



# MPOWER

*MY VOICE, MY CHOICE, MY LIFE*

## DECEMBER 2022 NEWSLETTER

Edited by Erica Allcorn  
Published by Cheyenne Freeman

### FROM THE DESK OF TRAVIS DEMOSS

#### Thanksgiving

I was on a call with a bestie (that's a best friend for you uncool kids) recently and we were talking about how blessed we are and that neither of us would have predicted this amount of good in our lives. Both of us have thrived professionally beyond our expectations, we both married up and have children that have made good. We also acknowledged that none of this occurred without a great deal of work and dedication to our careers and family drawing a direct link to the effort it takes to being thankful. If the Pilgrims hadn't planted crops, tended their livestock and been good stewards of their land there would have been no yield. No yield means nothing to be thankful for and no need for a

pumpkin pie. Being thankful for the blessings in our lives is not measured by how many things you receive with little to no effort. It's measured by the efforts you place in the betterment of your position in the world and it going the way you had hoped. My friend and I are truly blessed, and we work hard at securing the rewards of our efforts and in turn are thankful for the benefits of our efforts. The Pilgrims toiled the year of the first Thanksgiving. Their efforts were rewarded and in turn they were thankful. The blessings of a successful harvest came directly from their dutiful work at making it so. MPower recognizes the correlation between effort and blessing. Each one dedicated to the fulfilment of mission and personal planning that is

directly connected to the hopes, wants and dreams of the person served. I am truly thankful for each one of our MPower team/family. And those we serve are blessed for having them on their team.

All of us at MPower hope for a truly blessed Thanksgiving to you and your family.



*Travis DeMoss*  
*Executive Director*

#### MPOWERS VISION STATEMENT:

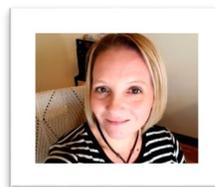
*We are committed to the belief that promoting an individual's hopes, wants and dreams is the first step to achieving self-determination.*

#### MEET THE TEAM

- |                  |                      |
|------------------|----------------------|
| Erica Allcorn    | Erica Rennison       |
| Kellie Berry     | Alex Rutledge        |
| Dakota Cantwell  | Sonia Setzer         |
| Christy Coslet   | Tanya Steele         |
| Erica Cox        | Melissa Stockwell    |
| Diana Crouch     | Caitlyn Tanner       |
| Travis DeMoss    | Jennifer Trent       |
| Jessica Elgin    | Tim VanBebber        |
| Tyler Emerson    | Tammy Waggoner       |
| Cheyenne Freeman | Elizabeth Washington |
| Kami Hruska      | Ashlea Withers       |
| Nik Langston     |                      |
| Angela May       |                      |

#### MESSAGE FROM HR

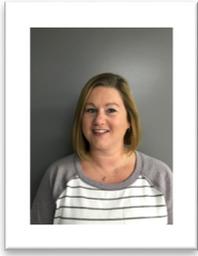
- MPower will be closed for Christmas Holiday on December 23rd and December 26th..
- MPower will be closed for New Years Day on January 2nd.



*Cheyenne Freeman*  
*Manager of Administrative Services*

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*Elizabeth Washington*  
*Saline Supervisor*

## FROM THE DESK OF ELIZABETH WASHINGTON

### Happy Holiday Tips for People with Disabilities and Those Who Love Them

The holidays are a time of joy but they can still be a time of stress. Let's look at how you can minimize holiday stress while celebrating the joy and wonder of Christmas with your loved one with an intellectual or developmental disability (I/DD). It's a balancing act that you've likely been through multiple times. Here's a few tips to keep the Holidays running as smooth as possible.

**Talk with them:** Let them help make plans and choices for what the family will do for the Holiday's.

**Prioritize Traditions:** Don't try

and do it all. Talk to the family what are the most valued times together.

**Keep it comfortable:** Forget that new Christmas outfit if it is a trigger, be comfortable if you can. Then again if dressing up is something your loved one looks forward to go all out.

**Schedule:** Make sure everyone knows the schedule and is on board with it. Talk about what comes next.

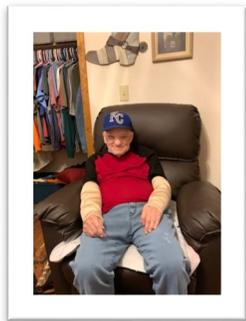
**Plan for transitions:** If your traveling to different places all in a day make sure to share the transition times like, "We're leaving in 10 minutes." This helps prepare for the next part of that schedule.

**Be prepared:** Think ahead. Be

prepared by planning for quiet space. Do you need to bring headphones or sunglasses? Should you plan downtime? Think about the menu. Will your loved one have options, or do you need to bring a few favorites? Consider potential challenges and come prepared.

