



# THE WARRIOR

Winter 2014

## SPREAD SOME CHEER THIS HOLIDAY SEASON

Written and Submitted by Nicole Stone, Social Services; Poem by first floor veteran Paul Salois.

Fall at MVH,  
Spring is great and summer is fun,  
In many opinions fall is the one.  
There's Halloween and Thanksgiving,  
And we veterans are so glad that we're living.  
The colors are bright and the holidays begin,  
There are so many places we could be in.  
If we can't be at home, this is the best.  
With staff that care we are, indeed, blessed.  
a poem by Veteran Paul Salois

Like this poem describes, the fall and winter months bring many things to look forward to such as family get-togethers and giving thanks for what we have. For some however, the change in the seasons also brings a change in mood, a seasonal depression. It is not known what the exact cause of seasonal depression is but experts believe it is caused by a lack of sunlight. With the shorter, darker days of fall and winter, and with the cold temperatures, many of our veterans do not go outside in the sunshine as often as during warm weather months. Plus, the holiday season tends to stir up memories of the past and possibly happier times.

As caregivers we must be aware of those veterans who experience seasonal depression and help them manage their symptoms. We must also be mindful of the population we serve. Most of our veterans are of the generation that didn't complain and they do not want to be a bother to anyone. So, most likely, they're not going to tell us they're depressed. We need to watch for symptoms that are different from their normal personalities and routines, like isolating, tearfulness, changes in eating and sleeping patterns, a decline in personal hygiene, being easily agitated and not participating in activities that they normally would.

So what can we do to make this time of year more enjoyable?

- On days that are warmer, grab a coat or blanket, bundle up a veteran and get out in the sunshine! Light therapy has been shown to be very effective. If it is too cold outside, then open the blinds and let the sunshine in.
- Offer to take a veteran to an activity or take an activity to a veteran's room. Some of our veterans are "homebodies" and prefer to stay in their rooms, but they may enjoy a short visit. Ask about their families, their careers or their service time. You can bring pictures of your family to show off. Our veterans love seeing our children and grandchildren grow up. It makes them feel more connected to us.
- Encourage them to get out of bed each morning and offer to help pick out clothing, fix their hair, etc. For the ladies, they may enjoy having their nails polished or having their makeup done.
- Don't be afraid to get the veterans' families involved. Sometimes only a visit from a specific family member will help.

As we approach the holiday season, try to extend a little extra TLC.

*The Warrior* is published quarterly by the Missouri Veterans Home - Mexico, MO. Anyone wishing a free subscription may contact the Home at #1 Veterans' Drive, Mexico, MO 65265 or by calling 573-581-1088 x 1286.

Larry D. Kay, Executive Director

Brenda Ezell Administrator

Susan Paden, Editor/Typist



**Above:**  
**Brenda welcomes everyone to our Veterans' Day Program..**



**Below:**  
**Mr. Jett poses with his car at the Annual Family Day Car Show.**



**Left:**

**Joe sings the National Anthem as First Sargeant Bob Yeager salutes the flag.**



**Above:**  
**Dudley hands out Twizzlers to all the children.**



**Above:**

**Halloween night at MVH - Mexico.**

# Employee Corner

Nancy Thorpe, CNA I, was selected as the September 2014 Employee of the Month. She was nominated by a resident for having an incredibly strong work ethic. She is known for going above and beyond and always with a positive attitude. She arrived to work on time and works late if needed, leaving with a smile on her face. She is always asking the residents their opinions on things and also she wants to know how things can improve. ***Congratulations, Nancy!!***

Richard Berrey, Maintenance Worker, was selected as the October 2014 Employee of the Month. He was nominated for his willingness to assist Veterans and staff whenever it is needed whether it be revamping of the whirlpool room or grilling for an event. No matter what he is doing he is always getting the job done correctly. He is a true asset to the MVH team. ***Congratulations, Richard!!***

Brandi Scott, CNA I, was selected as the November 2014

Employee of the Month. She was selected because she is a real team player and dedicated to our Veterans. On one occasion which was July 4th, several residents were wanting to go outside in the gazebo to watch the fireworks and enjoy the music and the staff member that was rounding up the residents was having a time getting them gathered up and out the door. Brandi jumped right in and gave some direction to other staff members and within a timely matter all the residents wanting to go out were out safely and enjoying the evening. She is described as being a high quality staff member and they are proud to work beside you. ***Congratulations, Brandi!***

All these employees were recognized at a reception at which time they received a certificate of appreciation, a \$25 check, a certificate for a day off with pay and a reserved parking place during the month.

