

We believe our mission is to support individuals with disabilities by encouraging and assisting them to accomplish health and fitness goals, valued personal goals, and a sense of belonging in their homes and communities. 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



Santa Smiles

Santa Claus visited Julian, who lives at the St. Louis ISL, during the ISL Christmas party. With such a trialsome quarter of illnesses, seeing Santa was a treat for all the clients and brought joy and smiles to many faces!



Two Thumbs Up for W.O.R.K.S. Experience

Clarissa has had fun learning new skills while volunteering at Dickerson Park Zoo in Springfield, MO. So far, her duties include cleaning up animal areas. Although it might be dirty work, she's giving it her best!



Tree Angel Shopping

Kirksville Excel participants Candace, Valerie, and Damen got to shop for two tree angel children's Christmas wish lists this past December. Their smiles prove just how fun it is to buy toys and clothing items for those less fortunate!



restoring hope

Restoring hope one relationship at a time.



Celebrations for Many Occasions

Pictured above and left, Michelle, who lives in West Plains, shows off the medal she received while participating in sporting endeavors through the Special Olympics. While at the West Plains Regional Christmas Party, pictured above and right, Ronald Walker sang his heart out while Jared Copeland, Program Manager, ran Karaoke. Jared's passion for music was apparent and shown through in all he did and brought joy to many!

The Hope That Light Gives

BY WHITLEY LEMON

For this new year, I have a word for you - Health. I hope you experience great health like you've never had before. And I don't just mean in the physical sense - emotional, spiritual, financial, and relational. If anything, life has taught this agency these last few months is we are all fragile and never promised a long, complete, healthy life. We lost some dear friends, and it feels as though laughter, joy, and light have been grasped from us. Our exceptional team member, Jared Copeland, was a person who carried a bright torch of joy within himself. One that he shared with others during each interaction. So, as you continue to read, I ask you to reflect on someone in your life who embodies light and joy. Think about those particular characteristics they represent and the ones you can adopt.

In my youth, I experienced a traumatic event. I didn't know the reality of the situation then, but the day following was as if the weight of the world was on me, and all the light from within was blown out with a gust of cold confusion and unexplainable sorrow. A person I thought I could trust and respected, completely shattered my preconceptions of them. To this day, I'm forever changed, and I know it's affected the relationships I've had with people in my more recent past and present. Trauma changes you in ways that's hard to explain until you learn coping strategies, forgiveness, mental wellness, and hope in others and yourself again. I know that the majority of our client friends have suffered at the hands of others: abuse, neglect, misuse, mistrust, manipulation, and a myriad of other horrible things. I've heard countless stories and read statistics to back it up. And it's awful. You think, how can someone treat another human being this way? Especially someone vulnerable. But that's just it. Those are the people, unfortunately, who are most taken advantage of and become an easy target. Being in this field of mental health and social services sheds light on cruelty and suffering but helps us develop a more profound passion, a more fierce drive, and deeper compassion to see that others truly heal, thrive, and get their hope back in their life.

Life is not easy. Caring for others is not easy. Dealing with trauma is never easy. And I could try to say that no part of what we do in this field is easy, but that's just not true. It isn't hard to smile. It isn't hard to call someone who's struggling or tell someone who's succeeding what a great job they're doing. It isn't hard to send a text message to check-in. It isn't hard to bring someone their favorite drink. Giving someone a pat on the back, a hug, or an encouraging and complimentary word isn't hard. It takes only a bit of time, thought, and effort. Jared, our Program Manager out of the Rolla area, will forever be known to us as a person who always smiled, was kind, soulful, caring, thoughtful, and constantly made us laugh. We all were shocked and devastated to hear the news of his passing, and we have mourned his loss and will continue to deeply miss him. What he left us with, however, is beautiful - a remembrance of his light. You know it when you see it because you feel it when you're with someone who has light in them. Jared was one of those people.

I implore you to be light to others. We never fully know the trauma someone has faced. We can read each of our client's stories, but their reality carries a different weight. We may not even be aware that someone has faced trauma because they mask it. I'll venture to guess some of our best caregivers have faced trauma. Regardless, it's not hard to be a light. So many of you are that for someone every day, and if they haven't or are unable to - can I thank you for being a light to the hopeless? Although this message feels somber, with all sincerity, I hope this inspires you. I hope you can learn to be, live, and do as Jared did - be the hope light gives in this world, or at least in your little world. My heart desires that you will not only be able to add years to your life but that you'll add life to your years. And finally, I hope you feel and express gratitude for all the good in your life and can genuinely draw forth gratitude from those you serve.

