



WELCOME TO THE

Newsletter

I'm so glad you're here!



Abundance isn't measured by what we own; it's measured by what we pour into one another. It's the courage to stand beside someone in their storm, the compassion to slow down and listen, and the commitment to build communities where hope can breathe again.

Daily, I work to declare abundance, not as a momentary wish, but as a fundamental practice.

At The Mark Wandall Foundation, I see abundance in children discovering connection at camp, in youth finding confidence through our equine program, and in families realizing they are not walking grief alone. Through M3 Motivational Concepts, on every stage and in every classroom, conference, and keynote I'm honored to step onto, I see abundance when people choose resilience, purpose, and service, and then carry those choices back into their homes, workplaces, and communities.

Abundance also looks like slowing down long enough to heal, sometimes in community, and sometimes one conversation at a time. My heart is rooted deeply in this work, and I continue to offer one-on-one mentoring for those who need guidance, grounding, or simply someone to walk beside them. And if your organization or conference is looking to inspire resilience and community change, I'd be honored to join you in 2026. Let's work together to move hearts, shift perspectives, and save lives!

As we step into the new year, I'm inviting you to lean in with me, to volunteer, partner, mentor, share our mission, and show up where we can. Together, we can grow an abundance that heals, nurtures, and saves lives on and off our roadways.

Together is always better than alone. And I believe in what we can build, side by side.

Melissa Wandal

What's Moving Me This Month

YOGA PANTS

These are my absolute favorite travel leggings. I have them in five colors, and they're always in my suitcase when I'm on the road. They're incredibly soft—like butter—and perfect for hotel gym workouts or everyday wear.



Make Your Mark

February 4th is Mark's birthday, a day that always reminds me how powerful one life and one act of kindness can truly be.

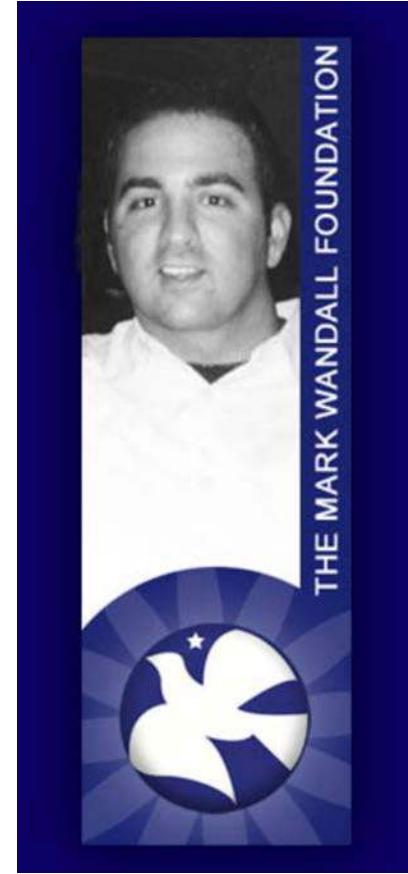
In honor of Mark, I invite you to Make Your Mark with a gift that helps grieving children feel seen, supported, and less alone.

In Florida, one in every 10 children will experience the death of a parent or sibling before the age of 18. Grief can be isolating, especially for young people.

Here's how your gift can make an immediate impact:

- **\$1,250** — Fully sponsors a child to attend our 3-day bereavement camp
- **\$500** — Supports a Quarterly Reconnect event for our youth and families
- **\$100** — Provides snacks and supplies for our Equine-Assisted Learning program
- **\$53** — Honors what would be Mark's 53rd birthday and the legacy he created

On Mark's birthday, and the entire month of February, your generosity can help transform grief into hope and remind a child that they do not have to walk this journey alone.



Make YOUR Mark Today!

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ROADMAP TO SAFETY



Safety Roadmap

If we want safer roads, we must be intentional—not reactive. This roadmap outlines where we begin.

[Read the Safety Roadmap →](#)

WISCONSIN COUNTY HIGHWAY ASSOCIATION

KEYNOTE SPEAKER



Driven by Purpose: Speaking Engagement Spotlight

Last week, I had the honor of serving as a keynote and professional development speaker for the [Wisconsin County Highway Association \(WCHA\)](#).

I shared my keynote, "*Driven by Purpose: The Power of Why in Connection, Collaboration, and Safety*," connecting the daily work of county highway professionals to its real, life-saving impact across Wisconsin's communities. Drawing from my personal journey and years of advocacy, I spoke about how purpose, persistence, and collaboration turn into prevention, resilience, and lasting safety.

If you're planning an event and looking for a speaker who leads through authenticity and lived experience, I'd love to be part of the conversation.

[Connect With Me →](#)

HORSE THERAPY

Equine Assisted Learning



Guided horse riding activities and games



Leading mini horses through obstacle courses



Encouraging trust, and emotional growth



Let's Hit the Trails Together

One of our most meaningful and most-loved programs continues to grow.

