



JANUARY 2024 NEWSLETTER

Edited by Erica Allcorn
Published by Cheyenne Freeman

FROM THE DESK OF TRAVIS DEMOSS

Fun with Gingerbread

You know how you get caught up in all of the “other things” involved in life, work or the holidays and you need something to snap you back into the real reason you’re here? I think it’s fair to say that December has a way of doing that to us. I was provided my wake-up moment when I was asked to judge the gingerbread house making contest at the MPower holiday party. In teams of two, staff had 45 minutes to build the winning piece of art. I

wandered around the room observing the progress and making mental notes about how the teams were working together. It’s funny how something so simple can bring into focus the reason you do what you do and that the effort you put into it is meaningful. I saw our organizational culture in a full sprint; I saw our mission and vision being cultivated right in front of me but most importantly I saw the staff engaged with each other with genuine care and respect. The laughter

and chatter were a joy to behold, and the winner was greeted with applause, hurray’s and high fives. These are the same people that build individual plans for those we serve. I can assure you that if they use half as much energy than they are all in good hands.

MPOWER'S 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	Tanya Steele
Travis DeMoss	Jessica Stratton
Jessica Elgin	Jennifer Trent
Tyler Emerson	Tim VanBebber
Dana Evans	Tammy Waggoner
Cheyenne Freeman	Elizabeth Washington
Nik Langston	Ashlea Withers
Angela May	Ashley Weir

MESSAGE FROM HR

- Happy New Year!!!
- MPower will be closed January 1st, 2024.
- MPower will be closed January 15th, 2024.



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FROM THE DESK OF ASHLEA WITHERS

2023 has come to an end.

2024 is starting and hopefully that will bring new goals, new ideas, and growth for many. It can be a moment to take a deep breath and start anew. I've heard a lot of about people doing a "word of the year" which is such a great spin. This is a great alternative to New Years Resolutions or a way to organize all of your different goals.

I've spent some time thinking about what I want my 2024 to look like. And I have settled on my word:

Focus

Why this one? For me, I want this year to be about being present and appreciative of everything I have. Being able to focus more on myself, focus on growing, focus on love. I could go on and on. But it's something that I feel is important to really set my mind to for myself and my family.

You can use a word to set goals or intentions for each area of your life but have them all tie back to the single word. For example, if your word of the year was

"abundance" you might have sub-goals of investing in an abundant number of friendships, or hitting an income goal, or spending more quality time with the people you love without your phone.

So what would your word of the year be? What do you want to see for yourself in 2024?

Here is a great site that talks all about the mindset of a word of the year and ideas for words: <https://www.sageandbloom.co/personal-word-of-the-year/>

FROM THE DESK OF A SERVICE COORDINATOR

Saline County Events are the best way to see everyone smiling.

Are you and your individuals attending the Saline County Events/Dances? I myself, as a Service Coordinator have the opportunity to attend these events/dances several times throughout the year in order to complete community monitoring.

In 2023, I attended the Halloween dance and the Christmas Red and Gold Dance. But they have events throughout the year including attending the Disney Movie *Wish* at the Marshall Theatre. I know it might be a hassle to get to these events due to scheduling conflicts, shift

changes, etc., but they are always worth it.

ISL and Group Homes that attend together are usually dressed in some sort of theme. In fact, one home dresses so well that they get blankets at almost every dance because they match each other perfectly. At the Christmas dance they were wearing matching Christmas Sweaters and one of the gals actually dressed as a Christmas tree. They brought smiles to the faces of everyone who saw them.

At the Christmas event Santa, Mrs. Claus and even the Grinch made appearances. Dinner is served and prizes are given out throughout the night including best dance, best

dressed and even attendance prizes. Everyone that goes always has a great time. Even those that live independently in the community get to come because CHS provides rides to those that need it.

The dances and events are always a great time, so next time you get that invite, fill it out and submit it so that you can join in on the fun too. The dances/events are a great time to see smiles on everyone's faces and as Service Coordinators we have the unique opportunity to witness this fun several times throughout the year and I, myself, try not to miss them.

by Tammy Waggoner

FROM THE DESK OF ERICA RENNISON

The hustle of the holiday season has likely passed for many of us. For me, it's a period of magic and challenge. What can I accomplish to make these weeks the most memorable and have the most impact? Can I squeeze in one more thing? It's the time of year where I personally tend to be overwhelmed. I try to balance "staying in the moment" with "my 'to do' list" that goes on and on. Now that it's over, it's time to take that same eagerness and apply that energy and enthusiasm to new goals, new memories, and a fresh

outlook. It's a time to reflect, refresh, and enjoy the world I've been given.

When we do interviews with interested applicants, a question we ask intends to draw out of an applicant when they are able to do their best work. Some might say when they listen to music. Others say when they are able to check something off their "to do" list. By and far, the work environment at MPower is the reward and the place where our people do their best work. We are able to do our best work when we

have a balance in our lives. When we can balance our personal interests, our medical/mental health needs, our families/friends, and our workload, this is when we are most productive. I encourage all of us to do our best work this coming year by being in the moment, being available, and balancing all we set out to do in order to produce the best version of ourselves.

Happy New Year!!

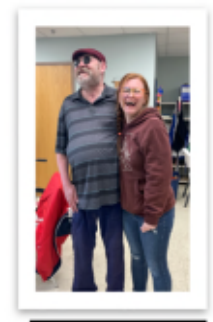
FROM THE DESK OF A SERVICE COORDINATOR

Anyone that has been around since the Center for Human Service days, has probably had the pleasure of meeting Mr. Robert Barnier. And I feel confident that every single one will tell you he is one of the most good humored and kindest individuals you will ever meet. Robert has experienced a lot of difficulties in his life, but you would never know it meeting him today. He always has a smile and a quip ready for anyone that stops to say hi. Recently Robert has had a lot of people come together to

make his life even better. During one of Robert's ISP meetings he and his team shared concerns they had regarding his living situation. So, we said "why not just move him?". Well... He had an ineligible Medicaid Type! Naturally, our next question was... "Why can't we just change it?" Thanks to the help of Christoff Gibson, we DID get it changed. Now Robert not only has been awarded a Comprehensive Waiver, but will soon be placed on the CRD, where Lasting Impressions has already agreed to accept him and


support him. Robert will be moving into his own apartment by the new year!

By Tyler Emerson



Robert Barnier

COMMUNITY INFORMATION



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SATURDAY, JANUARY 27, 2024 AT 7 PM
Speak Easy - The Celebration of the Century: Take 2
Liberty Center Association for the Arts

About Discussion Interested Going Invite as MPower Pcb

Details
102 people responded
Event by Liberty Center Association for the Arts
Liberty Center Association for the Arts
Public - Anyone on or off Facebook

Break out your baubles and shine up your shoes. Dolls and Cake-Eaters are welcome in our respectable establishment for an evening of fun and fundraising at the Liberty Center's an... See more

Sedalia, Missouri



COME CHECK US OUT ON
THE WEB!!!

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.