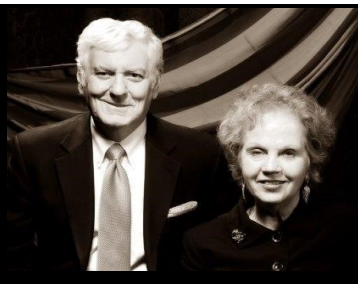
2026 Newsletter

The Poshard Foundation for Abused Children

www.poshardfoundation.org



Hunger

Glenn Poshard

What happened Dad that you couldn't meet my eyes when you set the powdered milk, the five-pound bag of flour, the slab of bacon, the cans of pork and beans on the kitchen table?

What happened? What humiliation did you have to suffer this time to feed your kids?

Did the township supervisor's words drip with judgment, making you feel unworthy as he put the government surplus in your sack?

Were you thinking on the walk home, cradling the food in your one arm, that I would see the hurt in your eyes and not the courage in your heart?

In more than twenty Southern Illinois community churches, libraries, civic centers, and theaters, Glenn presented his poetry and raised over $150,000 for local food pantries.

Just a little help from each of us to support our local food pantries will go a long way to helping a child succeed in school and be healthy in mind and body.

Exploring Epigenetics and Resilience: Training and Documentary Screening

Dr. Ryan Reed, Sr.
(Photo courtesy of Prevent Child Abuse Illinois)

On Tuesday, October 28, 2025, the Poshard Foundation presented a training in collaboration with Prevent Child Abuse Illinois at John A. Logan College. The training titled, "Restorative Healing: Understanding Trauma Through the Lens of History, Epigenetics, and Brain Science" was presented by Dr. Ryan Reed, nationally respected mental health leader, trauma expert, author and clinical educator. The training examined how trauma affects children and adolescents through history, neuroscience, and epigenetics, which is the way a person's genes change based on environment and lifestyle.

Participants learned how adversity can alter gene expression across generations, shaping brain development, emotions, behavior, and relationships. The session provided practical strategies to foster safety, healing, and resilience. With a focus on real-world application, it empowers professionals to address trauma's biological and emotional impacts while building stronger, healthier futures for youth, families, and entire communities.

The training was followed by a resilience documentary screening and discussion presented by Rachel Chruszczyk, the Southern Region Prevention Specialist for Prevent Child Abuse Illinois. The film, titled "The Biology of Stress and the Science of Hope," is an acclaimed documentary that reveals how toxic stress from childhood adversity can shape lifelong health. The film was followed by a one-hour discussion exploring practical strategies and ways we can build resilience and hope for children and families.

Poshard Foundation trainings are open to professionals and community members at no cost to attendees.

Anyone who suspects the abuse of a child should call 1-800-25-ABUSE.

Candy Cane Wishes

Our Annual Toy Giveaway, coordinated by Phyllis McCowen, was held December 11 and 12 at John A. Logan College with 15 agencies participating. We hope to have brought warmth, comfort and a smile to 800 children in Southern Illinois who needed it most.

We could not have helped so many without the generous support of Ameren Illinois with a $10,000 grant, the Rotary Club of Jackson Williamson Counties Sunset with $3,000 and BlueCross BlueShield of Illinois with $1,000. Richard Clark and Margaret Kukuk of Tri-State Business in Harrisburg, Donnellon McCarthy Enterprises, Modern Woodmen of America, America's Car-Mart, and Our Directions bought toys and delivered them to our office. Individual donors included Barbara Berry, Leann Johnson, Ginna McCann, Anton Payne, Pride in Action of Southern Illinois, Jane Redmon, The Sanctuary, Darla Wexstten and Bonnie Wheeler. We are also grateful to those faithful donors who made monetary donations specifically for Christmas including David Morse Financial Services, LLC, David and Joyce Ambler, and Bruce Martin.

For children in difficult times, a toy brings joy, but a handmade item brings a message. You are seen, you are safe, and someone cares about you. Thank you to all who stitched, donated and volunteered to make this year so special. Pat McCann and our friends from Hangin' by a Thread in Vienna made quilts, blankets, layettes, stuffed animals (Angela Konzal), Christmas mugs with candy (Jan Anderson and Carolyn White) and bracelets (Annalise Keske). The Williamson Baptist Association and Colleen Bogard added to the festivities by making colorful totes for the children. Beverly Ellis made lapghans and knitted caps. Janet Demeo contributed mittens, caps and socks; and Gina Gurley added handmade quilts and teddy bears.

Many thanks to our Christmas elves (Anita, Barb, Carol, Cecilie, Cyndi, David, Gloria, Jackie, Jane, Joyce, Leanne and Sam) who, year after year, set up toy displays, assist agency representatives with toy selections, and bag and carry items to vehicles. The Carterville Lions Club and the Rotary Club of Jackson Williamson Counties Sunset members volunteered their time too.