**Take care of yourself:** As a caregiver, holiday preparations add to your workload. Make sure you get enough sleep, eat well, exercise, and plan time for yourself as well. If you're stressed, holiday celebrations can become exponentially more difficult for you and your loved one. Take time to slow down and relax with your loved ones.

<https://ablelight.org/blog/9-holiday-tips-for-people-with-disabilities-and-loved-ones>



*Lloyd Walker*

## THE MPOWERED CONSUMER

Lloyd Walker is one of the oldest consumers who receives ISL service at Northwest Community Services. He is 88 years young. He may have many years but his attitude is very young. He is always happy to see someone come into his home. He is welcoming and always smiles and offers a handshake to any visitor to his home. He first came to the Marshall Habilitation Center on May 10, 1947. He has lived in Marshall for 75 years. He has lived in his current ISL for almost 13 years.

Lloyd enjoys sitting in his room and watching westerns. He likes to pretend that he is a cowboy. He will put out his finger like a cowboy pistol and

saw "Pow, pow!" and then laugh. Lloyd enjoys handling his coins and looking at them. He also enjoys playing cards such as UNO and playing checkers and Connect 4. Very rarely is Lloyd not wearing a hat. He loves to wear sports billed caps such as Royals caps. He also enjoys wearing his Fedora.

Lloyd likes to interact with others. He enjoys going to The Oaks in Sweet Springs three days a week for Day Habilitation Group. He likes to show others the crafts that he has made while there each day. Lloyd also enjoys holidays. He enjoys decorating for whatever holiday it is. He enjoys the food associated with holidays and the

presents that come with Christmas.

Lloyd is independent in many ways. He likes to do chores around his home. He enjoys going out for a pop and out to the park to see the ducks and geese. When he was able, he enjoyed riding the horses at Hundred Acre Wood. He still likes to see the rodeo at the Missouri State Fair. Lloyd's ISL service makes it possible for him to enjoy life to his liking. His staff make meals that he likes, make sure that he wears clothes that he enjoys, and that he remains as healthy as he possibly can so that he can continue to enjoy life to the fullest degree.

By Tim VanBebber

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## FROM THE DESK OF ASHLEA WITHERS

### Watching People Blossom

One of my favorite things about being in the role of Supervisor is to watch SC's grow, learn, and accomplish great challenges. Seeing a veteran SC take on a task that they've never had before is refreshing—to see them dive headfirst into that challenge and accomplish it. It's refreshing to see a brand new SC submit their very first UR packet and get approval for a new service for an individual.

The excitement of seeing SC's learn new things, whether they have been here 90 days or 10 years; I see it so often. And it brings me to realize how much

I get excited when I learn something new! When I became a supervisor, I couldn't help but think, "Do I really know enough? I feel so lost. I should know more to be in this position!" It has been a challenge. And it has been tough. But every single day I learn something new and I watch SC's learn new things. Seeing that growth in all of us is awesome. And I am so grateful to be able to provide support to our team with the knowledge I do have, admit when I don't have that knowledge, and dig through the so-called trenches to learn right alongside Service Coordinators.

I like to share with new staff that feel overwhelmed or still lost in the chaos; no one will ever know everything about this role as a Service Coordinator. And you have to learn to be okay with the feeling of not knowing everything. That is why our team is as successful as we are. As a collective, I think everyone knows ALMOST everything... maybe? Ha!

Seeing that newness of an SC fall away over time and new blooms appear, filled with knowledge, education, and drive to provide the best support and services to those we serve, is beyond rewarding.



*Ashlea Withers*  
*Pettis Supervisor*

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## THE MPOWERED CONSUMER

James is a 51-year-old gentleman that lives in his own apartment in Sedalia. He shares his apartment with his beloved cat, Banshee. He is very talented and enjoys expressing himself through music and poetry. He has successfully written and published 2 books; "In the Dead of Night" and "You Dark Up My Life". These can both be purchased on Amazon. James does not let his loss of vision, hearing loss, or Marfan's Syndrome slow him down.

James is a joy to be around and has a wonderful sense of humor. Although I have only

known James for a couple of months, he has been enrolled in services for many years. He currently receives Individualized Skill Development; he has built a good rapport with his Community Skills Trainer, Scharla Shepard, over the years. He reports that he values the time he spends with her as she helps him with his daily tasks.

By Jessica Elgin



COMMUNITY INFORMATION

# JOIN OUR TEAM!

## MPOWER IS HIRING

A rewarding career empowering individuals with disabilities to live their life to the fullest

- Major Medical, Dental, Vision, and other Insurance options
- Retirement Fund

- Generous Vacation and Sick Leave
- Flexible Schedule
- Work from Home options



**APPLY NOW**

[www.mpowertcm.org/careers](http://www.mpowertcm.org/careers)

COME CHECK US OUT ON THE WEB!!!

[WWW.MPOWERTCM.ORG](http://WWW.MPOWERTCM.ORG)

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**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.