



APRIL 2024 NEWSLETTER

Edited by Erica Allcorn
Published by Cheyenne Freeman

FROM THE DESK OF TRAVIS DEMOSS

Relationships

My dad turned 80 years old last week. My sister and I had a little surprise party and invited all of his friends and family. What we expected was a small gathering turned into a large event that overwhelmed the restaurant and us as well. The number was 65 or more in attendance. I remember a similar situation at my mother's visitation where we stood in the receiving line for three and a half hours. Both of my parents have been givers in a manner that isn't visible until an event like an 80th birthday party. They gave

of their time, money and emotional energy to those in our community who had needs. Never asking for anything in return, just being there when things needed to be done. Neither of them will have their name on a building, articles written about them in the paper or receive any public recognition. Just a lifetime of acts of kindness one person at a time, one event at a time. Their lives are there as a model for us to follow, a manner in which we can conduct our own lives that adds value to our community. Finding a need and filling it without fanfare, being of assistance

when no one else is willing and doing the right thing when no one else is looking. The outpouring of love and well wishes from those who attended dad's birthday party was genuine. Not because he held some position in town, not because he has money and not because they wanted something from him. I hope when I grow up to be able to look back and see a similar trail of kindness in my wake.

MPOWERS VISION STATEMENT:

We are committed to the belief that promoting an individual's hopes, wants and dreams is the first step to achieving self-determination.

MEET THE TEAM

- | | |
|------------------|----------------------|
| Erica Allcorn | Shayla Mitchell |
| Kellie Berry | Erica Rennison |
| Dakota Cantwell | Alex Rutledge |
| Christy Coslet | Sonia Setzer |
| Erica Cox | Kristyn Siegel |
| Diana Crouch | Jennifer Trent |
| Travis DeMoss | Tim VanBebber |
| Jessica Elgin | Tammy Waggoner |
| Tyler Emerson | Elizabeth Washington |
| Dana Evans | Ashlea Withers |
| Cheyenne Freeman | Ashley Weir |
| Nik Langston | |
| Angela May | |

MESSAGE FROM HR



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FROM THE DESK OF ERICA RENNISON

“It is not your job to save everyone. Some people are not even ready to be helped. Focus on being of service to those who are and be wise and humble enough to know when the best service you can offer is to guide them toward help in another direction.”

— Anna Taylor, award-winning New Zealand fiction author (<https://socialwork.tulane.edu/blog/15-inspirational-quotes-for-social-workers>)

Being in a “helping” field requires SC’s to get personal with an individual so they can better understand their needs and background in order to connect them with something or someone that helps to move

them closer to their future goals. After all, our purpose is to help.

Getting personal with folks also presents issues as we learn of the traumas some have lived through. It can be difficult to “turn off” the emotion sparked when someone we care about shares a painful experience they’ve had. It can be difficult to set boundaries, protect yourself from getting “too close,” and to remain professional. Hence, the term “compassion fatigue. Defined as “the natural consequent behaviors and emotions resulting from knowing about a traumatizing event experienced

by a significant other – the stress resulting from helping or wanting to help a traumatized or suffering person” – Thomas M. Skovholt and Michelle Trotter-Mathison

(<https://ineffableliving.com/compassion-fatigue-quotes>)

Currently, we are exploring options for crucial training for our SC’s; to combat “burnout” and stress the importance of self-care and boundary setting. I will be excited to share with you the outcome of such training in the months to come.



Aaron Page

FROM THE DESK OF A SERVICE COORDINATOR

Smiling is a universal language that spreads joy and helps build connections between people. Take Aaron Page, for example. He is a gentleman who lives in Sweet Springs with ISL services provided by Elm Place. Though he is non-verbal, his smile speaks for him so much that he is known as a “social butterfly”. His staff have stated that his smile makes those in his presence feel important and joyful. Anyone who encounters him, even people he meets in the community, will walk away with a big smile. He makes connections by doing this. A smile may not seem very

significant to some, but for many individuals like Aaron who cannot communicate verbally, this is how they interact/build connections with others. So, make sure you take time to share a smile with someone, especially when they smile at you. Build those connections and spread joy, just like Aaron does!

