

Employee Birthdays

2/1 - Monzer Matter

2/3 - Jeremy Thornton

2/11 - Raelee Neely

2/15 - Austin Ibeh

2/15 - Gerald Roberts

2/19 - Ceara Townsend

2/21 - Betty Butler

2/21 - Debra Lear

2/22 - Milton Henry



New Employees

Bahsan Abdi



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

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!

Anniversaries

4 yrs. - Delyn Lowry

4 yrs. - Teresa Rangel

4 yrs. - Dorothy Wilson

3 yrs. Diana Weber-Wolowicz



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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!



missouriqualitycare.org

Employee of the Quarter

Lowell Wreh

We have come to the conclusion that the employee of the quarter is Lowell Wreh. Lowell is originally from Monrovia, Liberia, and he moved to the United States over 22 years ago. He is a devoted father of two children. Lowell has been with MQC for a little over two years now, but he has over 16 years of experience in this field. He has a degree in Criminal Justice and worked for Jackson County as an officer for probation and parole and later went on to work as a case manager. During that time, he also began working within the DMH field as a direct support staff, which he still does to this day even after retiring as a case manager. Lowell was recently promoted to a house manager and has already made improvements within the home he works at. In five years, Lowell sees himself still working at MQC with advancement. When asked what he loves about working for MQC, he stated he

enjoys how easy it is to communicate with management. He also stated the incentives he has received over the years have shown him how much MQC not only cares about the individuals we serve, but the staff as well. Missouri Quality Care thanks you for all of your hard work and dedication and 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

