



MY VOICE, MY CHOICE, MY LIFE

MARCH 2023 NEWSLETTER

Edited by Erica Allcorn
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FROM THE DESK OF TRAVIS DEMOSS

Never Enough

I just spent the better part of my morning working with one of the individuals we serve work through some issues with transportation. The Pettis County Board has been working for years to make sure individuals in the community have reliable transportation in order to access the community. The FY23 budget was reworked again to include language that would spread that net a little further, so it's surprising to me when I get a call from someone not being able to get from point A to point B. Addressing the needs of our client base has always been an imperfect science. We rely on feedback from the community in order to put

together the best service model we can. And then, like today, you find there is a need going unmet. Sometimes these are present because folks aren't aware of what we do and what we can do for them. Communication, of course, only works if everyone gets the message. Other times it's a crack in the system that allows for an individual to be missed or left behind. This is a constant reminder if you are sitting still you're really not paying attention and that as long as we are in the business of service to others then you can expect that programs and systems are in a continual state of revision and improvement. This can be a frustrating concept for some of us

who desire consistency in our work lives. But if we truly pay attention to the needs of those we serve, and are willing to take the next logical step, then getting from point A to point B means we have met our mission.



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 Jennifer Trent
Travis DeMoss Tim VanBebber
Jessica Elgin Tammy Waggoner
Tyler Emerson Elizabeth Washington
Cheyenne Freeman Ashlea Withers
Nik Langston Ashley Weir
Angela May

MESSAGE FROM HR

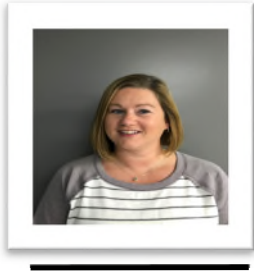


Cheyenne Freeman
Manager of Administrative Services

INSIDE THIS ISSUE:

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FROM THE DESK OF ELIZABETH WASHINGTON



Elizabeth Washington
Saline Supervisor

Celebrating Employee Appreciation Day, March 3rd

As I sit pondering all the great things I appreciate about MPower's employees I wonder how to squeeze my sentiment and appreciation into a newsletter article and a day. The simple answer is I can't and I shouldn't. Each day I try to let our team either as a group or individual know the work they do is noticed and that they are appreciated. Each person on our Team has a unique set of skills that comes together to make us the best. I believe the individual teams we serve have Service Coordinators that are

caring, knowledgeable and focused on ensuring the individual served is leading their best life. On a regular basis Service Coordinators are a part of someone's family providing resources to help with current situations, they are advocates; helping parents and guardians know that they can do it. They work with Providers of services to ensure the individual is receiving what they need. Behind the scenes however there is oh so much computer work and justifications and authorizations that come in many forms; UR Packets, ISP's, Addendums, Referrals for Service, Connections to service to name

a few. Not to mention that it is always changing, they all figure out the changes and keep moving, appearing to make it happen so smoothly. To the MPower Saline Team: Christy, Angie, Tammy, Tim, Mel, Dakota, Kellie and Diana, "Thank you for all you do and put forth on a daily basis to empower the individual's we serve in managing the direction of their life".

FROM THE DESK OF A SERVICE COORDINATOR



Linda Thomas

One of the best parts of being a service coordinator is the opportunity to visit and develop relationships with the individuals on your caseload. Each month brings new smiles, new stories, and new milestones. These monthly visits are some of my favorite moments and I could spend hours telling you about the joy that each interaction brings.

Today, I will tell you about a special lady named Miss Linda Thomas. Linda is a spunky 70-year-old lady who lives in her home with two other ladies. When I first met Linda, as a new service coordinator she didn't want much to do with me, greeting me with a resounding, "No" anytime I asked her any question. You see, Miss Linda is not afraid to tell you what she thinks or when she's ready for you to leave her home. Over time, however,

Linda got used to seeing me and allowed me the privilege of sitting with her each month to have a chat. Now each month when I visit, we always spend some time catching up, talking about her plans for the day, the pictures on the wall, or reading a magazine together.

