

## MISSION :

We believe it is our mission to support individuals with disabilities by encouraging and assisting them to accomplish health and fitness goals, value personal goals, and a sense of belonging in their home and community. We will provide a supportive atmosphere of love, care, acceptance, dignity, and respect while upholding their right to:

- BE FREE TO MAKE DECISIONS/CHOICES
- BE AN INTEGRAL MEMBER OF THE COMMUNITY IN WHICH THEY LIVE
- BE THE BEST THAT THEY HAVE THE DESIRE TO BECOME



### Story Time

Kory was delighted for one special visitor who came to read to him. Teaching and allowing our youth to show kindness to others is impactful! Kory, unable to experience the joy of reading stories himself was blessed by this sweet boy who took the time out of his day to spend it with Kory.



### Creativity Pays Off

Jesse received a delightful surprise when announced only the day before the r3 Conference, that he had won the t-shirt design contest! We loved including our clients with the design of our conference t-shirt and being witness to their unique and exceptional creativity. Jesse was awarded a gift card and some awesome Restoring Hope swag for his job well done!



# restoring hope

Restoring hope one relationship at a time.



### r3 Conference Selfie Stations

Emily and Kevin Styles (pictured above, left) posed for a photo op when arriving at Restoring Hope's first annual conference. The Styles also provided great feedback to all families during the Q/A Panel portion of the day and encouraged them to network and get contact info from one another to lean on each other for support down the road! Cody Shehorn (pictured above, right) rocked out with his selfie station prop at client check-in of the r3 Conference.

## Are You Using Your Attitude Indicator?

BY WHITLEY LEMON

What's one thing that's more consistent than our words? Our attitude. In John Maxwell's book, *Winning Attitude*, he writes, "Your attitude goes before you. It's your true self. Its roots are inward, but its fruits are outward. It is our best friend and worst enemy. It is more honest and more consistent than our words. It is the thing that draws people to us or repels them. It is never content until its expressed." For most of us, we feel like the actions of others or our circumstances directly affect our attitude. As President Thomas Jefferson said, "Nothing can stop the man with a right mental attitude from achieving his goal. Nothing on earth can help the man with the wrong mental attitude." Many of us allow our attitudes to steer the wheel of our lives, which proves that having a good one is essential for success in all we do, not to mention our relationships with others.

As you may be aware, October is Mental Health Awareness Month. At Restoring Hope, our passion is to instill hope in others and empower them to live their best life. Unfortunately, so much of what people say and do to us, the environment in which we live, and external circumstances we are impacted by in our communities, country, and the world have a direct affect on our mental health. And when we allow it - our attitude. The upside is we have a choice in how we will allow these circumstances to affect us. Attitude is defined as a settled way of thinking or feeling about someone or something. If familiar with aviation, you'll know that a plane has an attitude indicator - a flight instrument that informs the pilot of the aircraft's orientation relative to Earth's horizon and gives an immediate indication of the smallest orientation change. Although the two meanings differ, they function very similarly. Just as the use or misuse of a plane's attitude indicator determines the success or failure of the flight, our attitude determines the success and/or failure of our lives.

It's easy to tell you to keep a good attitude, don't let others get you down, frustrated, or mad. It's easy to tell you, brush it off. No matter, people will let us down, they will hurt us, use us, and abuse us. But the truth is we CAN choose our attitude. When you trust your emotions and feelings, you'll get vertigo and drive straight into the ground just as a plane would. My encouragement for whoever is reading this: find your internal attitude indicator, whatever that may look like, and get laser-focused on flying towards your own purposeful horizon. Maybe you need to invest more time into your spiritual wellness. Or reach out to friends and family for help when life's trials are fogging your vision and draining you of peace. Perhaps you could read more books and thoughtfully prioritize time to meditate and reflect. Always remember to hold on and give yourself grace no matter what, because this life is one bumpy ride. Every day strive your hardest to have an attitude that inspires others regardless of your circumstances. Find encouragement from the words of a man who suffered greatly and kept an attitude that no doubt saved his life. "I choose to suffer with dignity and regardless of what the Nazis do to me, I will never hate one of them," said Victor Frankl in *Man's Search for Meaning*. Remember that good attitudes are rewarded and someone is always watching you. So, check for your attitude indicator and redirect if you must. You are changing lives for the better and your attitude is impactful!





