

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



Engaging with the Community about Excel
DSP Leah Polk, Excel client Trintan Hazzard and DSP Morgan Laurent pictured above, are sharing about the Excel Day Program with their community at the Engagement Conference held in Kirksville, MO.



Disability Rights Legislative Day

Several clients and staff from Excel Day Program and W.O.R.K.S. Employment services were able to unite at the State Capital to advocate for their rights and also connect with legislative leadership on their needs and goals while in our programs.



Volunteering as a Team

Willow Springs Excel Day Program participants and staff are grouped together as they volunteer at their local Ferguson Building through the Willow Springs Community Foundation. They help prep the venue for events, including setting up tables and chairs and cleaning.



restoring hope

Restoring hope one relationship at a time.



The Positive Impact of Water

Pictured above and left, Linda with Springfield Excel DSP, Kaylee enjoying a relaxing drive through the car wash. At Crosslines, Community Outreach in Springfield, pictured above and right, are a few Springfield Excel Day Program clients volunteering their time helping with recycling water bottles.

Communities Working Together

BY WHITLEY LEMON

For those able to attend even one of our previous r3 SUMMITs this past March, you would have gleaned from our guest speakers that trauma can have devastating consequences. Still, there are things we can do to help others overcome and learn to heal from their trauma and it starts with safety. During April, we recognize National Child Abuse Prevention Month (NCAPM) and the importance of communities working together to both support and strengthen families and prevent child maltreatment is crucial. During the Columbia r3 SUMMIT, guest speaker Josh Varner shared that while working in the school system, he was presented with a child who would hide under desks, was prone to run, and could become violent if provoked in a way triggering to them. After physically getting on the child's level and proving that he was safe, this child began to slowly open up. And over time, the elopement and reclusive behavior began to dissipate. Josh shared how just implementing Maslow's Hierarchy of Needs, which happened to put him at eye level with this child on the floor, two base structures (Physiological and Safety) for this child, changed everything. Meeting that child at their level and being consistent with his behavior, Josh proved that he was a safe person, which led to the remaining levels of needs slowly surfacing. Healing takes time, but when trauma has been cut so deeply into a person's soul - it takes a loving, long-suffering hand up. To me, this makes everything we do at Restoring Hope inspiring and rewarding because it's happening each day in our agency.

During the Willow Springs r3 SUMMIT, guest speaker Ryan Pace gave an insightful presentation about resiliency, disaster preparedness, sextortion, human trafficking, and technology - we as parents, grandparents, and caregivers should ALL be aware of. A number that shocked me was the percentage of perpetrators involved in human trafficking. Tragically, 44% are family members of the victim. During his presentation, Ryan recommended that everyone familiarize themselves with the 15 Apps Parents should know about. To name a few, Snapchat, TikTok, WhatsApp, and YouTube Kids. One many may not even be aware of is Calculator%. It is one of several "vault" style or secret apps that appear to be harmless Apps but are used to hide photos, videos, files, and browser history. By inputting a simple numerical entry into the calculator, it can conceal and reveal the contents of a phone. In truth, this can all seem daunting and overwhelming, especially when we consider client's rights. Ryan, however, was able to provide our group with some helpful takeaways. For one, we do not have to provide WIFI. Secondly, we as caregivers must provide a safe place for those we care for to feel comfortable opening up to us. And if our individuals have decided, or somebody has manipulated them into sending compromising images or videos of themselves, we must not fly off the handle and yell. It's best if we remain as calm possible and take steps to assist them with their situation. Caregivers cannot help individuals take positive action steps if they're unaware of what's happening. Step one is to have proactive conversations about internet safety, and step two is to keep open dialogue flowing. Ryan encourages everyone to watch a free YouTube documentary called Childhood 2.0 - The Living Experiment. The film serves the purpose of helping viewers to better understand the world their children are navigating as they grow up in the digital age. I can even see how taking Josh's advice in this scenario could be helpful - by asking them what their friends are going through at home or school, they're more likely to open up when they're not the subject matter.