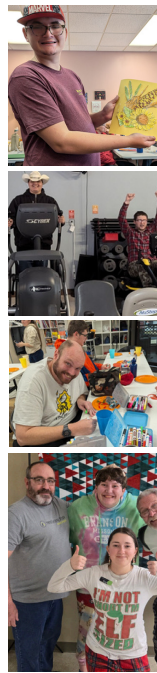
SPRINGFIELD EXCEL DAY PROGRAM

At Springfield Excel, they've continued volunteering at Eden Village and building on positive relationships established with the people who live and thrive there. Everyone who chooses to attend on Tuesday volunteering day enjoys going! Ozark Food Harvest is a new volunteer opportunity, and last Friday was the first time going. Participants made "hope notes" for each kid who receives weekly essential backpacks. Some participants love to help beautify the environment, so a road close to the program that's nestled away from major roads was found to adopt. Springfield Excel hosted a Thanksgiving party for their attendees and the Buffalo Excel program. "Kayla and all the DSPs and consumers from Buffalo provided us with so much food we had room for seconds and still had leftovers! The food was incredible, but the company was even better." Friends and family of participants were invited to a talent show put on by participants. And the orange group made tons of holiday cookies for everyone that attended. Pizza, Karaoke, hot chocolate, and games were enjoyed during the Christmas party. Excel Nixa, Buffalo, and Springfield were all in attendance to see Santa, so it was quite a celebration. Everyone seemed genuinely excited and appreciative toward their peers during the gift exchange. "Thank you to all the caregivers who helped pick out gifts to donate!" - Rebecca Chilson



BUFFALO EXCEL DAY PROGRAM

"October was a sweet month, full of fun cooking activities," shared Kayla Shupe, Buffalo Program Coordinator. Participants enjoyed making spooky Halloween treats, candy, popcorn, and lemonade while watching the movie Halloween Town. In November, everyone celebrated Thanksgiving, shared what they were grateful for, and worked on crafts to show their appreciation. They did this together with the Springfield Excel participants. "Everyone gathered with grateful hearts to play games and eat several plates of comfort food!" To wrap up the holiday season with many fun and exciting activities, Buffalo, Springfield, and Nixa participants joined together for a big Christmas bash. "Several friends claimed it to be the best Christmas party yet! To close the year, participants spent time thinking of New Year's resolutions. Everyone agreed upon working towards the betterment of ourselves and the community. There will be much more volunteering in our community in the year 2025. We have goals to pick up trash regularly in the local parks, tackle more of our personal goals, and learn to work more coherently as a team. Our friends at Buffalo Excel are excited as we jump into the next chapter!" - Kayla Shupe.



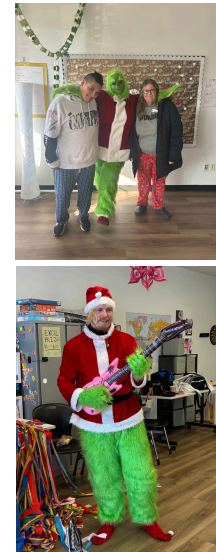
KIRKSVILLE EXCEL DAY PROGRAM

"Kirksville Excel has been staying busy! We have been working on making yummy treats in cooking class, such as cupcakes, rock candy, sugar cookies, popcorn balls, and eggnog. Each snack provided an opportunity to read a recipe, measure ingredients, and go over kitchen safety guidelines. The group has also been busy doing teambuilding activities that promote communication and social skills. Restoring Hope had its annual Kirksville Winter Ball on December 12. Clients helped decorate, cook, and prepare for the event. A live band played music, and we danced the whole night! Kirksville has a new video game/arcade place. We plan to go there, potentially starting water aerobics at the swimming pool and going to a local church for indoor activities like basketball and exercise." - Kristin Snyder