Linda is a joy. She is curious and often asks about those she cares about when they are not around. She is observant, listening to what is going on around her and she notices when you are wearing something new. She can be sassy, but those who love Linda know this to be part of her charm and appreciate this side of her. Linda loves jewelry, books, shopping at garage sales, and she has a special place in her room where she keeps items that are special to her.

Linda enjoys spending time at home with her housemates and weekly visits with her mother and brother. When you visit her home, you'll notice that it is decorated for each holiday and showcases photos of Linda and those around her.

Getting to know this wonderful lady has been a true privilege and I truly look forward to each opportunity to chat and get to know her a little more. She always makes me smile. Being a service coordinator requires wearing a lot of hats. You are always working on a lot of projects and helping connect a lot of different pieces, but for me, it's these quiet conversations and moments of connection that become the thread that tie it all together.

By Kellie Berry

FROM THE DESK OF ASHLEA WITHERS

Finding Your Passion

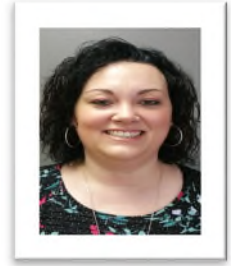
Sitting at the dinner table last night, my son who is 14, asked me if I was going to change jobs anytime soon. And it opened a great conversation within our family about change, growth, stability, and passion. We talked about changes in my career through his life and agencies I have been with in the past. And why I am no longer at those places.

I then was able to boast and gush about my current agency and the work we do at MPower. This is the first place that I have been that I can honestly say, I love what I do. I love our mission and values. I love the craziness and constant change. And I love who I get to do this work with. And I don't plan on going anywhere else. This is it for me.

I was able to talk to my son, who is just trying to figure out how the world really works, about exploring and finding your passion. Life can only be what you make it. You can either do a lot of what you despise or you can keep searching until you find where you fit. Sometimes making the most money, or having the bigger title is not all it's cracked up to be. As long as you are passionate about your life, then you will be alright.

It was a great eye opener conversation with all of us to talk about why we work where we do, why we spend money where we do, why we live where we do, etc. And it was awe inspiring to see my son's mind just soaking in everything we shared and hopefully taking on some of those ideals and

values as he grows into a man. I want him to do something he loves. I want his life to be full and happy. And sometimes you find that happiness in places you never thought you'd look. Passion is underrated when it comes to your career, a lot of the time. Don't lose it. Passion can drive you in some terrific directions.



Ashlea Withers
Pettis Supervisor

FROM THE DESK OF A SERVICE COORDINATOR

Uriah is a 28-year-old, charming young lady. Her smile is contagious and lights up the room. She is mild mannered and a gentle person. She resides at home with her parents. She loves being an aunt and enjoys being with her family and friends. Uriah was the first consumer I met when I started with MPower. As soon as I met her I could tell she was very special.

In just a few months of getting to know her and seeing her at Kelly's Place she has grown in a short amount of time. Although I have not known her long, Kelly's Place is the first to say that she is starting to come out of her "shell." She is working on

having her own opinion and being able to say no to others. When she first started attending Kelly's Place she was extremely shy and would hardly talk, and would never voice her opinion. Now she is doing much better! She has friends at Kelly's Place and is slowly learning that it is okay to say no to others or disagree.

Besides going to Kelly's Place Uriah loves to shop and go on vacations! She told me not that long ago that her favorite place to shop is TjMaxx. Uriah loves to dress nice and always has cute clothes. She also loves to have accessories to go with her outfit. In 2022, she was lucky enough

to be able to travel with her family to Disney World and SeaWorld. In 2023, her plans are to go to Florida for a few weeks, spend some time at the beach and go to SeaWorld! She has also been to Hawaii and Alaska with her family.

By Erica Cox



Uriah Gano

COMMUNITY INFORMATION

JOIN OUR TEAM!
MPOWER IS HIRING

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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.