By Angie May

FROM THE DESK OF ASHLEA WITHERS

Spring is Upon Us

April is here. Bring on spring! Trees are starting to bud, plants are starting to pop up, and the sun can warm your everything! I wandered around my property last weekend and examined all my perennials that are beginning to sprout and turn green, taking note of each one. It's a wonderful time where I am able to spend time to just be in awe of the beauty there is outside.

Just being outside in the warmth of the sun and of

course, the spring wind that comes with it. You can't escape those windy days in Missouri! But it can be a much-needed breath of fresh air. Spring is about new growth, new life, and sometimes a revitalization of who you are.

I encourage everyone, no matter where you live or what surroundings you are in, just go outside and enjoy the weather. Enjoy the sun. Maybe plant a little flower, or have a small pot of green on your patio or doorstep. Share your outside endeavors with others. Try a new

hobby like planting flowers or having a house plant. Take a walk in nature. It is an excuse and chance to make yourself and others smile and see what beauty there is around you.

FROM THE DESK OF A SERVICE COORDINATOR

Meet Pete!

Pete is a 57-year-old sweet, polite, determined, and genuine young man. Pete is great at speaking up for himself and loves that he can live in his own apartment as independent as possible with the help of staff with Lasting Impressions. Throughout the years Pete has been able to advocate for himself for many of his needs. One of the newest things Pete was able to advocate for is called a Spencer, which helps him to be able to take medication on his own.

Due to Pete's diagnosis, he takes several medications on a daily basis. He has been independent on taking his medication with the help of different assistive technology devices. The last device Pete had was called an OWL. Although the OWL worked

several years for Pete to be able to administer his own medication, it recently stopped working so Pete was dependent on staff to administer his medication to him. Pete was not happy about this! His team was able to find a new device that would allow him to be responsible for taking his medication on time and to make sure he was getting all of his medications he needed.

The new device Pete has is called a Spencer, this device runs off cellular data but does not require the internet for it to work. When it is time for Pete to take his medication, an alarm goes off and dispenses his medication to him in packets. If for some reason Pete is not home or misses his medication an on-call pharmacist, along with his team, is notified he missed his medication. Luckily, Pete has not missed his medica-

tion so no one has been called! Pete is typically right by his Spencer waiting for it to dispense. If Pete were to leave for a few days, he is able to get the packets out by pushing a few buttons. The packets are labeled with the time, day and what medication is in each packet so he knows he is taking the right medication.

Initially Pete was nervous about trying a new device as he is very proud of himself to be able to remember to take his medication, know how many he should have and to be able to do this on his own. With the Spencer, Pete can do all of this! This has helped Pete become more and more independent on his medication.

By Erica Cox



Pete Fromm

APRIL DAYS OF AWARENESS



WORLD AUTISM AWARENESS DAY - APRIL 2ND

NATIONAL DEAF HISTORY MONTH



WORLD BOHRING-OPITZ SYNDROME AWARENESS DAY—APRIL 6TH



WORLD HEALTH DAY (MY HEALTH, MY RIGHT) - APRIL 7TH

NATIONAL AMERICAN SIGN LANGUAGE (ASL) DAY— APRIL 15TH



COME CHECK US OUT ON THE WEB!!!

WWW.MPOWERTCM.ORG

SEDALIA OFFICES
316 West 4th Street
Sedalia, MO 65301

MARSHALL OFFICES
316 North Jefferson Avenue
Marshall, MO 65340

Sedalia Phone: 660-596-7926
Marshall Phone: 660-831-5140
Fax: 888-972-8106
Email: tdemoss@mpowertcm.org

MPOWER'S MISSION STATEMENT

Empowering people to manage the direction of their life.



MPOWER

Derived from the word “Empower” and meaning “to promote the self-actualization or influence of one’s self”.

Welcome to MPower, an agency developed to meet the Targeted Case Management needs of adults with disabilities in Pettis and Saline Counties. At MPower, we have dedicated ourselves to providing the highest quality case management services available in Central Missouri. We believe that the individuals we serve deserve an advocate that is highly trained, well-educated on the latest trends and highly motivated to assist people in navigating the intricate systems of State and Federal funding sources and the growing list of qualified providers.

We believe in you, we believe in your hopes, wants, and dreams. We believe that when you are “MPowered” to make your own choices and have the proper supports, then you have the greatest potential for success.

It is our pleasure to walk beside you.