NIXA EXCEL DAY PROGRAM

This quarter, Nixa Excel participants stayed active in the community and within the day program. They had a great visit to Golden Corral for lunch. They visited Campbell's Maze Daze, painted pumpkins, went on a hayride, and trekked through the big corn maze! During their Halloween Party, consumers got to dress up for a fun costume party and enjoyed playing many fun Halloween-themed games. Participants volunteered to pick up trash on a local road adopted by Restoring Hope. Each spent time sharing what they were all grateful for while at their Thanksgiving lunch. During the holiday season, they had a visit from the Grinch (played by an Excel participant), which the Nixa DSPs planned. Participants also received little treat bags! Everyone had an absolute blast dancing with the Grinch at the Groove Christmas Dance. "Our Christmas Party was a blast at Empower Abilities, and we got to spend time with Buffalo and Springfield Excel and was visited by Santa Clause!" - Madison Harlan



 **restoring hope**
works



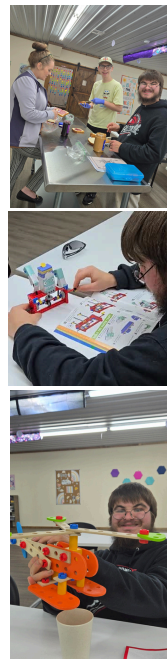
VISIT OUR WORKS PAGE ON THE WEB AT:
www.werestorehope.com/works-employment-services

WORKS participant, Clarissa Chambers has started volunteering at the Dickerson Park Zoo! She is enjoying her work experience and managed to score an invitation for the whole WORKS group to enjoy the petting zoo. WORKS was hired for a pop-up coffee bar at a church group Christmas Cookie exchange this past December. "The church Prairie Chapel had a lot of really amazing things to share about our group and asked if we would do a coffee bar at their women's retreat in April of 2025. The group was very eager and said, "YES!" - Katlyn Hellmer. Aaliyah and Kayla have volunteered at Eden Animal Haven, a 501c Non-Profit organization that cares for abandoned cats. These ladies provide basic care and socializing for and with the felines.



WILLOW SPRINGS EXCEL DAY PROGRAM

This past fall, Willow Excel volunteered at the Mountain View Community Outreach Center, SBU, and the local parks when it was warmer. They have been to many different places: thrift stores, the library, OzSBI in West Plains for an art show, Grounds & Games each week; where the group plays card games at various coffee shop locations, Full Quiver in Mountain View, Arts & Crafts at The Neighborhood in Mountain View, surrounding area parks, grocery stores, Walmart, and Dollar Tree for cooking classes items. Jointly, they have assembled two community outreach baskets; one specifically went to the Willow Springs Public Library. "We plan to continue doing this throughout January and February." STEM activities have also been a huge hit. One is a Yeti Gear Bot, which the group built from the ground up. "They started with a bunch of pieces!" Participants have been enjoying cooking class and a teambuilding clay farm project. "This month, the group will be traveling to SBU for recreation games, reading time, and art projects, as we have been invited to the campus for community engagement opportunities. We will also be visiting local museums during this time and continuing to volunteer and participate in other community outings. I also have plans to finalize some engagement and volunteer opportunities within the STAR Theater in Willow!" - Julie Olsen



Anniversary Dates

Each quarter, we continue to grow and grow! So, for our caregivers, nurses, and staff who started their journey with us between October to December, we want to thank you for your year(s) of serving others!

Contractors

11-12 Years

Patricia Holesapple, Jennie Robinson, Ron Robinson

9-10 Years

Edward Bales, Donald Glenn, Kathy Jo Glenn, Dawn Squires, Steven Squires, Emily Styles, Wanda Fewell

7-8 Years

Julie Bruton, Lance Bruton, Aletha Calvert, David Calvert, Michelle Caudill, Beatrice Dobrick, Steven Dobrick, MacKenzie Howard, Stan Kubat, Lorilee Mitchell, Wanda Palmer, Dwayne Rogers, Colette Rogers, Chandra Younce

5-6 Years

Julian Bailey, Yevgeniy Belinskiy, Galina Belinskiy, Pamela Broeker, Danielle Coffey, Debra Jones, Cody Meadors, Svetlana Melnic, Isamar Sauerbrei, Tatyana G. Seu, Denise Hawkins, Gregory Stafford, Tami Stafford, Sharon Stolz, Diana Throckmorton, Tyler Throckmorton, Eunicia Waldron, Jacob Waldron, Whitney White

3-4 Years

Teresa Byers, Heather Childress, Racquell Cunningham, Grace Dunlap, Essence Edgar, Pamela Howard, Melanie Kamery, Katharina Ochoa, Wendi Perkins, Camina Showman, Dallas Showman, Vickie Smith, Gerald Smith, Mardy Stevens, William Tingley, Robert VanOrden, Christy Wilkins