To leave you with some encouragement and supply advice provided by our r3 SUMMIT speakers, remember to shoot for TEN positive interactions for every ONE negative with the people in your life that you support, parent, are married to, and even work with. It can be as simple as, "Hey, that's a great color on you!" Lastly, the more we can bring awareness and open dialogue to the safety of our community and learn as much as we can about the real-life issues facing vulnerable individuals today - including cyberbullying, online predators, suicidal ideation, and looking for signs of distress in those around us the more we will be able to save lives from irreversible trauma. I'm so grateful to work for an organization that helps heal trauma - but wouldn't it be better if we could work together to prevent it from ever happening?



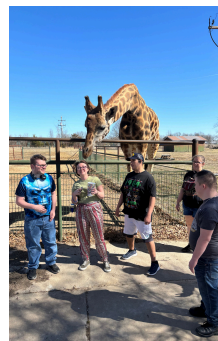
BUFFALO EXCEL DAY PROGRAM

"Buffalo Excel has had an active winter. The group has participated in several holiday parties and outings. They frequently assist the Dallas County YMCA by volunteering to set up for activities, as well as assisting with cleaning tasks for a local wedding venue, Chrysler Common's. To kick off 2025, Buffalo Excel groups have learned about personal growth, modes of transportation, and different parts of the human body. They have completed cooking activities and lessons centered around those topics. Buffalo Excel is looking forward to attending an outing to a movie theater, Ha Ha Tonka, and a hiking trip led by Scott Stricklin, a Program Manager for Restoring Hope. The group is excited for an active spring and summer outdoors!" - Emma O'Dell



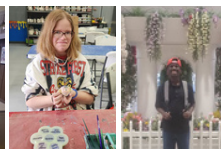
KIRKSVILLE EXCEL DAY PROGRAM

"Kirksville Excel has been gearing up for summer! We have been making tie-dye shirts, walking local trails, and spending as much time outside as possible. We visited the Capital to advocate for disability rights and attended our local Engagement Conference to share what Excel is and what we do. Our upcoming plans included getting our garden ready, spending time at the lake, and a visit from a local meteorologist to go over severe weather safety and hot summer temps safety." - Kristin Snyder



NIXA EXCEL DAY PROGRAM

"There's been a lot of change the last three months in the program, as I Danielle Calloway have accepted a position with Restoring Hope at the Nixa Excel Day Program. I've been working hard to create more activities, workshops and skill stations that directly correlate to a clients needs & goals! I am eager to help clients meet their goals & passionate about their success here at Excel. I also love making it fun for everyone! Over the next few months, we have some really exciting plans. We are touring the Nixa Fire Station, the Weather station, and having our own personal Spa Day here at Excel. We look forward to the warmer weather! Some future plans that are in works at the Excel Program is adding a new suite to the Program! Adding a new suite gives us the opportunity to create a new room for all clients to access during their time at the program. Right now we have the Rec Room, the Kitchen, the Media/Craft room and the Sensory room! There has been an idea tossed around such as a home gym! There are a lot of clients who have goals of physical activity & we are excited to be able to meet this need more often! We are looking forward to creating this room!" - Danielle Calloway

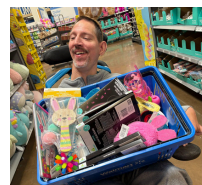


DANIELLE CALLOWAY
NEW Nixa Excel
Program Coordinator

WILLOW SPRINGS EXCEL DAY PROGRAM

"The Willow Springs Excel Day Program has been soaking in the sunshine the past month as we began our community gardening project. Consumers have planted a variety of vegetable and flower seeds as well as making plantable paper from recycled paper to spread into the community. We have named this community outreach project "Planting the World a Better Place" and have had a lot of fun sharing the seed papers with others. The Willow Springs Excel Day Program has also begun volunteering with the Willow Springs Community Foundation completing various volunteer projects within the community, such as helping to complete prep at the Ferguson Building for events. Consumers also visited different historic places throughout the area this month and did some exploration during the Downtown Shop-Hop visiting local small businesses. Consumers learned to safely navigate city streets, practice social skills, and work together to decide where to go next. Consumers also spent a fun day this month at the historic STAR Theater in Willow Springs watching a movie and sharing social time together.

