



MY VOICE, MY CHOICE, MY LIFE

FEBRUARY 2023 NEWSLETTER

Edited by Erica Allcorn
Published by Cheyenne Freeman

FROM THE DESK OF TRAVIS DEMOSS

Writers Block

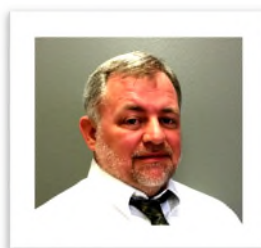
Some of you may be aware that when I'm not doing TCM things, I'm playing guitar. I've been playing and performing since 1996, recorded a full length CD at a studio I built in 2010 and recorded 4 CD's for other artists. I've written over 80 songs and recorded 22 of them. I'm no stranger to putting thoughts into written form. However, writing this newsletter has always been a struggle for me. I tend to get what is known as writers block. How many different ways can I express what makes MPower "MPower", or how we are passionate about what we do or how much effort we put into our

mission? My criteria is clear, give the reader a clear sense of our mission. That's easy, service delivery. Make sure our staff are well supported and know that they are appreciated. Got that one too. Inform the reader that MPower believes that those we serve are the most important person we are working for each and every time we see them. Sometimes the best approach to getting beyond writer's block is to be direct. So here it is:

The staff at MPower are passionate about meeting the needs of the individuals we serve. We take pride in making service delivery our number one priority. Each person at MPower is a

valued member of the organization and we appreciate their efforts and dedication to our mission.

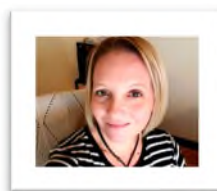
That wasn't so hard after all...



Travis DeMoss
Executive Director

MESSAGE FROM HR

- MPower will be closed for Presidents day on February 20th, 2023.



Cheyenne Freeman
Manager of Administrative Services

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.

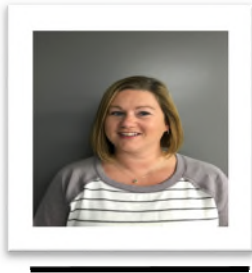
MEET THE TEAM

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

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FROM THE DESK OF ELIZABETH WASHINGTON



Elizabeth Washington

Saline Supervisor

Being Kind to Yourself on Valentine's Day

Valentine's Day is a day to celebrate Love, most think of it as a love for each other but Loving Who You Are is just as important. For some Valentines Day can be a sad day that they just want to get through. The holiday can bring unrealistic expectations to couples and singles, there can also be "pressure" to have the perfect date night.

No matter your relationship status, everyone should take a moment this Valentine's Day to be kind to themselves and celebrate who they are. Here are three evidence-based strategies used at the AMITA Health Center for Mental Health that are recommend for Valentine's Day:

Rethink Your Thinking

Let's start with a negative thought many single people have on Valentine's Day: "I am alone today. This means I am going to be alone for

the rest of my life."

This kind of cognitive distortion happens when we overgeneralize. Because we can't see the future, it's easy to presume that things will always be the way they are now.

"Thought reframing" is a cognitive behavioral therapy (CBT) technique used to help steer themselves away from these kinds of overgeneralizations. By weighing the evidence for and against your negative perspective, you can reframe your thoughts into something positive.

Feel Grateful by Being Mindful

Gratitude is one powerful feeling. It can boost your self-esteem, which in turn improves your mood. Best of all, practicing gratitude in your day-to-day life can be as simple as thanking the barista handing you your morning coffee and holding the door for someone on the way out.

The first step to gratitude is to practice mindfulness. Being mindful means shutting out the mental "noise" and being fully aware of your surroundings. It's being present in the moment and not thinking about what you have to do today, or what might happen next.

Show Yourself Compassion

Compassion for others is hard. Compassion for ourselves is even harder. But getting into the habit of being kinder to yourself can lead to positive thoughts. Say nice things about yourself and give yourself permission to be imperfect and human.

Anyway you choose to spend it, "Happy Valentine's Day".

<https://www.amitahealth.org/blog-articles/behavioral-health/how-to-be-kind-to-yourself-on-valentines-day>

FROM THE DESK OF A SERVICE COORDINATOR

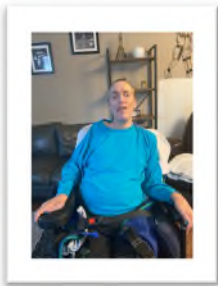
Meet Garland

Garland is a 62-year-old man, who just celebrated his birthday. Garland celebrates life every day and makes those around him happy! Garland made the move to community living in February 2011, from an institution setting. He now enjoys his home environment and the family relationships with his housemates, whom he has known for a long time.

