

"Beauty of Our Region"

Political campaigns have painted our State and our country with an ugly face, so we at West Central want to take a moment to commend the "Don Quixote" among us who, despite the thorns of this and every campaign season, seek to focus on the rose attached, the "Dulcinea" (the sweetness) of our collective home here in this West Central region – the assets of our West Central counties, the gifted and committed residents with all of their humility and creativity.

We commend the aspiration, inspiration, and perspiration



of residents who have come together to create, in the words of Don Quixote, the picture of someone or something whose "impossible and fanciful attributes of beauty which the poets apply... are verified in her..."

Visions of beauty do not belie the truth, they become the truth. We know that clean places, beautiful places, become safe places, inclusive places where residents engage and collaborate to address the remnants of the "ugly" in our political and economic realms.

Each day people in our region work to make the West Central region beautiful in some meaningful way. Beauty can be found in



From the desk of Chris Thompson, President and CEO

smiles and hugs, in great meals prepared by caring hands, in festivals celebrating our heritage, in art that adorns our buildings, in productive fields, in fence rows along our pastures, in the animals so many of us in our region care for, in our green rolling hills, but,

mostly, in our people. Beautification projects can be limited to the projects themselves, or it can extend to describe the tremendous human and social capital (those networks of people connecting, communicating, and collaborating) brought to bear to make the collective vision of a beautiful, safe, welcoming West Central region a reality. Is there work to be done? Surely. In this political environment, can we come together to smooth the rough edges, to lighten the dark corners, to brighten the sometimes dull palette of discourse in our communities? Definitely.

May we commit to such a common purpose; may we strive to achieve such a worthy collective goal. We at West

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Back to School



Central extend a "thank you" to all of you who have set the standard for creating a better West Central region, a more beautiful West Central region; to those of you who have worked together, sacrificed together, and invested together for the sake of our communities. We see our better selves in your efforts.

- Chris Thompson

PHOTOVOICE

"Photo Voice believes nobody should be denied the right to speak out and be heard."

West Central is gearing up for "Photo Voice" in Clinton. The program is for teens ages 13-16 years old.

Photo Voice is a social project which was created in England in

1999 by Anna Blackman and Tiffany Fairey. Photo Voice's vision is for a world in which no one is denied the opportunity to speak out and be heard. The mission is to build skills within disadvantaged



and marginalized communities by utilizing innovative participatory photography and digital storytelling methods.

These skills enable individuals to represent themselves and create tools for advocacy and communication, resulting in

positive social change. (source- <https://photovoice.org/vision-and-mission/>)



The WAY I See It

Voices and Vision from the Hearts of Youth

West Central will facilitate the Photo Voice project. Classes began on August 16. All photos will be exhibited and presented to the community upon conclusion of the project. This will enable the community members to get a glimpse of what their



community looks like through the eyes of their youth. Those who successfully participate in the project will get to keep their "lens" (tablet with camera).

"We help those who are often the subjects of photographs to become the photographers and tell their own story."



ENROLL NOW!

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NOW HIRING!




**HEAD START
SEPTEMBER
DATES TO REMEMBER**

- Second Tuesday of Every Month- Head Start Policy Council
- September 6th- Part-day Staff Return
- September 20th- Head Start Open Houses
- September 21st- First Day of Part-day Classes

Double-Up Bucks, Say What?

West Central has launched the Double-Up Food Bucks program at local farmers

EBT cards to buy SNAP tokens, and receive a matching number of Double-

Up Food Bucks tokens, up to \$25 per day. They may use the SNAP tokens to purchase any SNAP eligible items at



markets across the region. Double-Up Food Bucks is a healthy food incentive program that helps low-income families purchase

more fresh fruits and vegetables and supports local farmers.

the market, and use the Double-Up Food Bucks tokens for any fresh fruits and vegetables. The Double-Up tokens can be used any time before March 2019.

There are currently two farmers markets

Through this new program, people who participate in the Supplemental Nutrition Assistance Program (SNAP) can swipe their

in the West Central region that are participating in the program: Hickory County Farmers Market in Hermitage (every Friday

from 3-6 pm, May-October) and Cedar County Farmers Market in El Dorado Springs (every Saturday from 8 am-12 pm, March-November). West Central's goal is to get additional communities involved in the program and is confident there will be additional markets participating in 2017.

Over the next three years, coalition partners will expand Double-Up to include 68 farmers markets and 117 grocery stores.



**DOUBLE UP
FOOD BUCKS**

Quick IT Tips on Passwords



(This guy is out there. Don't let him steal your information.)

The Anatomy of an unbreakable password.

Security expert Bruce Schneier put forth a password method back in 2008 that he still recommends today. It works like this: Take a sentence and turn it into a password.

The sentence can be anything personal and memorable for you. Take the words from the sentence, then abbreviate and combine them in unique ways to form a password. Here are four sample sentences to show as an example: WOO!TPwontSB = Woohoo! The Packers won the Super Bowl!

PPupmoarT@O@tgs = Please pick up more Toasty O's at the grocery store.

itubuupshhh...imj = I tuck button-up shirts into my jeans.

W?ow?imp::ohth3r = Where oh where is my pear? Oh, there.

UNION LEAGUE OF ARLINGTON

BACK-to-SCHOOL FAIR



It's all about the Kids! ★



Family Clinic of West Central-Now Open

Family Clinic of West Central has opened its' doors in Belton and is offering residents a new, low-cost healthcare provider for the entire family.

The new, "Family Health Clinic of West Central" started seeing patients in June, with Family Nurse Practitioner, Mary S. Cunningham, FNP-BC. Cunningham is an experienced ANCC Board Certified Family Nurse Practitioner, has served as an advanced practice nurse (NP) since 2012, and has over 12



years of experience as a registered nurse.