Our program continues to volunteer with MVCORC and SBU each month and engage in Community Connection both within Willow Springs and Mountain View. We are excited for the warm weather to continue as we are anxious to begin playing more outdoor sports activities! - Julie Olsen



WARSAW EXCEL DAY PROGRAM

New "I began working with Restoring Hope, in 2023. Having no idea what the position would hold, I was elated to find an atmosphere of people, in which I would aspire to build an unbreakable connection. Attendees of our day programs in particular, have provided me with impeccably beautiful memories I will hold onto for a lifetime. Day programs have quickly become a vital aspect of so many lives. As such, the day programs continue to thrive and expand; Warsaw Excel Day Program being the sixth. My intentions for our new program continue to be that of the others. We support individuals in attaining invaluable life skills for the betterment of their life experience. I would like to utilize our services, reaching out to the Benton County area, restoring hope for all those who need a place to belong." - Kayla Shupe



WARSAW EXCEL DAY PROGRAM
1661 Hilltop Drive
Warsaw, MO 65355



KAYLA SHUPE
NEW Warsaw Excel Program Coordinator

Anniversary Dates

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

Contractors

13-14 Years

Brek Snyder, Veronica Snyder

11-12 Years

Riley Holesapple, Lyle Rothschiller

9-10 Years

Matthew Sherrer, Rachael Sherrer,
Julie Johnson, Elizabeth Johnson,
Kevin Styles, Kayla Swanigan,
Tara Swanigan, Christina Williams,
Barry Hairston

7-8 Years

Cheryl Conaway, Relmond Rice, JoAnne Rice, Troy Jackson, Levi Chamness, Kathie Jackson, Sarah Davis, Austin Davis, James Adams, Amy Dismer, Yelena Montalvo, Ryan Pace, Ruby Pace, Roscillin Edwards, Larry Williams, Craig Edwards, Melissa Alberson-Emmons, Curtis Palmer, Dennis Palmer, Robert Gardner, Kathleen Gardner

5-6 Years

Taylor Snider, Hilda Dela Victoria, Ekaterina Shavlovsky, Paula Thompson, Robert Peck, Melissa Peck, Sherrlyn Keisler, Joyce Baker, David Baker, Michael Brooks, Thomas Herrick, Thomas F. Herrick, Mary Brown, Oleg Seu, Natalie Herrick, Sharon Spillers, Yelena Seu, Joseph Pacheco, Soledad Pacheco

3-4 Years

Tyler Reeves, Emma O'Dell, Keegan O'Dell, Jeff Lueck, Tim Parish,

Jonna Yates, April Chambers, Jessica Young, Catherine Suermann, Jerry Suermann, Leslie Mooneyham, Jessica Sanchez, Jon Yates, Jesus Herrera, Jonna Mooneyham, Dasha Hopkins, Elizabeth Tolliver, Billy Ebarb, Josh Kamery, Megan Meehan, Yenis Estrada, Carla Callahan, Jerry Cottrell, Sydney Webb, Jaiseno Locke, Jennifer Locke, Troy Broeker, Brenda Raetz, Mark Raetz