\*\*\*\*\*

## New

## Employees

|                          |       |
|--------------------------|-------|
| Kristina Bartels, NA I   | 08/25 |
| Kenetra Brookins, NA I   | 08/25 |
| Calla Chism, NA I        | 08/25 |
| Rosella Finley, RN       | 09/01 |
| Janice Horton, FSH I     | 09/22 |
| Andrae Donahue, LPN III  | 09/22 |
| Gina Leake, NA I         | 09/29 |
| Russell Lovelace, NA I   | 09/29 |
| Jaimy McCune, NA I       | 09/29 |
| Alex Waage, NA I         | 09/29 |
| Amanda Smith, LPN III    | 10/01 |
| Anna Null, FSH I         | 10/13 |
| Myneia Timmons, Cook     | 10/16 |
| Amber Coleman, NA I      | 10/20 |
| Angie Baker, Asst. Admr. | 10/20 |
| Amy Hawkins, LW I        | 10/27 |

WELCOME TO ALL OF YOU!

## NOTE FROM THERAPY DEPARTMENT

Mobility is always our goal; however safety is our primary concern. Please do not purchase or bring in a power wheelchair for your Veteran unless you have been approved and instructed to purchase one by Skilled therapy (RehabCare). Thank you.

# Happy Birthday to you.....

## December

|                 |       |
|-----------------|-------|
| Leonard Murta   | 12/04 |
| Henrietta Cruse | 12/04 |
| Albert Davis    | 12/09 |
| Jim McGrew      | 12/11 |
| Larry Ray       | 12/15 |
| Pete Greenwell  | 12/15 |
| John Fitzgerald | 12/17 |
| Johnnie Thomas  | 12/22 |
| Marvin Smith    | 12/23 |
| Irvin Kittrell  | 12/26 |
| Ray Smith       | 12/30 |
| Dwight Hudspeth | 12/31 |
| Don Hansbrough  | 12/31 |

## January

|                  |       |
|------------------|-------|
| Vito Ponticello  | 01/02 |
| Lloyd Beaston    | 01/03 |
| Bud Myers        | 01/04 |
| Harold Ess       | 01/19 |
| Justus Griffin   | 01/20 |
| Louis Tritschler | 01/24 |

|              |       |
|--------------|-------|
| Ed Wallace   | 01/30 |
| Ray Keller   | 01/31 |
| Gene Perkins | 01/31 |

## February

|                   |       |
|-------------------|-------|
| Ray Powell        | 02/04 |
| Jim Pope          | 02/08 |
| Dub Boswell       | 02/10 |
| Paul Schlotzhauer | 02/18 |
| Larry Nobbman     | 02/20 |
| Lloyd Rowland     | 02/24 |
| Leonard Husky     | 02/27 |
| Jerry Green       | 02/28 |



HAPPY BIRTHDAY TO EACH OF YOU!!!

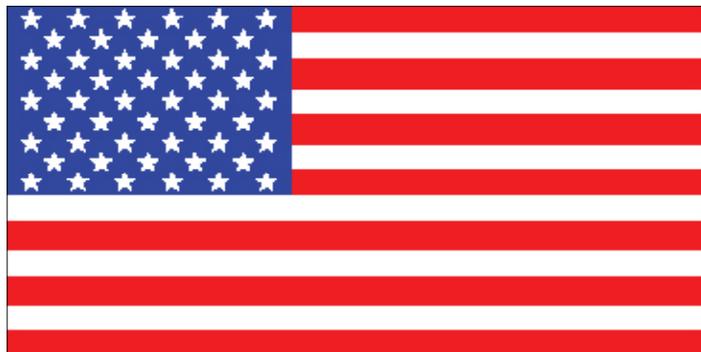
# MARK YOUR CALENDAR

Alzheimer Support Group - Wednesday, December 10, 2014 at 1:30 p.m. at the facility.