Family Health Clinic of West Central will offer healthcare services

at a greatly reduced cost. Individuals pay only \$35.00 per office visit and the clinic offers a variety of services, including, but not limited to, routine and preventative examinations, specialist referrals, chronic and acute illness diagnosis and treatment, and medication administration. Patients will be seen, with or without insurance.

The clinic still offers women's health services and there are Spanish speaking translators on staff.

To make an appointment please call 1-816-322-5012.

ONE BIG THING



Communication

TIPS!

Basic Communication Principles

Everything we do is communication

The way we begin our message often determines the outcome of the communication

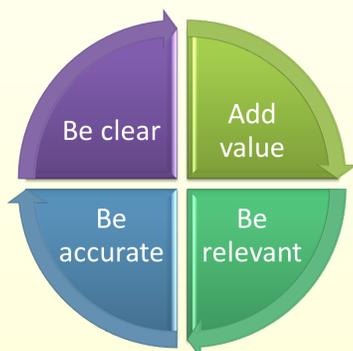
The way message is delivered always effects the way message is received

15

7 Ways to Overcome Communication Barriers at Work

1) Understand others see things differently than you. Try to predict the feelings and attitude of the receiver. What will their expectation be? What about their state of mind when you are communicating? What prejudices might they have? If you know these things before communicating, you reduce the risk of misinterpretation.

2) Get feedback from the receiver. Don't just ask, 'Do you Understand?'. They will more often than not say 'yes' because they see things in the way they want to understand it. Ask instead what is their understanding of the message, and how they see it.



3) As often as possible, speak face-to-face. This will allow for questions and, most importantly, allow you to see the body language, which will convey much more meaning than over the phone or through email.

4) Use language that fits the audience. Don't try to impress by using language and words that may be distorted by the listener(s). It simply makes them confused and inadequate. Plus, they won't be listening to you while they try to work out what on earth you are on about.

5) Use the right communication channel. Don't send an email if it's quicker to pick up the phone or go and talk to the person. Use email for its proper purpose. We are rapidly losing the art of conversation...don't add to that by using the wrong channel.

6) Have integrity and honesty in your communications. If you are seen as being someone who lacks integrity, this will immediately be noticed and even more barriers will be built up between you and the listener.

7) Make it easy for others to listen to you. Make your communication style that one of a conversationalist, one who is able to make a point quickly, succinctly and with conviction. If your key message is lost in the morass of a thousand words, people will wonder what you mean and what the purpose is. Clarity and brevity are the watchwords.

Be aware that barriers exist in every contact, and it may not be possible for you to ensure clarity every time, because others will have their own subconscious agenda. By following the above ideas you certainly reduce the risk of barriers interrupting the key messages you want to make. (<http://bit.ly/2bBn7MV>)



SUMMER CRISIS MONEY Is still available through September

*** Up to \$300.00 for those who qualify**
Contact your local West Central Office for more information.



LOW-INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)

NEW START DATES

Payments/PLEDGES made after new start dates

NOVEMBER 1ST

HOUSEHOLDS WITH A PERSON (S) WHO ARE DISABLED OR AGES 60+

APPLICATIONS WILL BE ACCEPTED BEGINNING OCTOBER 1
NO PAYMENT/PLEDGE UNTIL NOVEMBER 1ST OR AFTER

DECEMBER 1ST

ALL OTHER HOUSEHOLDS

APPLICATIONS WILL BE ACCEPTED BEGINNING NOVEMBER 1
NO PAYMENT/PLEDGE UNTIL DECEMBER 1ST OR AFTER

Missouri Department of Social Services
FAMILY SUPPORT DIVISION

This project is federally funded. One hundred percent (100%) of the total cost of the project will be paid for with federal funds. The Family Support Division is an equal opportunity provider and employer.



Congratulations
Bill Shelton



Thank you for your service!

Missouri CAN West Central Chapter



Here It Is... In Case You Missed It!

Right: Hickory County C.A.R.E.S. was the recipient of the Community Action Service Award at the Missouri CAN State Conference



The West Central Beverly Hillbillies at the Missouri CAN State Conference

Upcoming Missouri CAN Events

August 31– Ice Cream Social at Central Office
Time: 2:00-3:00

September 17th– Missouri CAN Networking Day at Royals Stadium. 101 people from West Central have signed up and will be attending!
WOW! Fun time will be had by ALL!

Current: Cookbook fundraiser. Now seeking recipes to include. Deadline for submitting recipe is Sept. 22nd.

Send to mlewis@wmmaa.org

Missouri CAN 2016-17 Executive Committee Members

President	Becky Boden	Admin
Vice President	Fonda Cauthron	Multifamily Housing
Treasurer	Brenda Rudell	Early Childhood Education
Secretary	Kenney Hutchison	Admin
	Connie Mott	Admin
	Gina Ensor	Admin
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	Mendy Neider	Housing
	Debbie Bettencourt	Housing
	Mende Lewis	Employment & Training
	Tammy Catanzaro	Employment & Training
	Kelly Knepp	Health Services
	Stephanie Wiseman	Health Services

Don't forget about the tools available through Missouri CAN:

[Poverty Reports](#)

[Community Needs Assessment Tool](#)

[Community Commons](#)





Kim Stockman
Human Resources Manager



Becky Boden
Internal Audit Manager

Welcome & Congratulations!



Roberta Bledsoe
Finance Manager



Amy Anderson
Housing Assistance Program Director

**West Central /
Central Office**
106 W. 4th Street
Appleton City, MO
64724

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amazonsmile
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