

## Employee Birthdays

2/3 - Jeremy Thornton  
2/5 - Nathan Worland  
2/18 - Dillan O'Dell  
2/20 - Angela Wilson  
2/27 - Daja Thornton




## This Month's Quote

***"You're not obligated to win. You're obligated to keep trying to do the best you can every day."***

**—Marian Wright Edelman**

## New Employees

No new employees this month. Be sure to tell your friends and family about MQC and claim the bonus to the right!



## This Month's Events

### **Night to Shine Prom**

February 9th  
6PM - 9PM  
Hyvee Arena

### **4-H Valentine's Party**

February 18th  
5PM - 7PM  
Cameron Methodist Church

## Anniversaries

5 years - Tiffany Vaughn  
2 years - Nathan Worland

# BONUS

Our agency is always offering a referral bonus for any trusted person you send in. If they maintain employment in good standing for 90 days, you will receive a \$250 bonus!



noah@moqualitycare.org

Feel free to email me with news, recipes, pictures, or anything going on in you or our people's lives!

## Find us on

Be sure to join the Missouri Quality Care Facebook page if you haven't already. There, you can stay up to date on upcoming events, trainings, open hours, internal job opportunities, etc. You will also be able to view/share photos from agency events so we can remember the great times had with each other. We encourage all employees to join. Simply search "Missouri Quality Care" on Facebook and look for our logo!

**Missouri  
Quality Care**

*-Excellence in Behavioral & Developmental Needs-*

missouriqualitycare.org

## Employee of the Quarter



# Tyler Shaffer

We have come to the conclusion that the employee of the quarter is Tyler Shaffer. Tyler has worked at MQC since September of 2019. He is originally from Kingston, Missouri but currently lives in Cameron. Tyler's family includes his mom, dad, two brothers, and his dog Miley. In his free time, Tyler enjoys playing guitar and playing video games. In five years, Tyler sees himself still working at MQC with advancement.

When asked why he enjoys working at MQC, Tyler stated he really likes being able to help the individuals out whenever they need it. He enjoys making sure they stay happy and healthy. Missouri Quality Care thanks you for all of your hard work and for going above and beyond! We can't wait to see what you do next!

## National Cancer Prevention Month

The federal government estimates that nearly 2 million Americans were diagnosed with cancer (other than non-melanoma skin cancer) during 2023, and that more than 600,000 died from their disease. Research shows that more than 40 percent of these cases and nearly half of the deaths can be attributed to preventable causes – smoking, excess body weight, physical inactivity, and excessive exposure to the sun, among others. This means that steps such as quitting smoking (or never starting in the first place), maintaining a healthy weight, exercising regularly, protecting your skin from the sun, and getting vaccinated against the pathogens that cause certain cancers, can dramatically reduce your risk of cancer in many cases. In the United States, many of the greatest reductions in cancer morbidity and mortality have been achieved through the implementation of effective public education and policy initiatives. For example, such initiatives drove down cigarette smoking rates among U.S. adults by greater than twofold from 1965 to 2017. But three out of 10 cancer deaths are still caused by cigarette smoking, and lung cancer is still the leading cause of cancer-related deaths for both men and women. It remains imperative that we identify strategies to enhance the dissemination and implementation of our current knowledge of cancer prevention.

FEBRUARY  
**NATIONAL  
CANCER**  
PREVENTION MONTH