Resident Christmas Parties - Wednesday, December 17, 2014 at 1:30 p.m. is 2nd floor and Thursday, December 18, 2014 at 1:30 p.m. is 1st and 3rd floor. Both events will be in the dining room.

Veterans Council - Wednesday, December 17, 2014 at 1:45 p.m. in the dining room.

Family Council - Saturday, January 17, 2015 at 10:00 a.m. at the facility.



# CENSUS

|              |    |
|--------------|----|
| WWII         | 73 |
| KOREA        | 47 |
| VIETNAM      | 29 |
| PEACETIME    | 11 |
| DESERT STORM | 00 |

|                |    |
|----------------|----|
| ARMY           | 85 |
| NAVY           | 37 |
| AIR FORCE      | 15 |
| MARINES        | 12 |
| COAST GUARD    | 00 |
| NATIONAL GUARD | 00 |

# MEXICO VETERANS

## HOME SALUTES...

### Dwight Hudspeth

Dwight was born on December 31, 1950 in Germany as one of six children. He was raised on an Army base until the age five when his family moved to Jefferson City. He describes his father as a hardworking, humble man who smiles all the time. Dwight's mother was a homemaker. Dwight says he was blessed to have been raised by his parents. They were dedicated, hard-working and patriotic parents and wanted to raise their children in the best way possible. He recalls his father teaching him how to stand at attention at the age of 4 and took him hunting and fishing and taught him how to box. He remembers his mother being an outstanding cook and worked hard keeping the house affairs in order for a big family. His parents gave all they had so their children never had to go without. Dwight especially enjoyed the family Christmas celebrations because they were a big deal. When his dad was in his 70's Dwight took him on several fishing and float trips down the Gasconade, something his dad loved to do.

As a child Dwight enjoyed playing all sports and no matter what was going on, his parents always made sure he got to his practices. He attended Jefferson City High School and played end and linebacker on the football team and ran the mile for track & field. He lettered in football. Sports taught him teamwork, discipline and standards that helped him when he went into the military.

Dwight knew at the age of five that he wanted to be a Marine and couldn't wait to join. On his 17th birthday he convinced his parents to sign off for him to join and six days later he was off to boot camp. He left high school early, but received his GED and college degree in the military. Dwight completed boot camp in San Diego, California. While there, he got his first promotion as private-first-class and received the Leatherneck Award for being the highest M-14 rifle shooter in the company. Then Dwight went to Camp Pendleton in California for infantry training. From there he went to 29 Palms, California in the Mohave and that July was promoted to Lance Corporal and was assigned as primary marksmanship instructor. He was a junior rank and still being age 17, he was the youngest out there instructing. Dwight made the base rifle team and they traveled to several states to shoot at rifle matches. He won many trophies and medals for his shooting, two of which were first place in the 300 yard rapid-fire and also the aggregate award for the 200 yard and 300 yard together. In July 1969, at the age of 18, Dwight was promoted to Corporal. He heard they needed recruits for Vietnam and he volunteered to go. The day Neil Armstrong walked on the moon Dwight was checking out of 29 Palms to go to Vietnam.

In Vietnam, he was assigned to the 1st Marine Division and was in protection of the airfield. He went on patrols and participated in some battles and fire fights. In February of 1970 he went on R&R for a week in Sydney, Australia and enjoyed dance cruises and talking to the ladies. He enjoyed learning about Sydney Harbor, seeing the opera house being built and visiting the Australian VFW Club. After returning to Vietnam, he made Sergeant at the age of 19. He stayed in Vietnam until August 1970.