## NIXA EXCEL DAY PROGRAM

Madison, Nixa Excel Program Coordinator, is working hard with her team to incorporate learning with fun! Participants cooked chili and worked on their "Skill Stations" which involves daily living skills like stocking, sorting, and arranging. On Fridays, they go to yoga!



## SPRINGFIELD EXCEL DAY PROGRAM

Abbie, Springfield Excel Program Coordinator, and her team experience extra challenges everyday having the noble responsibility of looking after our more medically fragile Excel participants. Art is a big part of our curriculum! And everyone was very surprised with a visit from a couple of therapy ponies. It was a joyful and therapeutic day for all!



## BUFFALO EXCEL DAY PROGRAM

Emma, Buffalo Excel Program Coordinator, is working with her team to ensure participants are having new experiences, building lasting relationships, getting out to enjoy nature, and cultivating life skills they can carry into employment and/or life. Participants can look forward to attending a Honey Farm, Corn Maze at Gunter Farms, and a Fall Festival with their fellow Nixa Participants in the coming weeks!



## KIRKSVILLE EXCEL DAY PROGRAM - COMING SOON!

Kristin Snyder, Kirksville Excel Program Coordinator, will be working hard these next few weeks with staff to jumpstart our new location. "It is such a need for individuals and I am looking forward to working with them and doing my part to help them achieve their goals and overall wellness," says Kristin.

For more information on all our programs, visit us online at, [www.werestorehope.com/excelprogram](http://www.werestorehope.com/excelprogram)



## Medical ISL - St. Louis

### GROWTH AND CHANGE FOR THE GOOD

"July was an exciting month for the Brookstone ISL. Happy moved into a less restrictive environment. We are grateful that we had the opportunity to support him in his search for the best home for him. We did not keep the fourth room open for long. A week after Happy's departure, Julian moved in, and we fell in love. Julian (pictured below, far left) previously resided with Christian and Maddie for around 10 years and it's exciting to give them all the opportunity to live together again. Since Julian has moved in, the home feels complete, and we anticipate no more transitions out of the ISL. Also in July, the Brookstone ISL celebrated it's one year anniversary and a few staff members went to dinner to celebrate, (pictured below, middle.) The staff was also celebrated during DSP week with some sweet treats from the CMO Program Management team. Carmen, (pictured below, far right) happily shows off the goodies they received!



Lastly, Ryan and Christian started back to school in August. After one year of advocacy and many IEP meetings, with the help of one amazing teacher, Christian was approved for a school placement change in September. Due to IEP laws and previous school placements, Christian had to spend the last school year attending the local public school, which was not in his best interest. He is now at a school that accepts and understands him and will push him to his highest potential. We are looking forward to watching him thrive." - Kim Dowling, STL. Regional Program Manager

## Medical ISL's - Lincoln



### THE JOY OF NEWNESS

"Lincoln now has two locations! We opened up the Shawn location and the Crain boys moved on in along with Kory. It's been exciting to see them grow in the new house, (pictured above, middle.) James and Trent are in separate bedrooms for the first time in their lives and loving it. They do have walkie talkies to make sure they're still connected but they are figuring out they are not without the other. It's so nice to see them grow! Our Camille location received a little makeover and the addition of some feminine touches. We recently accepted a little girl and she moved in on 10/3. We are so excited! Our Lincoln medical ISL's are now supporting 6 kiddos with 20 amazing people helping with their care. We've grown but continue to have that tight-knit family feel that the kids need. DSP week was so fun and each day the team received some type of goodies or visits with a breakfast to end the week." (pictured below, far left.) - Aaron Harms, CMO Regional Program Manager





# Anniversary Dates

Each quarter we continue to grow and grow! So, for our contractors and staff who started their journey with us between July-September, we want to say thank you, for their year/s of serving others!

