



SEPTEMBER 2023 NEWSLETTER

Edited by Erica Allcorn
Published by Cheyenne Freeman

FROM THE DESK OF TRAVIS DEMOSS

Down Time

I recently lost my phone and was without it for the weekend. I wasn't bothered one bit by not having it with me, but I am amazed by the number of people who reported that they would go crazy without their phone for a few hours let alone a weekend. It made me wonder why we allow ourselves to become so dependent on something when there are so many other wonderful things in life that could hold our attention. I also wonder how good life could be if we spent the same time and energy

engaged in something other than our phone. Our family for example. I actually know someone who's spouse told them that they needed to choose between him or the phone. How about spending that time in meditation, visiting a friend or family, or maybe a walk in the woods. Anything that isn't staring at a tiny screen with your finger feverishly in scroll mode. We all have been in a situation when the individual is engaged in their phone when trying to carry a conversation. It's frustrating to say the least and you feel like you are not being listened to. You

may be heard but your message is not making it through the clutter. I can assure you that those individuals receiving services with MPower are listened to. Their hopes, wants and dreams are our top priority and the foundation of all of the services they receive. The full attention of the Service Coordinator is focused on the individual creating a relationship, listening to their story and building a plan that has positive outcomes.

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	Shayla Mitchell
Dakota Cantwell	Erica Rennison
Christy Coslet	Alex Rutledge
Erica Cox	Sonia Setzer
Diana Crouch	Tanya Steele
Travis DeMoss	Jennifer Trent
Jessica Elgin	Tim VanBebber
Tyler Emerson	Tammy Waggoner
Cheyenne Freeman	Elizabeth Washington
Nik Langston	Ashlea Withers
Kristina Livingston	Ashley Weir

MESSAGE FROM HR

- MPower will be closed September 4th, 2023 for Labor Day.
- MPower in Sedalia will be moving in the next couple of months to a new location. Keep an eye out for our new

address which will be posted on our website when we have a firm move date.



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FROM THE DESK OF ELIZABETH WASHINGTON

September 21st is World Gratitude Day!!

Gratitude is defined as the quality of being thankful; readiness to show appreciation for and to return kindness. Gratitude has many benefits. What are you thankful for and how can you show gratitude?

Gratitude has the power to transform our relationships, mood, outlook on life, and even our physical health. Here are 5 benefits:

1. Emotional Benefits - Five minutes a day writing in a gratitude journal can increase your long-term well-being by 10%.
2. Social Benefits - Research reveals people who are 10% more grateful than average have better relationships and networking.

3. Health Benefits - Studies show gratitude can lower blood pressure, pain, and bad health symptoms. It can also increase energy, recovery speed, exercise time, quality sleep time, and possibly even lifespan.
4. Career Benefits - Gratitude makes you a more effective person, networker, decision-maker, and mentor. It also increases productivity.
5. Personality Benefits - Gratitude reduces feelings of envy, strengthens optimism, boosts confidence, and helps us bounce back from stress.

Ways to celebrate World Gratitude Day:

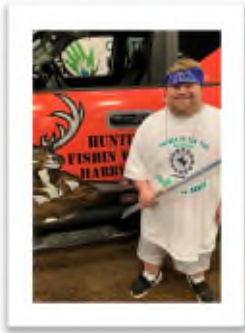
- Get together with family and/or friends for a gratitude-themed meal or event.

- Start a gratitude journal or review and share your past gratitude journal entries.
- Write and send thank you notes to people you appreciate most.
- Give someone a thank you gift (or have something delivered to them).
- Challenge yourself to 30 days of gratitude - What can you do to show gratitude each day in the month of September?

The goal is to count your blessings. Use it as an opportunity to acknowledge the things and people you are grateful for—whether they are co-workers, family members, or your favorite cookies.

<https://blog.tribute.co/world-gratitude-day-when-why-and-how-you-should-celebrate/#what-is-world-gratitude-day>

FROM THE DESK OF A SERVICE COORDINATOR



Donny Adkison

Donny has a smile that will light up the room. He has a great personality and can be very humorous. Donny is always willing to help others out when needed and he is an overall awesome guy to know.