After Vietnam, Dwight returned to Jefferson City and didn't see anything he wanted to do. Nothing felt as good as putting on his uniform every day, so he knew he wanted to reenlist in the Marines. He went to Kansas City for two years doing functions for the headquarters of the unit. In June 1971 he was promoted to Staff Sergeant. Then he took an enlistment option at Kaneohe Bay, Hawaii Marine Corps Station from 1972-1975. He played starting linebacker and was on the kickoff return team and punt team for the Marine Corps football team. He was a distance runner for track and had events every few weeks. He ran 50 mile run relays and several times was part of a six-man relay team running the 147 mile circumference around Oahu. While in Hawaii Dwight was promoted to Platoon Gunnery Sergeant at the age of 23 and this was the highest rank he held in the Marine Corps. He was assigned as Gunnery Sergeant for Color Guards, Honors and Ceremonies.

In 1975 He went to Okinawa, Japan to work with the infantry squads who were training for the squad competition. They were practicing drills for the battlefield. Dwight worked with the squads until he was released from Active Duty through an honorable discharge in 1976. He had a total of eight years of service thus far and had really enjoyed his time. He had faced lots of difficulties and tough assignments, but felt honored to have had the opportunity to serve with the people he had. He will always be happy that he was a Marine!

Dwight returned to the U.S. and opted to take a two year break from the military to see what civilian life was all about. He grew a mustache and went to dance parties and ran wild until 1978. After two years of crazy fun, he missed being in uniform and talked to an Army Guard recruiter and they offered to put him in the Army National Guard on a "try one program" where he could try one year and decided if he wanted to stay more. He met some amazing people and decided to stay in the National Guard for over 20 years. They

started him at his previous rank of Sergeant 1st Class. He went to Officer Candidates School and was commissioned as Second Lieutenant. He was transferred to a combat engineer unit and went to Combat Engineer School in Fort Belvoir, Virginia. Soon thereafter he made 1st Lieutenant. He shot on the Missouri Rifle Team and his team won the All-Army Championship Matches in 1981. In 1985 he was promoted to Captain and from 1985-1988 he was a company commander. In 1987 Dwight was able to combine several credits he had earned over the years and finish his Bachelor Degree in Criminal Justice from Columbia College. In 1988 he went to work for the Missouri Military Academy and went to Instructor Training School and then to Master Training School. In 1990 he was promoted to Major and continued training until 1993. Then he was selected to be the training site commander and facility manager of the Ike Skelton Training Site in Jefferson City, which is the headquarters for the Army National Guard.

In 1995 Dwight put together a team of six highly fit individuals to compete in the Bataan Memorial Death March. Dwight and his team had one month to prepare. On the day of the march it was 100 degrees with 30 mile per hour winds and of the 1,200 participants who began the race, only 800 were able to complete it. Dwight and his team from Missouri surprised many people there by winning first place! Dwight was team captain for several subsequent Bataan Memorial Death Marches and although 1995 was the only year they won first place, his teams continued to place very high each year.

Dwight continued his work at headquarters in Jefferson City and in 1996 he completed his degree at the Command and General Staff College, a program that is considered by the military to be equivalent to a four-year post-graduate degree. In 1997 he was promoted to Lieutenant Colonel.

While in Jefferson City, Dwight was asked if he would do a tour in Alaska. He accepted and became the executive officer for the joint-task force road building project for the Native American Metlakatla Indian community outside of Ketchikan. They built a 26-mile road so the Indian community could go to Ketchikan. Before this project, the community could only reach Ketchikan by ferry or plane but was trapped in bad weather. After the road was built, they could drive up to the inside passage at Ketchikan. It took several years to complete and the team remained free of serious injuries. It was a tough environment to do road work and Dwight and the officers prayed daily for the troops and stayed out in the field with the troops. He remembers how dedicated everyone was from all branches of the military.

While in Alaska Dwight went salmon fishing several times and they caught salmon ranging from 20-40 pounds. The salmon larger than 40 pounds broke their lines and fishing rods! On their first fishing trip they caught 20 salmon, took them back to base, filleted them and the cooks cooked them to perfection. All the staff got to eat this fresh salmon and it was the best you've ever tasted!