## Contractors

### 9-10 Years

Kimberly Richards, Lonzo Richards

### 7-8 Years

Tim Berry, Larisa Ionita, Liviu Ionita, Tara Staas, Chase Stratton, Atlee Wolfard, Christy Bales, Ronald Tackitt, Tracey Belk, Charles Belk

### 5-6 Years

Laura Bennett, Chris Bennett, Jessica Kleine, Holden Childress, Kasey Jackson, Jason Stass, Anita Brown, Gary Brown, Tarah Brown, Rachel Brown, Eden DeGonia, Joseph DeGonia, Joy Guymon, Brian Guymon, Debra Kleine, Monte Kleine, Christi Eden, James Eden, Mattie Smith

### 3-4 Years

Ashlyn Mendenhall, Letitia Brown, Nick Glitz, Damaris Glitz, Ben Jellison, Tatiana Montalvo, James Harris, Rhonda Harris, Violet Meadors, Ann Melton, Winfred Melton, Linda Stotts, Paul Stotts,

Lucy Daniels, Charlie Daniels, Rachel Eichler, Kyle Eichler, Brandy Fajen, David Fajen, Ashley Stark, Brian Phillips, Lindsey Phillips, Karen Ryals, Richard Ryals, Gaye Wixom, John Wixom, Paul Diaz, Jessica Diaz, Tabitha Villa, Cisco Villa

### 1-2 Years

Amy Ebarb, Kristine Hawkins, Jesse Hawkins, Felicity Hodges, Virginia Martin, Cherrika Miller, Hosie Miller, Gordon Carr, David Childs, Sheila Childs, Colton Coffey, John Cook, Gary Griffin, Lana Griffin, Leif Griffin, Grace Peak-Grissum, Julie Highley, Mike Highley, Paula McCurdy, Brooke North, Parker North, Kimberly Reamsnider, Mike Reamsnider, Mary VanOrden, Maranda Vincent, Anzhelica Brichak, Maksim Brichak, Randy Slavik, Anna Slavik, Katie Poppen, Tyler Poppen, Kayla Redwing, John Steenburgen, Dianne Tingley, Audrey Cross, Gilbert Hussey, Brock Hussey, Angela Cross, Kevin Cross, Alexia Cross, Dennis Schwartz, Cathy Schwartz

## Staff

### 5-6 Years

Kayla Ell, Tara Kempf

### 3-4 Years

Katie Adams, Whitley Lemon

### 1-2 Years

Trinity Collins, Arianna Herrick, Josie Kauffman, Whittney Drumright, Wendy Callahan, Gina Kuhlmann, Carmen Culpepper, Devarius Lee, Denise McNeal, Jeannine Silverberg, Donna Taylor, Sandra Weekfall



Community Services



Central Missouri Region



Central Office



West Plains Region



Springfield Region





## The Trailblazer Has Retired

*Diane Smithey*



You may recall, the first warm and welcoming voice on the other line when you began your new journey with Restoring Hope. That comforting and reassuring voice was none other than the wonderful Diane Smithey. Spending much of her time calling, emailing, and texting to check in and see how you were doing, was both important to her and Restoring Hope! By doing so, this enabled her to build stronger and lasting connections while keeping that family feel. She knew if you were cared for and looked after, you could provide your best for those we serve day-in and day-out. This is, in part why she is so loved by homes and her team alike!

Diane joined Chuck Swift and Jeff Smith (pictured left) at a time when the company was going through many growing pains. She held on, gave her all, and has been one of the most influential and impactful team members Restoring Hope has had the esteemed pleasure of employing.

Diane's sense of humor has been thoroughly enjoyed by all, and her work ethic is one to be modeled after! Her impact was great and the void she leaves will long be felt!

Want to wish *Diane* a warm farewell?

Reach her here! [E: diane@werestorehope.com](mailto:E:diane@werestorehope.com)



## Our Cheerleader

*Paula Owens*  
Has Retired

We will always remember Paula, as one of our biggest CHEERLEADERS - showering her team with encouraging words, both inside & outside of work experiences. Extending beyond her professional life, she has devoted her whole life to individuals with developmental disabilities & has always advocated for our host homes & clients.

Her beauty and light has always shown through and spilled over in all she's done for others and Restoring Hope. Her team, families, and clients will miss her more than she knows!

And if you're ever in a paper airplane throwing contest, don't go up against Paula... she's good!

Want to wish *Paula* a warm farewell?

Reach her here!