1-2 Years

Pamela Haun, Misty Vizcarralagos, Queica Williams, Cheala Friar-Mundy, Michael Green, William Graybill, Sade Johnson, Susan Graybill, Zoya Bargamon, Alladine Kalinganire, Lashea Everett, Crystalle Green, Alina Paliakou, Anatol Paliakou, Maksim Brichak, Tatiana Dinu, Abel Seu, Melanie Matt, Felix Cyubahiro, Randy Swanigan, Keith Everett, Shakina Dawkins, Ruth Rarliff, Phyllis Hunsaker, Anna Krivitchenko, Dmytro Krivitchenko, Olivia Johnson, David Johnson, Rachel Newkirk, Christopher Bartley, Leonda West, Miranda Porterfield, Gage Lewis, Alaina Yearout, Anthony Lawrence, Renota Sanders, Steve Hawkins, Darla Steele, Donald Steele, Jacob Strozewski, Lacy Reich, Bradley Calihan, Danielle Fulp, Kendra Lewis, Diane Miner, Grace Smallwood, Mindy Lawrence, Josh Carter, Laura Edge, Cindra Elliott, Cherie Van Ausdle

Staff

13-14 Years

Veronica Snyder

9-10 Years

Whitney Schnakenberg,
Angela Bullard, Kelli DeBoard

7-8 Years

MacKenzie Howard,
Heather Thompson, Jaime Grider

5-6 Years

Kyli Plowman, Danielle Coffey

3-4 Years

Emma O'Dell, Madison Harlan,
Deborah Fagan, April Chambers,
Kyle Collins

1-2 Years

Breanna Campo, Jessica Tooley,
Vanessa Cifuentes Ramirez,
Rachael Sherrer, Leah Polk,
Lacey Davis, Adriana Hristova,
Jenalee Childers, Hanna Crowder,
Melonie Bradshaw, Teira Grider,
Jo Ann Hartung-Slavik



Traditional ISL - West Plains



"Our West Plains ISL gals are absolutely thriving and living their best lives. Restoring Hope is blessed to be a part of the lives of such wonderful girls. We will be welcoming our third ISL client in April and we could not be more excited. We believe she will be a great fit for the girls and the perfect addition. Ashley and Michelle have been staying as busy as possible the past few months despite bad weather here and there. Michelle continues to work at Sheltered Workshop daily and Ashley attends Excel Day Program but has started the process to begin employment services as well. Michelle enjoys working, attending church, going bowling, participating in Special Olympics, going to the movies, getting manicures, doing crafts, gardening, playing board games, and watching sports. Ashley enjoys attending day program, volunteering at the animal shelter, going to church, going to the movies, doing crafts, cooking/baking, talking on the phone to friends, and playing with her pet bearded dragon (Fancy). Despite the colder weather, the girls have still gone on several outings over the past few months attending Night to Shine, going to a Rodney Atkins concert, participating in Special Olympics, celebrating Valentine's Day, having a spa night, visiting local farm animals, attending church on Sundays and Youth Group on Wednesdays, shopping in the community, as well as many other fun gatherings at the ISL. We are looking forward to warmer days ahead! The girls have plans to plant a garden within the next month and put their swimming pool up this summer. They are interested in harvesting their own vegetables to eat as well as sell at local farmer's markets. Be looking for their produce and handmade crafts in the community soon! 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. We are so incredibly proud of them!" - Kyli Plowman

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

WORKS participant Aaliyah Baker recently gained employment at Hounds Town as a K-9 Attendant. Aaliyah has completed her training where she learned the techniques used to work with the dogs. Hounds Town is a fully interactive doggie daycare, offering overnight dog boarding, and pet spa services, with expansive play areas for all day play, large luxury suites for overnight dog boarding, and a pampering doggie day spa offering bathing services, Hounds Town is a town designed just for dogs. When asking Aaliyah how she is enjoying her new job she shares she is liking it a lot and her favorite part is when the dogs get excited seeing their owners when they come to pick them up. Austin Deshields has been preparing for employment through volunteering at C.A.R.E. While volunteering Austin is learning how to work with the animals, cleaning, and building relationships with staff. Cherokee Creamer has been volunteering at Eden Animal Haven and is actively seeking employment with several upcoming interviews scheduled. Kayla Kendall and Cody Lee both recently completed job interviews with employer interests and are actively seeking employment. - Katelyn Hellmer



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Google or Facebook

@restoringhopellc

"Survivors of abuse show us the strength of their personal spirit every time they smile." - Jeanne McElvaney, Healing Insights

Statewide - Community Events

Easter Egg Hunt @ Mercy St. Francis Hospital

April 14, 2025 | 5:00pm - 6:30pm - 100 US-60, Mountain View, MO. (Face painting and games. Ages 1-12. Behind hospital.)