After 30 years of military service, Dwight retired in 2001 with a final rank of Lieutenant Colonel. He received numerous awards and honors during his career, only some of which include a Rifle Expert Badge, Pistol Expert Badge, National Defense Service Medal, Meritorious Unit Medal, Vietnam Service Medal, Vietnam Campaign Medal with Silver Star denoting participation in five campaigns, Vietnam Cross of Gallantry and a Good Conduct Medal for his service with the Marines and for his service with the Army National Guard a Distinguished Rifleman Badge presented by a 2-Star General, Meritorious Service Medal, two Army Commendation Medals, two Army Achievement Medals and many more. Dwight's retirement in 2001 came when his wife Cindy became sick with cancer. He decided to leave the Guard to spend more time with her. He and Cindy had been together since 1983. She was a wonderfully kind and pretty lady, a good cook and had a special knack for landscaping. They built a nice country home in New Bloomfield. Their house bordered national forest land and Dwight loved hunting on his 80 acre property. He enjoyed deer, turkey and small game hunting. Cindy had three daughters who Dwight helped raise: Michelle, Diana and Cocoa. Their family enjoyed camping and float trips down the Gasconade, cookouts on their property, bonfires in the fall and roasting hotdogs and marshmallows. As Cindy continued to struggle with her health, Dwight suffered a bad car wreck & between his rehabilitation and other health problems, he had to move to his sister's house for a period of time. Then as his health worsened, he went to a nursing home. In 2010 he was able to come to the Missouri Veteran's Home and he says this home has been a huge blessing for him! He enjoys the activities and says the staff here treat him like family. Dwight says, "If I can't be home, this is the place where I want to be because of the staff and residents." We are so proud to know and serve Dwight Hudspeth.

Please join us in congratulating Dwight and his family as we salute him as the September Resident of the Month!



*We say farewell to:*

**Mr. Norman Neely** on August 14, 2014. He was admitted on May 23, 2013 as the 1371st resident. Mr. Neely served in the United States Air Force from 1952 - 1956.

**Mr. Fred Hooper** on August 15, 2014. He was admitted on January 16, 2013 as the 1331st resident. Mr. Hooper served in the National Guard from 1962 - 1993.

**Mr. Paul Booker** on August 15, 2014. He was admitted on September 18, 2013 as the 1388th resident. Mr. Booker served in the United States Air Force from 1952 - 1956.

**Mr. Albert Dutton** on August 23, 2014. Mr. Dutton was admitted on July 30, 2014 as the 1445th resident. Mr. Dutton served in the United States Navy from 1944 - 1946.

**Mr. Arthur Schuchardt** on August 25, 2014. He was admitted on October 8, 2013 as the 1393rd resident. Mr. Schuchardt served in the United States Coast Guard from 1941 - 1945.

**Mr. Donald Williams** on August 29, 2014. He was admitted on April 19, 1993 as the 403rd resident. Mr. Williams served in the United States Air Force from 1961 - 1963.

**Mr. Calvin "Leo" Freeman** on September 2, 2014. He was admitted on August 27, 2014 as the 1449th resident. Mr.

Freeman served in the United States Navy from 1944 - 1946.

**Ms. Alice Hazel Hanson** on September 9, 2014. She was admitted on October 26, 2010 as the 1221st resident. Ms. Hanson served in the United States Navy from 1943 - 1946.

**Mr. Charles Nichols** on September 13, 2014. He was admitted on January 15, 2013 as the 1330th resident. Mr. Nichols served in the United States Navy from 1944 - 1946.

**Mr. Robert "Bob" Lanphier** on October 1, 2014. He was admitted on June 26, 2014 as the 1437th resident. Mr. Lanphier served in the United States Air Force from 1957 - 1961.

**Mr. Paul "PG" Watkins** on October 26, 2014. He was admitted on March 18, 2014 as the 1421st resident. Mr. Watkins served in the United States Navy from 1943 - 1961.

**Mr. Raymond Powell** on October 30, 2014. He was admitted on November 4, 2013 as the 1396th resident. Mr. Powell served in the United States Army from 1940 - 1946.

**Mr. Morris "Mo" Dial** on November 14, 2014. He was admitted on July 7, 2014 as the 1440th resident. Mr. Dial served in the United States Army from 1956 - 1958.