[E: paulaowens@werestorehope.com](mailto:E:paulaowens@werestorehope.com)



## Upcoming Events

### Monett | Meet & Greet

Oct 20th | 11am-1pm | Life360 Resource Center - Large Conf. Room  
801 N. Lincoln Ave, Monett, MO

### CMO | Fall Party

Oct 23rd | 12pm-2pm | Benton County 4-H Fairgrounds Park St.  
Lincoln, MO

### CMO | Christmas Party

Dec 1st | Time: TBD | South 65 Event Barn, 22980 Mather Road, Sedalia  
MO 65301, Sedalia, MO

### Springfield | Christmas Party

Dec 5th | Date/Time/Location: TDB

### Kirkville | Winter Ball

Dec 15th | 5pm-8pm | Loyal Order of Moose Lodge, 2405 E. Illinois St.  
Kirkville, MO

### West Plains | Christmas Party

Dec 15th | 5:30pm | Central Office  
306 Davis Drive STE 200, Conf Room  
West Plains, MO

Follow us on Facebook for more details on these events and future events!

Looking for your next, good read?  
We recommend this book:

**The Energy Bus**

Jon Gordon

## New Service Updates

### Respite Services

Respite is a service used on a short-term basis because of the absence or need for relief of those persons who normally provide care for the individual. Respite care provides families with short-term care services that offer temporary relief and improve family stability. Relief homes can do respite. They may ONLY keep the respite client during that time. Families and friends can sign up too!

Questions? Reach out to Ashleigh or MacKenzie by email or phone below!

Ashleigh Barnett - E: [ashleighbarnett@werestorehope.com](mailto:ashleighbarnett@werestorehope.com) | P: 417.260.1657

MacKenzie Howard - E: [mackenziehoward@werestorehope.com](mailto:mackenziehoward@werestorehope.com) | P: 660.287.7903

### Employment Services - Coming Soon!

We are so excited to announcement that our Employment Services pilot program will be in full swing by the end of the year! This service will begin in Springfield, MO with our newly added Employment Specialist, Katelyn Harrison, and participating businesses. It is our hope to catapult our clients into a fulfilling profession that fits both their needs and interests.

Questions? Reach Katelyn by email or phone here! E: [katelynharrison@werestorehope.com](mailto:katelynharrison@werestorehope.com) | P: 573.525.1231

### Buffalo ISL - Opening Soon!

Restoring Hope and leadership, Aaron Harms has been diligently working to employ and train staff for our new Buffalo ISL, scheduled to open mid October. This ISL will serve two young ladies who are wanting to live on their own, but require a little supervision. Aaron states, "It's going to be so fun and rewarding giving these two girls some independence."

## Resources

### Department of Mental Health Updates

We are excited to roll out DMH changes that will be affecting our host home services! There will be three webinar options to attend to learn more. (Homes only need to choose one since the same content will be covered on each webinar.)

DMH Changes Zoom Call at 3:30pm on October 18 <https://rebrand.ly/DHM-Changes-Zoom-10/18>

DMH Changes Zoom Call at 8:30am on October 19 <https://rebrand.ly/DMH-Changes-Zoom-10/19>

DMH Changes Zoom Call at 2:00pm on October 21 <https://rebrand.ly/DMH-Changes-Zoom-10/21>

### October is Emotional Wellness Month

**Author of Atomic Habits, James Clear** shares a powerful perspective about our thoughts/attitude, "Simple mindset shifts: I'm not hurt, I'm healing - I'm not losing, I'm learning - I was not rejected, I was redirected. Negative things happen. Negative mindsets make them harder." As shared in the cover story, our attitude determines the trajectory of our future. It will propel us in the direction our lives will journey. Shift your mindset, or better, "your attitude" this month - see if it makes a difference!

**Assess Your Stress** - Find steps here to help you get started: 1. Review your financial plan. 2. Calculate screen time. 3. Assess resources available to you. 4. Remember the relationships in your life. 5. Keep up with your physical health. Set some goals for reducing stress - your body will thank you for it, and so will your friends, family, colleagues, and those you look after!

### Central Office

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@restoringhopellc

"We're as happy as we make up our minds to be." - Abraham Lincoln