The Mark Wandall Foundation is proud to partner with SMART with HEART and Suncoast Therapeutic Equine Partners (STEP) to offer **two equine-assisted learning sessions each month**—providing children who have experienced the death of a parent, sibling, or guardian with a safe space to heal, connect, and rebuild confidence.

This **donor funded, 2-hour program** is open to children **ages 4 and older** and focuses on healing, bonding, and team-building through hands-on experiences with horses.

Program Locations & Schedule

- Second Saturday of each month: SMART with HEART (Bradenton)
- Last Saturday of each month: STEP (Sarasota)
- Sessions run from **9:30 AM–12:00 PM**, and spots are limited each month.

Registration Details

- Registration opens **mid-month prior to each session** and is announced exclusively through The Mark Wandall Foundation email list.
- Families may register for **one session per month**, with the option to join the standby list for the second session if space allows.

After registering, families will receive a confirmation email. Required participant paperwork is valid for the entire riding season.

[Registration Details Here →](#)

Thank you 



Sponsor Highlight

Your \$7,500 grant to The Mark Wandall Foundation will sponsor six grieving children from Lakewood Ranch and surrounding Eastern Manatee and Sarasota communities to attend The Mark Wandall Foundation's bereavement camp in partnership with Comfort Zone Camp.



THE MARK WANDALL FOUNDATION

Ice Cream Social

Thurs, Feb 5th, 2026

4:00-7:00 PM



Jenni's UTC
190 N. Cattlemen Road

Support The Mark Wandall Foundation

You're invited to a fundraiser open to the public on February 5!

Stop by, enjoy a treat, and give back. 25% of your purchase will be donated to
The Mark Wandall Foundation.

Every sprinkle supports a meaningful cause.



THE MARK WANDALL FOUNDATION

CAMP REGISTRATION NOW OPEN!

Together, moving through grief, for a happy, healthy, optimistic future.

April 24-26, 2026

Warren Willis Camp
Fruitland Park, FL



Camp Registration Is Now Open

Registration is now open for our [**2026 Youth Bereavement Camp**](#), offered in partnership with Comfort Zone Camp. This donor-funded 3-day camp supports youth navigating grief through connection, trust-building activities, and age-appropriate support.

The camp serves youth ages 7–17 (18 if still in high school) who have experienced the death of a parent, sibling, or guardian.

Each camper is paired one-on-one with a Big Buddy mentor and leaves with coping tools, meaningful connections, and the reassurance that they are not alone.

April 24–26, 2026
Warren Willis Camp | Fruitland Park, FL

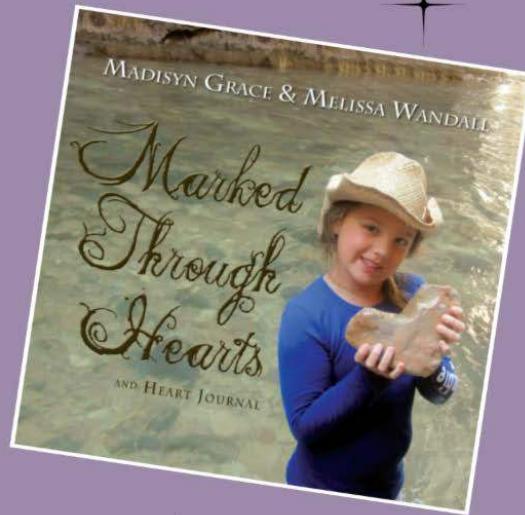
Spots fill quickly and a waitlist is likely.

[Register for Camp](#)

A RESOURCE FOR HEALING & REFLECTION

Created by Melissa and Madisyn, Marked Through Hearts and the Heart Journal offer a meaningful space for reflection, healing, and connection.

LEARN MORE



If you would like to own a full copy or gift it to someone, you can find [Marked Through Hearts and Heart Journal on Amazon](#).

[**View the Journal on Amazon**](#)

[**Download Free Journaling Pages**](#)

Client Testimonial

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The Wisconsin County Highway Association (WCHA) kicked off their 2026 Winter Highway Conference with energy, which was brought by Melissa Wandall. Her message of persistence and internal drive to correct tragedy and unacceptable policy was inspirational, but also so applicable to our members. Melissa showed great professionalism and support for our event and from the moment we first approached her to be our keynote speaker.

Traffic safety is a critical issue that is at the forefront of what our members manage on a daily basis. Keeping our county highway crew members safe on work sites is pillar issue for our Association, so Melissa's story is a natural fit, however her journey is something that audiences across vocational and educational spectrums should hear.

**Patrick Vander Sanden, Executive Director
Wisconsin County Highway Association (WCHA)**

**READY TO INSPIRE
REAL CHANGE?**



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