## *Donations*

### *General:*

|   |           |
|---|-----------|
| American Legion Auxiliary #26           | \$ 100.00 |
| Al Whitaker VFW Post #6514              | 200.00    |
| Centralia VFW Post #6276                | 105.00    |
| American Legion Post #312               | 200.00    |
| VFW Post #3056                          | 125.00    |
| American Legion Post #388               | 1000.00   |
| Mr. & Mrs. Ned Azdell                   | 50.00     |
| Hubbell Paris American Legion Post #510 | 417.00    |
| Callaway VFW Auxiliary #2657            | 60.00     |
| Dept. of MO - VFW Auxiliary             | 200.00    |
| Hermann VFW Auxiliary #4182             | 100.00    |
| Forrest Moulden                         | 20.00     |
| Michael & Sarah Anderson                | 250.00    |
| <i>Golf Tournament:</i>                 |           |
| Vaughn Hudnall VFW Post & Aux. #6603    | \$100.00  |
| James Hanifen                           | 260.00    |
| GuardianLife Insurance Company          | 260.00    |
| Bryan Gruber                            | 65.00     |
| Gary Beauchamp                          | 65.00     |
| Boobie Newbrough                        | 65.00     |
| Larry Mitchell                          | 65.00     |
| Mark Twain VFW Post #4088               | 130.00    |
| Custom Auto Glass                       | 510.00    |
| James Bledsoe American Legion Post #26  | 660.00    |
| Mike Hachett                            | 260.00    |
| Dan Schappe                             | 260.00    |
| John Weant                              | 50.00     |
| Baldwin, Hunt, Haggard & Slover         | 100.00    |
| Bruce Oliver                            | 65.00     |
| John Ogden                              | 75.00     |
| John Dial                               | 65.00     |
| Bienhoff Funeral Home                   | 260.00    |
| Dwight Campbell                         | 65.00     |
| Brad Haggard                            | 80.00     |
| Robert Polson                           | 65.00     |
| Brent Yager                             | 75.00     |
| Tom Baldwin                             | 70.00     |
| Bryan Hunt                              | 70.00     |
| Michael Briggs DDS                      | 225.00    |
| David Miller                            | 100.00    |
| PA Hull                                 | 260.00    |
| <i>Activities</i>                       |           |
| VFW Post #3772                          | \$ 75.00  |
| American Legion Post #552               | 50.00     |
| Chubby Underwood                        | 50.00     |
| DAV #17                                 | 250.00    |
| Mexico Elks #919                        | 210.00    |
| Delbert Buck                            | 150.00    |

|  |           |
|--|-----------|
| VFW Post #2657                         | 1600.00   |
| Louisiana Elks #791                    | 100.00    |
| Grand Lodge of the Elks                | 300.00    |
| Mokane Bar & Grill                     | 80.00     |
| Tieman Blackburn Auxiliary #478        | 100.00    |
| Helen Miller in memory of Lewis Miller | 1000.00   |
| Freedom of the Road Riders Local #13   | 300.00    |
| Michael Mackey                         | 45.00     |
| Knights of Columbus - Martinsburg      | 100.00    |
| American Legion Auxiliary #388         | 200.00    |
| Laura & Earl Bail & Linda Baker        | 190.00    |
| DAV #17                                | 1000.00   |
| <i>Poker Run:</i>                      |           |
| Dan Carson                             | \$ 247.00 |
| Larry Hagar                            | 100.00    |
| Kenneth Harr                           | 25.00     |
| Rochard Wylde                          | 20.00     |
| <i>Therapy Equipment:</i>              |           |
| Sons of American Legion Post           | \$1000.00 |
| <i>Bingo:</i>                          |           |
| VFW Post #2173                         | \$ 60.00  |
| VFW Auxiliary #2173                    | 60.00     |
| Michael Mackey                         | 10.00     |
| Jean Baysinger                         | 50.00     |
| VFW Post & Auxiliary #2657             | 75.00     |
| VFW Auxiliary #2657                    | 75.00     |
| VFW Post #4088                         | 20.00     |
| VFW Auxiliary #4088                    | 20.00     |
| James Bledsoe American Legion Post #26 | 600.00    |
| American Legion Post #552              | 300.00    |
| Charlie & Cathy Schafer                | 200.00    |
| Laura & Earl Bail & Linda Baker        | 60.00     |
| <i>American Legion Gift Shop:</i>      |           |
| American Legion Auxiliary #370         | \$ 100.00 |
| <i>PACE:</i>                           |           |
| American Legion Auxiliary #370         | \$ 50.00  |
| <i>Indigent:</i>                       |           |
| VFW Auxiliary #5923                    | \$ 100.00 |
| Adair VFW Post #2508                   | 60.00     |
| Ernest K. Gerhardt VFW Auxiliary #5923 | 100.00    |
| <i>Special Care Unit:</i>              |           |
| American Legion Aux. Old Trails #198   | \$ 25.00  |
| <i>Clothing Protectors:</i>            |           |
| Hermann VFW Auxiliary #4182            | \$ 25.00  |
| <i>Adopt-a-Vet:</i>                    |           |
| Oliver Buehrle DAV #17                 | \$ 750.00 |
| Vandalia VFW Auxiliary #2173           | 48.00     |
| <i>Christmas:</i>                      |           |
| Grand of MO Running Bare MOCA #5       | \$ 50.00  |