Santa's Elf Cyndi and Agency Christmas Shopper

Photo Courtesy of JALC Media Services

2025-2026 Agencies Served Specifically for Children in Need

Agencies Listed Serve Multiple Counties

Arrowleaf, Cairo and Vienna
Baptist Children's Home & Family Services, Carmi
Boys and Girls Clubs of Southern Illinois
Brightpoint, Herrin
Cairo Women's Shelter, Inc., Cairo and Metropolis
Caritas Family Solutions, Carterville, Mt. Vernon and Sparta
CASA for Kids
CASA of Jefferson County, Mt. Vernon
CASA of Southeastern Illinois, Harrisburg
CASA of Southern Illinois, Marion
Centerstone of Illinois, Inc., West Frankfort
Children's Medical and Mental Health Resource Network, Anna
Clarity Women's Care, Carbondale and Marion
Damas Latinas, Carbondale
Dept. of Children and Family Services, Southern Region, Marion
Downstate Conference on Child Abuse
Du Quoin Youth Club
Franklin-Williamson Child Advocacy Center, Herrin
Healthy Families Illinois – Shawnee Health, Carbondale
Hope Haven of Southern Illinois
Hopewell Missionary Baptist Church, Carbondale
Hoyleton Youth & Family Services
Lutheran Social Services of Illinois, Southern Region, Marion
National Runaway Safeline
Perry-Jackson Child Advocacy Center, Pinckneyville and Murphysboro
Prevent Child Abuse Illinois
Refuge Temple, Marion
Southern Illinois Coalition for the Homeless, Marion
Southern Illinois Resource and Advocacy Center, Shawneetown
Spero Family Services, Mt. Vernon and West Frankfort
Stress and Trauma Treatment Center, Inc., Eldorado
Survivor Empowerment Center, Carbondale
Team Illinois Youth Police Camp, Southern Region
The Amy Center, Mt. Vernon
The Foundation for Pinckneyville
The Guardian Center, Carmi
The Little Resource Center, Carbondale
The Night's Shield, West Frankfort
The Promise, Marion
Two Rivers Child Advocacy Center, Anna
Young Hearts with Goals and Purpose, Marion

Look for your "Invitation to Give" in fall of 2026!

(Photo courtesy of JALC Media Services)

Grant Distribution Day!

On April 30, 2026, grants of $106,500 were awarded to 28 agencies!

Go to www.poshardfoundation.org for a listing of agencies receiving grants.

(Photo Courtesy of JALC Media Services)

April is Child Abuse Prevention Month!

Judge Amanda Byassee-Gott, First Judicial Circuit of Illinois, speaks at the 2026 Kick-Off held at John A. Logan College.

Special Thanks - Special Gifts 2025-2026

Our Dedicated Volunteers
JALC President Kirk Overstreet, the Board of Trustees, and Staff
Ameren Illinois
Susan E. Carter and H. Randall Carter
Community of Christ Thompsonville Food Pantry
Betty Davis, Office Administration Volunteer
John Davis, Executive Board Member
Dorcas Quilters, Church of the Cross, Metropolis
Hangin' by a Thread and Pat McCann, Vienna
Henry Printing, Inc.
Marna J. Barnard Heron
Patricia Hite
John P. Huber Charitable Trust, TUW, Bank of America, N.A. Trustee
IBEW Local Union 702
Dan Kubasiak, Executive Board Member
Shay Malone, Facebook and Photography
JEFF DI Charity Fund
Phyllis McCowen, Office Administration Volunteer
Memorials in honor of the following individuals:
Bo Broemmel, Virginia and George Cybulski, Violet Dippel, Theresa Evans, Karl Maple, Irene Robinson, Walter "Jim" Schoenberg, and Victor Turner
Mona Miller, Facebook
Treva O'Neill, Executive Board Member
The Bernard and Naomi L. Podolsky Charitable Trust
Sarah (Doran) Rizkalla and Baher Rizkalla
Roby Family Foundation
Steelwater Solutions, Robert Carter, Anna
Steve and Bonnie Wheeler
Mary Williams
Williamson Baptist Association and Colleen Bogard

What We Accomplished Together Last Year...

- ☺ $119,337 given to 36 local agencies that help abused, abandoned and neglected children in Southern Illinois.
- ☺ Over $40,000 in monetary and in-kind donations received for children at Christmas. Gifts and toys were distributed to 800 children through 15 agencies and organizations in Southern Illinois.
- ☺ $23,370 given to 30 local food pantries for food for children. Find a food pantry listing at **www.poshardfoundation.org**
- ☺ $7,500 in scholarships for select Southern Illinois University Carbondale students who experienced severe adversity as children.
- ☺ $6,158 for 54 beds/cribs for abused children in Southern Illinois.
- ☺ $3,650 toward Training and Education Programs for the prevention of child abuse.
- ☺ Approximately 5,300 children and families were provided assistance with various services not covered by traditional funding sources such as food, hygiene products, counseling, car seats, therapeutic camps, medical treatment and runaway prevention.