1-2 Years

Angela Abraham, Jane Anderson, Nikita Belinskiy, Elona Bevy, Amanda Bono, Alisha Brown, Loria Butler, Tamika Byers, Daniel Clarke, Cheyenne Clarke, Kristine Coffin, Terry Coffin, Curtiss Daily, Kwitunga David, Paul Diaz, Jessica Diaz, Lexas Ebarb, Jarvis Haney, Ryan Haney, Adam Williams, Jonetta Hicks, Kortney Holenda, Brennon Holenda, Dakota Jackson, Bessie Johnson, Karina Krivitchenko, LaDonna Massey, Renita Mitchell, Shelley Morgan, Alena Muzychuk, Aleksey Muzychuk, Angela Muzychuk, Kawanda Reid-Hamilton, Sonya Morris, Cheryl Smith, Abigail VanOrden, Austin VanOrden, Tiffany VanOrden, Andrew VanOrden, Christy Weisel, Anna Wiseman, Daniel Wiseman

Staff

9-10 Years

Staci Owen

5-6 Years

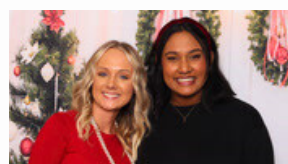
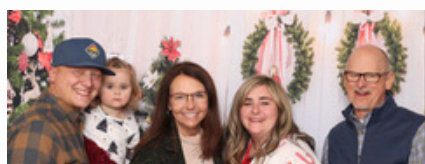
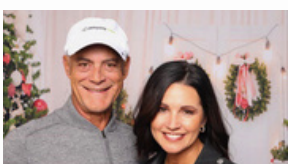
Jamie Nuñez

3-4 Years

Kelsey Tooley, Lyndi Robertson, Michael Cox, Coraleen Balke, Emilee Daleen, Christina Hodges, Jessica Hoffman, Dalton Stephens

1-2 Years

Sasha Howser, Bonnie Tatum, Matthew Harrell, Mikayla Kilgore, Douglas Colton, Patricia Stephens, Rebecca Chilson, Alyson Herzog, Darius Jones, Hannah Newton, Quincy Jones, Chelsi Harper, Tim Berry, Brandi Webb-Snyder, Derek Wright



Traditional ISL - West Plains

Our West Plains ISL gals are so fun! "Michelle continues to work at Sheltered Workshop daily, and Ashley recently started attending the Excel Day Program in Willow Springs. Michelle enjoys working, attending church, going bowling, participating in Special Olympics, going to the movies, getting manicures, doing crafts, playing board games, and watching the Kansas City Chiefs play football. Ashley enjoys attending day programs, volunteering at the animal shelter, attending church, going to the movies, doing crafts, cooking/baking, talking on the phone to friends, and playing with her pet bearded dragon (Fancy). The girls have gone on many outings over the past few months, attending Halloween festivities, haunted houses, haunted corn mazes, celebrating Thanksgiving, visiting farm animals, looking at Christmas lights, going to Silver Dollar City, celebrating Christmas, going to the movies, volunteering, and shopping frequently in the community. The girls have become active members in their community, found a new sense of independence, continue working hard to achieve their goals, and are living life to the fullest every day at the West Plains ISL." - Kyli Plowman



Medical ISLs - Lincoln

The Camille House - "With the house full of teenagers and young adults, Santa isn't nearly as cool, but that hasn't stopped the Christmas spirit. Cooking, decorating, and singing along to the classics have kept everyone having fun. The DSPs have really shown strength and commitment through some pretty tough times with illness and health declines of one of our residents. They continue to perform their jobs with huge hearts and a willingness to take on extra tasks to care for our clients."



The Shawn House - "The staff has been very busy getting into the holiday spirit. Several staff volunteered to decorate doors in the home for a friendly competition. The house was filled with Christmas joy! Our three individuals are loving the extra holiday spirit and gearing up for Santas arrival. Parties, gatherings, and visitors keep everyone hopping. Our newest addition, Owen, has been a bright spot for everyone with the cutest laugh." - Aaron Harms

Medical ISL - St. Louis

This Fall, unfortunately, the kiddos battled a lot of sickness and did not get out as much as they'd like. However, with staff, they still managed to have a little fun. They stopped by the local Humane Society and said hello to some sweet animals. They were visited by their family and enjoyed car rides, taking in all the holiday decorations and Christmas lights. "It was a joy to bring Santa Claus and the joy of Christmas to them instead." - Program Manager, Tonya Williams-Easter. This past December, ISL Staff and their families had a wonderful celebration with a delicious meal.