# ***NEW MVH Staff Phone Directory***

## ***Missouri Veterans Commission, Department of Public Safety & State of Missouri Employee of the Month Announcements***

Missouri Veterans' Home Phone # 573-581-1088  
Missouri Veterans' Home Fax # 573-581-5356  
Clinic Phone # 573-581-9630  
Clinic Fax # 573-581-0315

### PLEASE NOTE EXTENSION NUMBERS

|  |      |
|--|------|
| Adams, Don - Engineer                  | 1241 |
| Allison-Mitchell, Yvonne - VSO         | 1258 |
| Ames, Teresa - Environmental Serv.     | 1287 |
| Baker, Angie, Asst. Administrator      | 1283 |
| Baldwin, Linda - Personnel             | 1254 |
| Benne, Marlene - Staff Devel. Coord.   | 1262 |
| Blackburn, Janna - 2nd Floor Unit Mgr. | 1289 |
| Broughton, Brooke - Storekeeper I      | 1280 |
| Bybee, Carolyn - MDS Coordinator       | 1302 |
| Clay, Teresa - 1st Floor Unit Mgr      | 1291 |
| Davidson, Rita - LPN, Social Services  | 1273 |
| Edwards, Aliesha - 3rd Floor Unit Mgr  | 1267 |
| Ezell, Brenda - Administrator          | 1251 |
| Farnen, Jeanie - C.I.T.                | 1255 |
| Flowers, Marisa - Supv. Health Info.   | 1264 |
| Leible, Ron - Supply Manager           | 1279 |
| Maggard, Nicole - Activity Aide        | 1295 |
| McCluggage, Kathy - Accountant         | 1256 |
| McManus, Matthias - Barber             | 1276 |
| Paden, Susan - Volunteer Services      | 1286 |
| Polacek, Joyce - Physical Therapy      | 1259 |
| Reimann, Darrin - Recreation Therapy   | 1271 |
| Rodenbaugh, Lisa - Nursing Scheduler   | 1252 |
| Secrease, Connie - Medical Records     | 1260 |
| Smithee, Stacie -Dir. Social Services  | 1265 |
| Stevenson, Patrick - D.N.S.            | 1263 |
| Stewart, Bonnie - Account Clerk        | 1257 |
| Stone, Nicole - Social Services        | 1272 |
| Spoor, Amy - Receptionist              | 1250 |
| Wages, Jessica - Admission Coordinator | 1253 |
| Whelan, Heather - Timekeeper           | 1301 |
| Winkelman, Kathy - Activity Therapist  | 1270 |
| Young, Sandy - Food Service Manager    | 1278 |
| 1st Floor Nurses Station               | 1221 |
| 2nd Floor Nurses Station               | 1222 |
| 3rd Floor Nurses Station               | 1223 |

