In Memory of: Samuel Colt
Thank you to your volunteer for the Kindness Project! My son was so happy and we both were so touched! This was found at Meijer in Essexville, MI.

07/28/14
In Memory of: Melody Aurora

"For my kindness project today I purchased 11 ice cream cones from Runza and 9 sno cones from Kool Kats for the next people in line. The names above represent but a small number of families whose grief walk I have been privileged to be a part of. It is in honor and memory of these children, and especially my daughter, Melody Aurora Ford, that continue to reach out to families and commit random acts of kindness. Their lives may have been short, but we make sure their legacy lives on! Thank you, MISS FOUNDATION."
- Mandy Ford
I am the mother of four, three who walk and one who soars!

07/28/14
In Memory of: James Michael
Seven backpacks filled with school supplies to donate in honor of our son James Michael who would be 7 years old....

07/28/14
In Memory of: Braden
In memory of our son Braden and many other angels. We had a fun afternoon handing out free movie tickets at Chandler Fashion Center. We were met with many shocked faces, well wishes and hugs of gratitude.

Then we headed to our local fire department. These men will always hold a special place in our heart. They have been amazing more than once for my family. We dropped off snack mix and cookies.

07//28/14
In Memory of: Madison

In memory of Maddi, the #KindnessProject in New Hampshire who was lost after a tragic car crash:

Hi my name is Lori. On February 19, 2014 my beautiful daughter Madison and I were on our way to dance class. We live in NH and it had snowed a really quick 2 -3 inches shortly before we headed out... I did not entertain the idea that Maddi would not make it... they had to transfer her to Maine Med... so we said goodbye... we kissed her warm skin and held her warm hands... we sung you are my sunshine and watched her go... they sewed me up... and

as they were discharging us... told us that Maddi didn't make it... that at 853pm... she was gone.

Maddi is my first born. My best friend. My shelter in the storm. My little ladybug. She is the most caring, generous person that I have ever known. She and our family volunteered for the March of Dimes, Alex's Lemonade Stand, local homeless shelters, she presented a project called "Notes for Natalie" to her whole 2nd grade and girl scout troop and thanks to her efforts we sent out 200 cards and pictures to little Natalie. She loves animals and was known to rescue worms and caterpillars and moths... animals and bugs were drawn to her. She wept at sad stories in the news... the sandy hook tragedy ate at her and we talked of it often... She is the best big sister I have ever seen.... she truly was nurturing, protective and full of fun and life... She was moved by the sacrifice a soldier must make and would never hesitate to thank a soldier ... no matter who she was with or where we were... she had this presence about her that made you feel that you were the best person in the whole world and that she loved you more than anyone in the world... she has many "BFF's" ... because of all of this I was compelled to participate in the Kindness Project...So here is a link to the facebook page I started for friends and family to share their kind acts in honor of Maddi... this is something we will continue not for one day but forever... thank you for providing this inspiration....
Lori (Maddi's Mama)

07/29/14
In Memory of: Dawn
From Phoenix, Arizona, Dawn's dad handed out roses at the Angel of Hope Memorial to unsuspecting grievers who came to remember... The #KindnessProject opens hearts!

07/30/14
In Memory of: Marissa
We put together a dozen Breakfast Bags for a local shelter. We did this in loving memory of our beautiful child, Marissa Poznanski.

07/30/14
In Memory of: Milo
Today is International Kindness Project Day via the MISS Foundation. In memory of our beautiful child Milo, each member of our family picked out an item on the Romeoville Humane Society's wish list. This act serves a double purpose as our beloved dog Heidi died earlier this year.

07/30/14
In Memory of: Misty
At my favorite place to have the best pie in the world, a very sweet waitress named Isabel shared with me that her mother was coming from El Salvador for a visit. Isabel was so excited and had set aside her mother's favorite pie, Coconut Meringue, to gift her later. In the spirit of the Kindness Project, one of our little angels inspired this gifter to help this mother and daughter enjoy their time together. — at Bevers Kitchen.

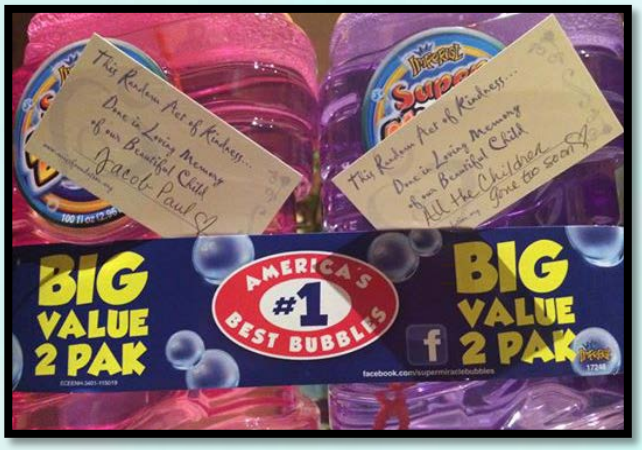
08/01/14
In Memory of: Jeremy
Dear MISS Foundation
I've known about the #kindnessproject for years but never participated. This year I bought coffee at Starbucks for the car behind me. I saw their faces in my rear view mirror as I drove away. I had no idea how good it would feel. So the next day I did it again. And then I did it again. I'm on my 7th RAOK in memory of our son Jeremy and I think I may be addicted to kindness. Thank you for giving me a way to grieve that honors him.