Enabled Fellowship @ Incredible Pizza

April 17, 2025 | 6:00pm - 2850 S Campbell Ave, Springfield, MO. (Dinner provided. Bring money if you want to play games.)

Nature Art @ Twin Pines Conservation Center - Winona

April 23, 2025 | 1:00pm - 3:00pm (Must register: <https://mdc-event-web.s3licensing.com/Event/EventDetails/207512e>.)

Kids Fish Free @ Montauk State Park - Salem

May 3, 2025 | 6:30am - 8:15pm (Free hotdog and chip lunch, 11am-1pm. Prizes, free tree seedlings, fishing simulator, mobile aquarium, invertebrate tables, and more. Must register.)

20 Year Celebration @ Nature Center - Cape

May 3, 2025 | 1:00pm - 4:00pm - 2289 County Park Dr. (Free to families; archery, fishing, and outdoor cooking. Must register.)

Exhibit Animal Feeding @ Nature Center - Cape

May 8, 2025 | 10:00am - 10:30am - 2289 County Park Dr. (See various reptiles being fed by nature center staff. Must register.)

S.T.A.R. Summer BBQ @ Capaha Park Shelter #1 - Cape

May 8, 2025 | 6:00pm - 8:00pm - 1400 Broadway St. (Must register at: cityofcape.org/star. Splash Pad will be open and available to use, don't forget a change of clothes and a towel.)

Nature Art @ Nature Center - Blue Springs

May 10, 2025 | 10:00am - 11:30am - 1401 NW Park Rd. (Welcome Spring season using stems, leaves, nuts, grasses, and other Spring treasures to paint. Canvas provided. Must register.)

S.T.A.R. Wacky Water Wars @ Osage Centre - Cape

June 12, 2025 | 6:00pm - 8:00pm - 1565 N Kingshighway St. (Must register at: cityofcape.org/star.)

Coming
Soon ...

PODCAST



THE
HOPEFUL
CONNECTION



With Guest
Speaker:



Bailey Pyle
Be Well Initiatives

Book Recommendation:

Be Their Hero, written by Josh Varner. "Two out of every three students in the United States are impacted by a traumatic event." With his book, Josh helps readers learn how many students are impacted by childhood trauma and how to identify them, how the brain and body respond to trauma and how that impacts student behavior. Finally, he leaves readers with a 'Call to Action' and be equipped with many specific tools that are easy to use to support their students. Much of what Josh spoke on at our recent Columbia r3 SUMMIT can be found in this book and will be a great resource to help us understand how trauma works.



Be Their Hero

RH Agency Events

Neuro-Inclusive Easter Egg Hunt | W.S. Excel Program

April 26, 2025 | 9:00am - 11:00am
2296 CO RD 1270, Willow Springs, MO

Bowling Party | Springfield Region @ Andy B's

May 27, 2025 | 6:30pm - 8:30pm
1127 E Battlefield St, Springfield, MO

Pool Party | CMO Region @ Liberty Pool

July 17, 2025 | 6:30pm - 8:00pm
1700 W. 3rd St, Sedalia, MO

Pool Party | KC Region @ Belton Memorial Park

July 25, 2025 | 6:30pm - 8:30pm
1001 Commercial St, Belton, MO



r3 SUMMIT @ Springfield | eFactory - MSU

April 23, 2025 | 10:00am - 2:00pm
405 N Jefferson Ave, Springfield, MO 65806

To learn more, visit: werestorehope.com/about-our-services/r3