Buffalo ISL

"Excitement fills the air in our Buffalo home. We had two extra special DSPs volunteer to celebrate Thanksgiving with one of our residents who did not have family to celebrate with. This shows that the RH "why" is alive and well. Putting others first and truly caring for our individuals come naturally." - Aaron Harms



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When the light of your soul touches, blends, and merges with the light of the soul of others, the brilliance of the glow of the combined light illuminates all that is good, kind, and right in the world, and all that needs to be healed. - Melinda Cates

SFLD | CMO | WP - Community Events

Host Homes, Kevin Styles of the Springfield Region, and Brandy Fajen of the Central Missouri Region provided significant community events with us. Additional events have been provided through West Plains community public event sharing.

Child Safe Chili Cook Off @ Sedalia - The Local Tap
Jan 18, 2025 | 12:00pm - 3:00pm
700 S. Ohio Ave, Sedalia, MO 65301
(Contestants email localtapllc@gmail.com or call 660-951-1133 to register. Trophies for winners. Proceeds/ covers go to Child Safe.)

Enabled @ Life 360 All Nations Church
Jan 21, 2025 | 7:00pm
1349 W Meadowmere St., Springfield, MO

Unlimited Ministry - Chesterfield Life 360
Jan 21, 2025 | 5:00pm - 7:30pm
2220 W Chesterfield Blvd. Springfield, MO
Dinner, church service, & marshmallow smash activity.
(Please RSVP to Lonnie/Janet Nance @ 417-569-2998.)

Kevin Styles, Host Home Provider in Springfield, MO, hosts a Men's Mentor Group. For any men interested in participating and would like more details, you can reach him at 417-693-6886. Additionally, if you know of any impactful upcoming events that you feel others could benefit from, please get in touch with Whitley Lemon at whitleylemon@werestorehope.com.

Masked Singer Masquerade @ Rubydoo's Vintage Events
Feb 6, 2025 | 6:00pm - 8:00pm
9240 County Road 9190 West Plains, MO 65775
(General admission: \$60 on Eventbrite, Door Price \$75)

Enabled @ Life 360 All Nations Church
Feb 18, 2025 | 7:00pm
1349 W Meadowmere St., Springfield, MO

Enabled | End of Winter Game Day @ Rethman Home
Mar 1, 2025 | 12:00pm
Bring a pop, side, or dessert to share at lunch.

Enabled @ Life 360 All Nations Church
Mar 18, 2025 | 7:00pm
1349 W Meadowmere St., Springfield, MO

Book Recommendation:
Do One Thing, written by Dr. Geraint Evans. This book "is for anyone who feels like they need to make changes to their life, but don't know where to start... Broken into nine distinct topic areas and with over 60 practical ideas for you to try - from self-help to productivity tips - Dr. Geraint Evans shows you how to: Understand how to remove things that are blocking progress, help you acknowledge what needs to change and understand what you need to do to make it happen, how to ask for help and find ways to give back to others, use your new perspective to sustain momentum in the future." If you do only one thing at the start of this year, read this book. Start making the change you want from today.



Do One Thing

RH Agency Events

r3 SUMMIT @ Columbia | Stoney Creek Hotel
March 11, 2025 | 10:00am - 2:00pm
2601 S Providence Road, Columbia, MO 65203

r3 SUMMIT @ Willow Springs | Ferguson Building
March 25, 2025 | 10:00am - 2:00pm
127 N Harris St, Willow Springs, MO 65703

r3 SUMMIT @ Springfield | The eFactory - MSU
April 23, 2025 | 10:00am - 2:00pm
405 N Jefferson Ave, Springfield, MO 65806
Social hour from 9am-10am for all SUMMITS.

To register for any or ALL SUMMIT EVENTS, visit: werestorehope.com/about-our-services/r3



Josh Varner
Columbia
March 11, 2025



Ryan Pace
Willow Springs
March 25, 2025



Bailey Pyle
Springfield
April 23, 2025