08/04/14
In Memory of: Vinny
#KindnessProject Day is an important event to me to honor the memory of my beloved 18 year old son, Vincent. Vinny was (is) a kind, sensitive & gentle soul that loved humanity. He left us most unexpectedly on March 11, 2009. Participating in the Kindness Project year round is one of many ways I have learned to cope...

For the 2014 Project, I left an angel water globe at the grave of another young man that recently passed in the same tragic way that our Vinny did...I obsessed over buying just the right little boys backpacks that I knew he would have approved of (Transformers & Ninja Turtles) to donate to a back-to-school drive in South Phoenix...And because I used to love to go to coffee with Vinny, I stopped at Dutch Brothers drive through for a treat for me & the car behind me.

I really do love perpetuating the idea that since my Vincent lived, this world was & can continue to be made a little bit better! Vinny liked everyone & I am honored to be able spread a little kindness & happiness in his memory :)

08/05/14
In Memory of: Melody Ford
So I'm in Dallas, Texas, for training and we ate at this amazing Mexican restaurant for supper and my bill was a little over $20 and I left the waiter a $10 tip and I didn't have any kindness cards on me but I wrote a note on the bottom that it was in memory of my daughter, Melody Ford. I know it wasn't a big $100 or anything but it was what I could do and it made me happy to honor her in that way. Today at orientation they asked me about myself and without hesitation I explained I have four children and I talked about changing the CBRS in Iowa and how I believe the FMLA needs changed to allow grieving parents time to mourn without risking their jobs. And my orientation manager later shared that his sister lost a child and I explained more about the MISS Foundation and how we reach out and help others in need. Thank you to this organization for empowering all of us to reach out in honor and memory of our beloved children. We remember them with each breath we take and sharing them eases our grief just a little.



08/10/14
In Memory of: Jacob
In memory of Jacob and all the beautiful children of the MISS Foundation, I bought more than a cart full of wonderful new toys, art supplies, and educational games for children who had removed from their families due to abuse or neglect. These children rarely experience anything new. It is my hope that because of Jacob's life, the lives of 19 other children will be touched, and his legacy of love will live.

08/10/14
We knew of a family who was in desperate need of tires for their car. So today after church we handed them a kindness card with our daughters name on it. We told them that we wanted to be a blessing and purchase their tires for them. They didn't know what to say literally. They just stood looking at us like are you serious. The husband started to cry and I said will you accept are offer? He just shook his head.

08/18/14
In Memory of: Jack
Jack's mama making Jackpacks for the #KindnessProject

08/23/14
In Memory of: Dane
My wonderful friends were out performing random acts of kindness on/for my birthday, in memory of my sweet boy Dane who passed away in May. There were even more, these were just the ones I had pictures of! It spread so much joy, love and kindness in our community and definitely brightened my birthday! them all so much and truly appreciate how they are keeping Dane's memory alive!!!

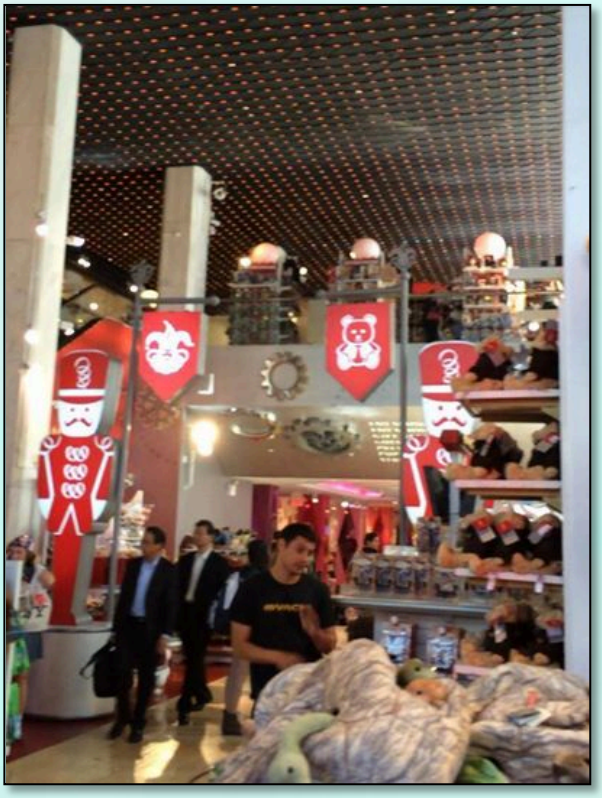
08/11/14
In Memory of: Tyler
This year a local family has given back to this community in memory of their son, Tyler, who lost his life on August 11, 2012. Tyler spent many years of his life in various volunteer positions throughout our community. As a youngster, Tyler volunteered alongside his mother at the Animal Relief Fund, fostering many cats and kittens, and assisting adoption days on Saturdays. During the summer before his senior year of high school, he volunteered on a history project for the Sheriff's Department for the last year. Through this opportunity, Tyler began volunteering with the St. Mary's County Historic Society and also doing work at the historic "River Springs".