In February 2021, Garland experienced a life changing event in which his medical team felt amputation of his lower legs was warranted to improve his health. This was

a big adjustment for him along with the supports he would need in his future. There was a predicted adjustment period initially, but 2 years later, Garland is his smiling, onery self again. Garland loves the holidays of Halloween and Christmas, shopping at Walmart, eating out-cheeseburgers and joking around with others. He loves to "scare" others around Halloween and enjoys listening to old country/western music. Garland is a joy to be around and his positive attitude, despite some setbacks is admired.

By Christy Coslet



FROM THE DESK OF ERICA RENNISON

February: The Month of Love and the Love of Change

I literally can't believe we're into February already. The New Year just got rung in, I blinked, and now we're in the "month of love." I do look forward to February every year. It's a short month. There's usually some special date or activity to celebrate with my husband. I get to remind my kiddos in an "extra" way how much I love them.

I end up also thinking about how blessed I am by the things I love. I believe MPower is one of the best employers someone can work for. We are small and we make decisions by the philosophy of doing things right and doing things that make sense. I love my work family and feel blessed by my job. I've been watching a lot

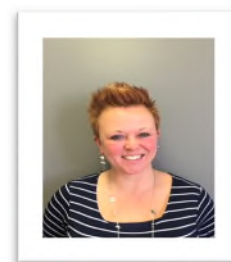
of basketball lately and I said out loud to my son the other night "Wouldn't it be so cool to play basketball for a living? To have a career doing something you love and something that is fun?" That's where I am. I am so lucky to be in a career doing something I love and for a mission that means so much.

In addition to the "love" that's celebrated in February, this year, I'm also celebrating change. In the DMH world, if you think things are ever going to stay the same, you're going to be disappointed. Change is the word of the day, every day. And if you're not embracing it, if you're not still loving what you do, then the DMH world is not your place.

In 2023, I'm excited about the changes that are coming. I'm excited to bring new people to our

team. I'm excited (although, not gonna lie, not looking forward to the headache) about all the changes within the DMH systems we work in that are occurring this year. I believe, mostly, that these changes are going to make services and access to services better for individuals served.

What's the message this February? Love the Change.



Erica Rennison
Manager

FROM THE DESK OF A SERVICE COORDINATOR

Spotlight...on Open Door

<https://opendoorservicecenter.org/>

Open Door Food Pantry

111 West Sixth Street
Sedalia, Missouri 65301
(660) 827-1613

- Senior Box: available to those 60 years old and over (income-based)
- VIP Veteran Pack: available to those who served
- The Feeding America box: available to all

The Emergency Food Assistance Program: income-based

Open Door Service Center

111 West Sixth Street
Sedalia, Missouri 65301
(660) 827-1613

- utility assistance for shut-off notices and/or deposits
- clothing and shoes for new jobs
- adult briefs and children's diapers

- baby items
- winter coats
- feminine and personal hygiene products
- medical assistance with prescriptions (excluding opioids and narcotics)
- Open Door Thrift Shop vouchers
- emergency overnight lodging (Pettis County residents)
- transportation to safe shelter (domestic violence situations)
- eyeglasses referrals
- miscellaneous needs

Open Door Kitchen

417 West Pettis Street
Sedalia, Missouri 65301
(dine in/carry out)

Monday through Saturday from 11:30 am to 12:30 pm
Sunday from 1:30 pm to 2:30 pm
(Community Café serves an evening meal Monday through Friday from 5:00 pm to 6:00 pm)

Open Door Thrift Shop

612 South Hancock Avenue
Sedalia, Missouri 65301
(660) 829-0900

Tuesday through Friday: 9 am to 4 pm
Monday and Saturday: 9 am to 2 pm
Donation hours: Monday through Friday: 9 am to 1 pm
Furniture pick-up available: Tuesday/Thursday (call to schedule)

"For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me..."

Matthew 25:31-46

By Jennifer Trent

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

COME CHECK US OUT ON
THE WEB!!!

WWW.MPOWERTCM.ORG

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501 E 17th ST
Sedalia, MO 65301

MARSHALL OFFICES
316 N Jefferson Ave
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.