



MY VOICE, MY CHOICE, MY LIFE

## JANUARY 2023 NEWSLETTER

Edited by Erica Allcorn  
Published by Cheyenne Freeman

### FROM THE DESK OF TRAVIS DEMOSS

Ho, Ho, Ho

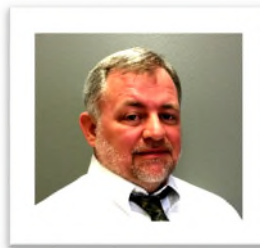
What a year this has been? Like everyone else we have experienced staffing shortages and hiring problems, battled wage increases in order to keep up with the rest of the state and restructured the whole organization making us more efficient and preparing us for the coming years. Our board is functioning smoothly under the leadership of Donovan Bock, relationships with our vendors has never been stronger and our team(s) internally are making sure daily that the individuals we serve

are receiving services as quickly as possible. Can I get a Ho, Ho, Ho....

2022 was full of difficulties and diversity but the key to going into 2023 with a head of steam is credited to the determination of the MPower team. Each member of MPower dug deep and found ways to make things happen. Everyone performed their duties and then found something that added value to another person's role. Often times it's the efforts behind the scenes that carry the most weight

when measuring success. This was especially true for 2022.

From all of us at MPower, we wish you the most Blessed of Christmas' and a prosperous New Year.



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	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

#### MESSAGE FROM HR

- MPower will be closed January 2nd, in observance of New Years Day.
- MPower will be closed January 16th, in observance of Martin Luther King Day.



Cheyenne Freeman  
Manager of Administrative Services

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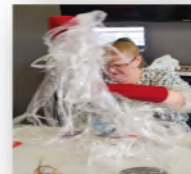
## FROM THE DESK OF ASHLEA WITHERS



Ashlea Withers  
Pettis Supervisor

### Enjoying Time Together

At times it is a necessity to have some fun and enjoy the company of others. Our team in Pettis County took on that challenge and had a great afternoon celebrating the holidays with some yummy sweets and a ridiculously FUN game. There are times that team building is a necessity and this team never hesitates to connect and soak in the enjoyment. If you've never played the Saran Wrap Ball Game, you are missing out!!!



## FROM THE DESK OF A SERVICE COORDINATOR

### Christmas Celebrations

As a Service Coordinator, I always try to ask the individuals on my caseload what they are doing this Christmas but this can be a hard question to ask. I do know the individuals on my caseload, so I know who has family they can spend the day with and those that do not. But it can be insensitive to ask Vickie when she is seeing her family when I know that her housemate Shirley won't get that chance. So, I stick to the Christmas activities that I know are available to everyone:

- Are you going to have a cup of hot cocoa and go see the Christmas lights?

- Are you going to the CHS Saline County Christmas Dance?
- What do you want under the Christmas tree?

Christmastime is just one of those times, where you might sit and wonder what our individuals are doing. Having been monitoring homes and services for 9 years I can tell you for a fact that December is filled with fun activities. Day Hab activities can include all manner of Holiday crafts including ornaments and Gingerbread homes, Christmas music is being played and there are plenty of Christmas movies and fun activities that staff think up. The ISLs,

Group Homes and Host Homes are going to see Christmas lights, participating in Christmas festivals, making hot chocolate and watching more Christmas movies. Have no fear, no matter what activity your individual participates in, or where they live, they are enjoying this Holiday season and their homes are dressed to the nines in gnomes, wreaths, lights and Santa's. It's an amazing time of the year! Merry Christmas!

By Tammy Waggoner

## FROM THE DESK OF ASHLEA WITHERS



I didn't really know Ashlea Withers when she was a Service Coordinator for MPower. She was serving in Saline County and I was a Manager in Pettis County. I had little contact with her up until the point she was chosen as a Supervisor for Pettis County. Nowadays, we have a little fun remembering that she started as a Supervisor the same day we were all sent home to work remotely because of the COVID-19 pandemic. Literally... March 16<sup>th</sup>, 2020..... What I can say is that Ashlea has been a strong asset to the

team in Pettis County. December 4<sup>th</sup> marked Ashlea's 5-year employment anniversary with MPower. I truly enjoy working with Ashlea and we are grateful that she has chosen to bring her skills to our team. Here are some additional comments from those she works with:

*"I always appreciate how approachable Ashlea is. She understands that life happens. I've never had a boss like that. I also like that she's quick to tell you the good things you do."*

*"Ashlea is an incredibly supportive supervisor. She understands the many different directions SC's are pulled in (both personally and professionally) and is always quick to help anytime help is needed. She also trusts SCs to complete tasks and to reach out when help is needed."*

*"Ashlea is the kind of supervisor that will always be there to support you, whether you have a concern or you are excelling in your work. Ashlea has gone above and beyond to make me feel supported. She has an amazing gift to validate all uneasy feelings and a kind directness that has kept me motivated and on track. I appreciate how she makes me feel valued as an employee."*

*"Ashlee has been the best supervisor I have ever had. She is not only supportive but extremely approachable. I have never been afraid to go to her for anything!"*

*"Ashlea is a breath of fresh air. She brings sunshine wherever she goes with her friendly nature and smile."*



Erica Rennison  
Manager

## THE MPOWERED CONSUMER

Recently, I had the pleasure of working alongside the Center for Human Services (CHS), Tradewinds Group Home specifically, and the Pettis County Public Administrator Charli Ackerman to work towards getting a specialized medical equipment item for a couple of consumers that will hopefully help increase their independence in their daily lives! To sum it up quickly, the new devices are called Pack4U Spencer's and they will assist the consumer with administering medication independently, in their own home/room/apartment or wherever they choose for the device to be located.

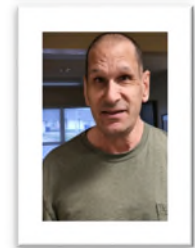
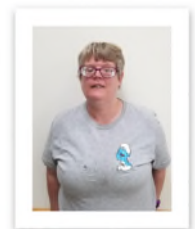
After several meetings, it was determined that two individuals who reside at Tradewinds could significantly benefit from this

new service. And Charli serves as guardian for both of these individuals. Barb Grainger and Stanley Bird are the newest people to take on self-administering their medication with this new technology. After several weeks of addendums and asking for approval from the state, the Pack4U Spencer's were approved for Barb and Stanley. They are both currently in the early stages of using this device and are waiting to speak with the company that produces them to receive a brief orientation for the device and to get everything set up in their apartments at Tradewinds! This will allow Barb and Stanley to choose how they are notified about taking their medications, choose where to put the device in their home, and will allow for them to not receive staff assistance when

administering their medications each day.

These devices are highly customizable meaning that Barb and Stanley will be able to get notified how they wish and set certain times for their medications to be administered to them. The Pack4U Spencer is also very secure and allows for great oversight, ensuring that it is very difficult for medication errors to occur for the user. Although it is still in its early stages, this device will allow Barb and Stanley to continue to increase their independence each day!

By Nik Langston



COMMUNITY INFORMATION

**JOIN OUR TEAM!**  
**MPOWER IS HIRING**

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

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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.