When they read about the International a Kindness Project Day, Tyler's parents, Del and Terri Chaplin, decided that they would participate this year in his honor. They began a fundraising effort to raise funds, and with the help of Christmas in April, they located a local

elderly lady who needed help with some repairs to her home. Through monetary donations and volunteers they were able to complete their project on Saturday, July 26. With help from friends and family and local contractor, Raymond “Bud” Williams, of RAW Construction and Remodeling, they were able to replace the front door, seal the roof, replace the skirting, repair a broken window, replace the drip rail around the roof and weed and mulch the flower beds for the recipient of their Kindness Project. Local HVAC contractor, Ricky Graves, of R.E. Graves Heating and Air Conditioning, also volunteered his services to perform a professional cleaning and precision tune up on the recipient’s air conditioning unit.

08/27/14
"I stopped by Coldstone on my way home from work tonight and bought 6 gift cards, attached a Kindness Card to each, and gave them back to the cashier and asked her to use them to pay for 6 children's ice cream. These precious children are spreading a little love tonight".

09/12/14
In Memory of: Blake
I contributed to the purchase of a headstone for a young boy. His family had put the stone on layaway as they could not afford to pay for it. Now their son will have a headstone. -Anonymous

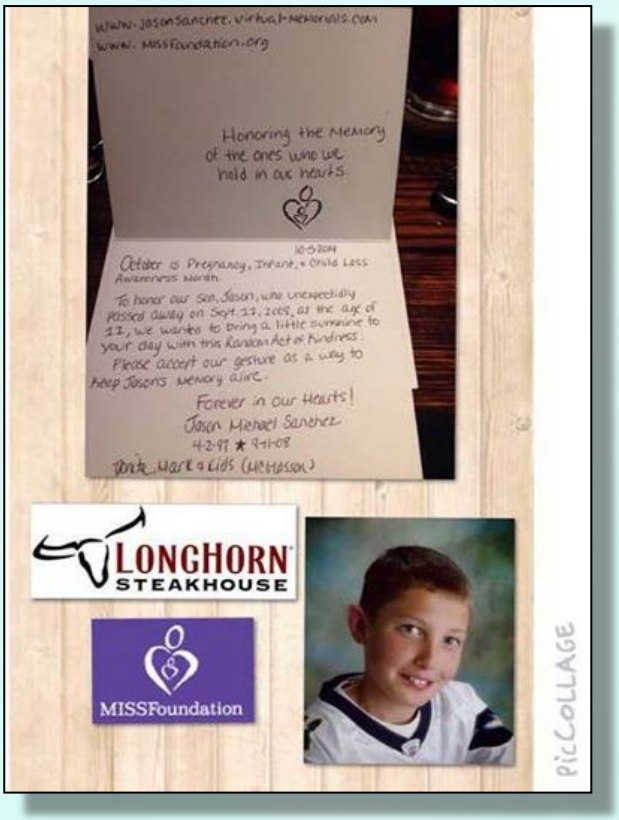


- The magic of the Kindness Project

09/29/14
In Memory of: Nia
"Part of my recent NYC trip was a random act of kindness in Nia's memory. At FAO Schwarz, I purchased a $20 gift card and handed it to the cashier along with a Kindness card with Nia's name, and I explained to her that I needed her help in doing this act of kindness for someone. I asked her to give the gift card and kindness card to the next person who purchased something. We chatted for a while (no one behind me in line) and her eyes welled up. Guess what her daughters name is? Yes. Nia.

Her Nia turned 13 last week, a September baby just like my Nia would have been. As they say, no coincidences. I walked out of that beautiful toy store alone, wishing my Nia was with me.. And my eyes welled up too, because I knew... She was."

10/07/14
In Memory of: Jason
His family does a #KindnessProject, buying the meal of a stranger...



10/07/14
In Memory of: Jason

A #KindnessProject from Jessica whose mom purchased these Isabel Bloom figures for grieving mothers not only in loving memory of my son Jackson Rhys who was stillborn on 3/4/14 but in memory of each of their babies as well. The card reads "To the world you may be just somebody but to somebody you just might be the world."

10/12/14
In Memory of: Ronan, a sparkly little monkey:
I was having breakfast by myself this morning and felt inspired to leave a $100 bill for the waitress who was working very hard but whose smile and kindness lit the room, despite her busy-ness. The bill came to $12.30. I thought this little extra "tip" in his memory might make her day.

For current Acts of Kindness and Inspiration, please follow the "Kindness Project" on Facebook or the MISS Foundation websites at

http://www.facebook.com/MISSFoundation KindnessProject
http://www.missfoundation.org/support/kindness