We appreciate your support over the last 27 years!

☐ Please use my donation for **BEDS FOR ABUSED CHILDREN** in Southern Illinois.

☐ Please use my donation for the many other needs of abused children in Southern Illinois.

Make checks payable to:

The Poshard Foundation
John A. Logan College
700 Logan College Drive
Carterville, IL 62918

Go to www.poshardfoundation.org to make your credit card donation online.

We are an all-volunteer agency!

Find us on Facebook!

Every child deserves a safe place, a safe person, and a safe community.

2025-2026 Sponsorships

Anonymous
Eddie and Naomi Acord
Acupressure Spa
Aisen Electronics Illinois LLC
Ameren Illinois
Anchor QEA, Inc. LLC
Marcia Anderson
Zafiria Artemiadis
Gary and Jan Austin
Kevin and Lyn Bame
Harold and Lana Bardo
James Bayles
Benjamin and Christine Begley
A. Biby
BlueCross BlueShield of IL - Marion Office
Norma Brown
Russell and Janice Brown
Marjorie Bryson
Sue Burroughs and David NewMyer
Lewis Burroughs Wealth Management – Edward Jones Team, Marion IL
Suzanne Burton
Bob Campbell
Carter Family Charitable Foundation Ms. Susan K. and Mr. H. Randall Carter
John and Sue Chaney
Tracey and Richard Clark
Dr. and Mrs. Clifford L. Coleman
Community of Christ Thompsonville Food Pantry
Jason Crumer
In Memory of Virginia and George Cybulski
Linda Deck
Ron and Deanna Diel
Matt Donkin
Carolyn Donow
Dr. Judy C. Drolet & Dr. Larry Townsend
Jerry and Laura Claxton Eader
Eggemeyer Associates Architects
Rick and Joan Erickson
Karen Ferraiolo and Leon Wleklinski
First Baptist Church, Carterville (VBS 2026 Offering)
First Mid Bank & Trust
David and Amy Gillies, The Rust Foundation
Goldenberg Heller & Antognoli, P.C.
Harrold and Gina Gurley
Roy Harris
Marna J. Bernard Heron
Patricia Hite
Bill and Sarah Hoback
Frank Houdek and Susan Tulis
Ron and Diana House
Lamar and Connie Houston
John P. Huber Charitable Trust, TUW, Bank of America, N.A., Trustee
Jerry and Louise Humble
IBEW Local Union702
IUOE Local 318
Fred and Candice Isberner
John S. Jackson and Nancy W. Jackson
Leann Johnson
Dr. and Mrs. Larry R. Jones
Paul and Diane Karber
Mike and Mary Alice Kimmel
Jim and Sandy Lambert
John A. Logan College
J. V. and Tracey Malkovich
Dan and Laura Mahony
Malone's Early Learning Center
Jeff and Dianne Mark
Larry and Rebecca Mayer
Great Grandkids of Ed and Pat McCann
Jim and Sharon McMillan
Linda Miles
Clint and Bonnie Misselhorn
Richard and Susan Morris
Partnership for Community Innovation (PCI)
John and Karen Pfeifer
Kathy Pine and Mark Brittingham
Plumbers and Pipefitters UA Local 551
The Bernard and Naomi L. Podolsky Charitable Trust
Michael and Dr. Irina Podolsky
Glenn and Jo Poshard
Prairie State Generating Company
John and Sarah Raben
Jan Radtke
Jacob G. Rendleman
D. and G. Ridgway
Dale and Jan Ritzel
Sarah (Doran) Rizkalla and Baher Rizkalla
Roby Family Foundation
Rotary Club of Jackson Williamson Counties Sunset
Deb Sarvela
William Schuwerk
Wayne and Betty Sirles
E. T. Simonds Foundation
St. Joseph's Thrift Store
Southern IL Central Labor Council
Southern Illinois G. I. Specialists, LLC
J. Sposato
Rick and Pam Speer
Gordon and Denise Stine
Louise Stone
Dr. Kathy Swafford
Jim and Mary Jo Taylor
The Aisin Group
Memorial to Victor Turner
Thomas M. Vaught
John and Susan Verduin III
Cindy Vines
Robert and Jan Weiss
Steve and Bonnie Wheeler
Gail and Linda White
Stephen "Nate" Wigginton
Cathy Wood
Michael and Judy Woodruff

The Poshard Foundation is a not for profit tax exempt organization (501c3).

Poshard Foundation
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Carterville, IL 62918

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