

Employee Birthdays

2/1 - Monzer Matter
2/3 - Jeremy Thornton
2/3 - Susy Garcia
2/11 - Raelee Neely
2/15 - Gerald Roberts
2/15 - Austin Ibeh
2/21 - Betty Butler
2/22 - Milton Henry
2/27 - Perla Morales



This Month's Quote

"The difference between ordinary and extraordinary is that little extra."

-Jimmy Johnson

New Employees

No new employees this month!

Awareness in February

Heart Month

Raynaud's Awareness Month

Children's Mental Health Week (2/3 - 2/9)

International Epilepsy Day (2/10)



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

Teresa Rangel - 5 yrs.

Diana Weber-Wolowicz - 4 yrs.

Nuha Sarhan - 1 yr.

Clinton Elliot - 1 yr.



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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!

Missouri Quality Care
-Excellence in Behavioral & Developmental Needs-

Here's a super easy recipe to try!

Tater Tot Casserole

Ingredients

- 1 pound ground beef
- 1 (10.5 ounce) can condensed cream of mushroom soup
- salt and ground black pepper to taste
- 1 (16 ounce) package frozen tater tots
- 2 cups shredded Cheddar



Directions

Gather the ingredients. Preheat the oven to 350 degrees F (175 degrees C).

Heat a large skillet over medium-high heat. Cook and stir ground beef in the hot skillet until completely browned and crumbly, 7 to 10 minutes. Stir in condensed soup; season with salt and black pepper.

Transfer beef mixture to a 9x13-inch baking dish; layer tater tots evenly on top and sprinkle with Cheddar cheese.

Bake in the preheated oven until tater tots are golden brown and hot, 30 to 45 minutes.

Serve and enjoy!

This Month's Feature

International Epilepsy Day

February 10th

February 10th is International Epilepsy Day, a time to raise awareness and support those living with epilepsy. Epilepsy is a neurological disorder that causes seizures, which can vary from brief moments of confusion to more severe convulsions. While it affects millions of people worldwide, misunderstandings and stigma still surround the condition.

For the individuals we support, recognizing seizure triggers and knowing how to respond can make a huge difference. Simple steps like staying calm, keeping the person safe, timing the seizure, and knowing when to call 911 can help ensure proper care.

This month, take a moment to learn more about epilepsy and how we can create a safer, more supportive environment for those living with it. Spreading awareness is key to breaking down stigma and improving quality of life.



International
Epilepsy Day