Donny moved to Marshall in 2015, from his hometown of Carrolton, MO and has made several new relationships over the years. Donny enjoys returning to his hometown to visit family, every few weeks.

Things haven't always been easy for Donny, but this past year, he has made great

strides and has recently started a new training program to help him reach his goal of returning to the workforce someday soon.

Donny likes to be on the go and is very active in his community, attending various functions and activities. Recently he attended the CHS Exceptional Rodeo and Missouri Jaycees Access Day on the MO State Fairgrounds. Donny really enjoyed both of the sponsored activities. When the fair is not in session, Donny can be found at MVC sports and activities, local high school sports

activities and Kansas City Chiefs training camp, Dave & Buster's, his local library, YMCA, horseback riding or getting a drink at Sonic.

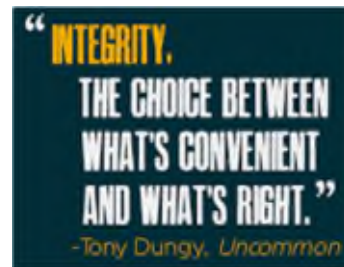
By Christy Coslet

FROM THE DESK OF ERICA RENNISON

Integrity. It's a word we ask applicants to define during our interviews. We ask because we're hoping to gain a little insight into how integrity fits into an applicant's work performance and work ethic. We also ask because integrity is a foundational principle that allows us to offer the privilege of our staff working a flexible, hybrid, and fairly autonomous work schedule.

At MPower, we practice giving trust but all while verifying it. Integrity also plays a key role for the people we hire as it applies to our customers. People of integrity do what they say they will do. People of integrity admit and learn from their mistakes. People of integrity don't have ulterior motives. People of integrity take the high road. People of integri-

ty are trusted to do the right thing. I am fortunate to work for an agency that upholds the principle of integrity as an important and sought after trait in our work force.



FROM THE DESK OF A SERVICE COORDINATOR

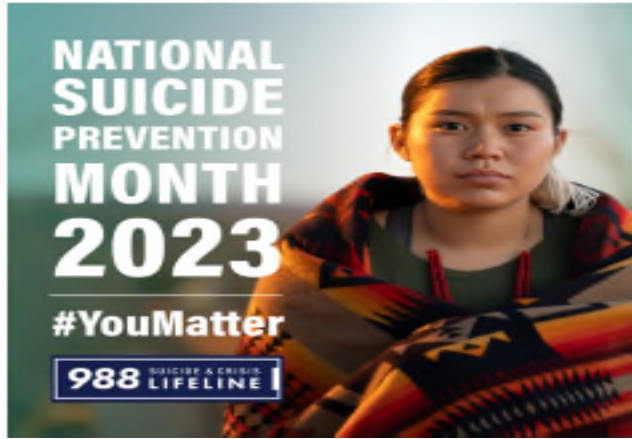
Christina Peritz is a kind & active 22-year-old young woman with an endearing personality who resides in Sedalia, MO in a Restoring Hope host home. She has a part-time job at Bothwell Regional Health Center, attends Equine Therapy, and she attends Twin Oaks Day Habilitation Program full-time. Christina has struggled with communication and soft skills necessary for employment and daily living. Over the last several months, Christina has improved tremendously! Her patience, determination for independence, and communication have been

excellent. Christina was interested in participating in Equine Therapy with her friend, so she reached out to her service coordinator for information. Christina called and organized transportation to and from Equine Therapy, called her manager at work to make sure they were willing to accommodate the schedule change, and planned a date that worked for her and the Therapy Center. There was also a time where Christina received a letter in the mail that she did not understand from the social security office. She was encouraged to contact her benefits

planner. However, there was no answer. Christina contacted the social security office herself to complete all the necessary paperwork. Christina is excited about her improvements as she is wanting to pursue new employment this year in a field that she is more passionate about. Her team is constantly impressed and inspired by Christina's determination!

By Ashley Weir

COMMUNITY INFORMATION



The 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline) provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 200 local crisis centers, combining custom local care and resources with national standards and best practices.

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.