



MY VOICE, MY CHOICE, MY LIFE

OCTOBER 2022 NEWSLETTER

Edited by Erica Allcorn
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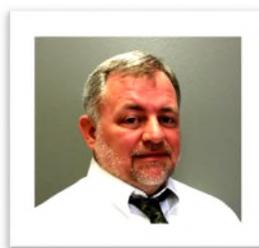
FROM THE DESK OF TRAVIS DEMOSS

Relationships Matter

Throughout our lives we encounter many people. About 80,000 people over your lifetime, or an average of 600 to 700 people by name and face. Individually we can hold about 150 relationships in our head at any given time. Of that 150, how many do you consider your inner circle relationships. I'm sure that number varies by individual but I'm guessing that it's less than 15 for most of us. I took a minute to think about my inner circle and only came up with six. These would be the people that you are connected to, committed to and would experience life altering changes if no longer in your life. Of course, we're all connected to Kevin Beacon by 7 degrees or less. We all get to choose the relevance, importance and amount of commitment we give

the relationships in our lives, and I think it's safe to say relationships matter. From your inner circle to the casual acquaintance, each relationship provides your ego the basic essentials for a balanced you. When I read the data at the beginning of the article my thoughts immediately went to our Service Coordination Team and the level of commitment provided all of our individuals served. MPower serves about 640 individuals and with the average case load of around 40, our Service Coordinators are able to be included into the inner circle of some of the finest people you would ever meet. When you add the extend team members made up of parents, guardians and providers Services Coordinators are easily pushing 150 relationship limit mentioned above. I know, because I see it every day, that the level of

commitment provided each case means that our Services Coordinators have more than the average inner circle relationships. Their dedication to our mission is to be commended and I proud to walk along beside them on the journey.



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

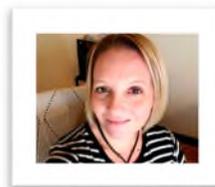
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Diana Crouch Caitlyn Tanner
Travis DeMoss Jennifer Trent
Jessica Elgin Tim VanBebber
Tyler Emerson Tammy Waggoner
Cheyenne Freeman Elizabeth Washington
Kami Hruska Ashlea Withers
Nik Langston

MESSAGE FROM HR

- Happy Fall!! I googled why do we carve pumpkins and the website associated with the Britannica Dictionary gave me this brief synopsis which I find fascinating.
'In Ireland, people started to carve demonic faces out of turnips to frighten away Jack's wandering soul. When Irish immigrants moved to the U.S., they

began carving jack-o'-lanterns from pumpkins, as these were native to the region. "

https://www.britannica.com/story/why-do-we-carve-pumpkins-at-halloween



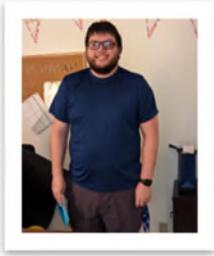
Cheyenne Freeman
Manager of Administrative Services



INSIDE THIS ISSUE:

Table with 2 columns: Category and Page Number. Includes Admin News (1), Marshall News (2), Sedalia News (3), and Related News (4).

FROM THE DESK OF ASHLEA WITHERS



New roles. New opportunities. MPower implemented a restructure to our staffing in 2022. This opened an opportunity for a new position amongst the Service Coordinators. An SC Lead position for both counties. This new role will allow a Service Coordinator to share their knowledge, training, support, and expertise to other SC's. They will be the go-to person for troubleshooting and brainstorming. Our agency is thrilled for this new position. To see what the SC's that have been selected to hold these positions can accomplish and learn, is going to be exciting to witness.

In Pettis County, Nik Langston, is going to be the new SC Lead. Nik has been with MPower for 4 years. During his time, he has built great relationships with the individuals he works with, teams, and his coworkers. He has blossomed into a knowledgeable, trustworthy SC. He is going to be a great asset to the Pettis County team in this new role and I can't wait to see him continue to grow.

In Saline County, Tammy Waggoner, is going to be the new SC Lead. Tammy is a veteran SC having done this for 9 years. Tammy's skills and knowledge make her a

terrific asset to her team. She has the ability to showcase her experience and help Saline County SC's thrive. Tammy has slated herself as a vital part of this restructure and is going to do some awesome things.

Congratulations to both SC's on these new challenges. You're both going to do awesome!!

THE MPOWERED CONSUMER



Steven Rife

Steve Rife is a driven individual with a desire to keep active. He rode his bike across town to volunteer at the Senior Center every weekday. His social interactions diminished dramatically when the Senior Center shut down for Covid. Steve is not waiver eligible, so his options are limited. We were able to secure Oats Bus transportation and a spot at the CHS Activity Center through ACSP funding. The Activity Center has been pivotal for Steve. He is excited and positive for every activity, which has included the Steamboat Arabia Museum, parks, KC City Market, Bass Pro, the disability rights day at the Capital, eating out, placing flags in the cemetery, garden-

ing, crafting, games, and cooking. Without the regular interaction and excitement in his life, Steve struggles with severe depression. Finding a way to attend Day Hab has helped to keep his happiness and positivity at the forefront.

By Laurin Bartlett

FROM THE DESK OF ERICA RENNISON

This month, we will have our 3rd annual Pumpkin Decorating Contest here at MPower. I enjoy facilitating this contest SOOOOO much. We invite clients served to come by and take a look at the creative efforts of our staff in a pumpkin decorating. They each play the role of judge and cast one vote. The pumpkin with the most votes wins! Clients aren't in the office much these days so we enjoy seeing their smiling faces! Here are some entries from past years. I can't wait to see what staff are able to come up with this year!



Erica Rennison
Pettis County Board
Manager

THE MPOWERED CONSUMER

Andromeda Brouillette is a kind, intelligent, determined, and helpful sixteen-year-old young lady who lives in her natural home with her mom, Patricia, and her beloved cat, Patches, in Sedalia, MO. Andromeda just started her junior year at Smith-Cotton High School. She has been enrolled in service coordination for several years, but recently started receiving Autism services through the Central Missouri Autism Project (CMAP) with the provider being Easter Seals MidWest (ESMW), with the assistance of her service coordinator, Tanya Steele. Mollie Schwein is her new Autism Specialist. Andromeda is excited to begin receiving support from Mollie where they will work on community integration, money management, and pre-employment skills.

Andromeda is very active in her community and she enjoys volunteering at the local animal shelter, as well as being an active member of Girl Scouts. She has already earned her bronze and silver awards. She is currently working on earning her gold award through initiating and completing a sustainable service project where she is consulting with Sedalia #200 schools and the Autism Consultant to make weighted stuffed animals that students in the Autism Spectrum program can utilize for sensory needs.

Andromeda also attends Camp Barnabas each summer and receives assistance from her service coordinator with securing funding annually. Andromeda attended the Heroes week at Camp Barnabas for individuals

ages 16 and up in June of 2022, and shared she enjoyed camp and is excited to attend again next year. Andromeda participated in a few new activities at camp this year including petting a turkey at the new petting zoo and playing paintball! Her camp counselor described Andromeda as "the turkey whisperer"! This is not surprising due to Andromeda's love of animals and the animals' love for her. There is no doubt that with Andromeda's kindness, determination, and passion for helping others, she will continue to be helpful and successful as she finishes her last two years of high school and transitions into adulthood!

By Tanya Steele



Andromeda Brouillette

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.