

Employee Birthdays

1/23 - Madison Scott

1/30 - Delores Kinser



This Month's Quote

"Kindness can transform someone's dark moment with a blaze of light."

-Unknown

New Employees

No new employees this month!

Awareness in January

Thyroid Awareness Month

National Birth Defects Prevention Month

Cervical Health Awareness Month

National Blood Donor Month

National Braille Literacy Month

BONUS

Our agency is always offering a referral bonus for any trusted person you send in. If they maintain employment (as a full time or part time staff) in good standing for 90 days, you will receive a \$250 bonus!

Anniversaries

Grayson Vaughn - 5 years

Jacob Sprague - 2 years



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-

Here's a super easy recipe to try!

Mamaw's Chicken and Rice Casserole

Ingredients

- 3 chicken breasts, cut into cubes
- 2 cups water
- 2 cups instant white rice
- 1 (10.5 ounce) can cream of chicken soup
- 1 (10.5 ounce) can cream of celery soup
- 1 (10.5 ounce) can cream of mushroom soup
- salt and ground black pepper to taste
- ½ cup butter, sliced into pats



Directions

Gather all ingredients. Preheat the oven to 400 degrees F (200 degrees C). Grease sides and bottom of a casserole dish.

Stir chicken, water, rice, cream of chicken soup, cream of celery soup, and cream of mushroom soup together in the prepared casserole dish; season with salt and pepper.

Arrange butter evenly over the top of the chicken mixture.

Bake in the preheated oven until the rice is tender and the chicken is cooked through, 1 hour to 75 minutes.

Cool 10 to 15 minutes before serving. Enjoy!

This Month's Feature

Thyroid Awareness Month

January is Thyroid Awareness Month, a time to focus on the vital role the thyroid plays in regulating our bodies. This small gland in the neck produces hormones that control metabolism, energy levels, and even mood. When the thyroid doesn't function properly, it can lead to issues like fatigue, weight changes, anxiety, and depression, which can affect both the individuals we support and ourselves.

Thyroid problems can often go unnoticed because their symptoms are easy to overlook or mistaken for other issues. By recognizing the signs, we can ensure those we care for get the right treatment.

Regular screenings and staying aware of potential symptoms can make a big difference in managing thyroid health. This month, take a moment to learn more and spread awareness to help improve health and quality of life for those we support.

JANUARY
THYROID AWARENESS MONTH