Lisa Mullin, VSO in the Veterans Service Program's Southeast Region, was selected as the September 2014 Missouri Veterans Commission Employee of the Month. She was nominated by her peers and selected for her exceptional performance. Her workload increased significantly with assisting the Veterans at the Kennett and Bloomfield VSO locations, yet she maintained her status as one of the top ten MVC VSO's in submitting and processing fully developed claims. Lisa's dedication for those we serve reflects well on the Commission as whole and on herself in particular. ***Congratulations, Lisa!!***

Felicia Studeny, NA I within the Missouri Veterans Commission, was selected as the September 2014 Employee of the Month for the Department of Public Safety. Felicia was selected for this award because of her ability to excel as a quality caregiver. On a daily basis, she showcases her abilities in recognizing and/or knowing specific Veteran needs and preferences, while giving the best, homelike, safe, quality care in her every interaction with every Veteran. She model excellence and inspires motivation in her coworkers to serve Veterans in the same manner that she demonstrates daily. ***Congratulations, Felicia!!***

Donnetta Iven, Administrative Office Support Assistant for the Veterans Homes Program, was selected as the October 2014 Missouri Veterans Commission Employee of the Month. She was nominated by her peers and selected because of her willingness to go above and beyond when she took on the task of updating an outdated Fleet Management System for the Homes Program. Her organizational skills enabled her to find the time over a several week period to work on this while also keeping up her other duties. Donnetta was required to learn the Fleet Management System through interaction with the state fleet manager and coordinate her efforts collaborative with central office purchasing. In addition, the task required her to assemble several months of historical data in order to ascertain a starting point for the project and ultimately bring all records up to current status. This project took countless hours of effort over a multiple week period of time and her determination to complete the task was unwavering. While employed with the MVC she has day after day exemplified true dedication to the Commission's Mission Statement of honoring and serving our Veterans. She is a true role model for all Commission staff. ***Congratulations, Donnetta!!***

Carita Trent, Senior Office Support Assistant (Keyboarding) within the Missouri Veterans Commission - Higginsville Veterans Cemetery, was selected as the October 2014 Employee of the Month for the Department of Public Safety. She was selected for this award for the exemplary standards she exhibits in establishing and maintaining a professional work environment, while at the same time being supportive, inviting and compassionate to the families of the Veterans. Patience, compassion and understanding are all synonymous traits with Carita's personality and work ethic. ***Congratulations, Corita!!***

## NOTES FROM HOME

Dear Veterans Home Staff,  
My Dad, Leo Bailey, was in your care for a number of years. Living in California, I was able to visit several times, but I could not be there on a regular basis. I did speak to Dad weekly on the phone. He never failed to comment that he was in such a great place where he was well taken care of. He constantly talked about the food, recreational programs and the medical care he was getting. It was always positive. He liked all of you but his favorite was Mandy. Thanks Mandy for making his last years more worthwhile. My brother Bob told me that if Dad so much as sneezed, you called. That is called "going the extra mile."  
Dad is in a better place now, even though I know he hated to leave the Veterans' Home. You should all be proud of what you do there. As a son from so far away, I am especially grateful.  
Thank you for all that you  
Sincerely,  
Jim Bailey

Mexico VA Staff,  
I am so thankful that you all shared Daddy's (Fred L. Hooper Sr.) journey. He was one of a kind. I know you all miss him as much as we do. Thanks for everything.  
His Daughter from Florida,  
Paula Taylor & Family

First Floor Nursing Staff,  
Our Family wants to thank you for the excellent care & friendship you gave to our loved one. He gained almost 2 years more life after coming to VA. You spoiled him well. We will miss seeing everyone just know we appreciate everything.  
The Family of Charles "Charlie" Nichols

Dear Veterans Home:  
I wanted to give back to the only home my dad knew for this last 10 years. Our family appreciated everything the home did for my dad. I asked all memorials to go to the Veterans Home and use them as you see fit.  
Again, thank you for everything.  
In memory of L. Wayne Wilson  
Shelly Helms

## MEMORIALS

*In loving memory of Howard Frye:* Marie Frye, Pauline Willis, Rosalie Wertz, Kermit & Mildred Ellis, Ralph & Gail Leonard, Sharon Lea Wilson  
*In loving memory of Wayne Wilson:* Anonymous, James & Anne Wilson, James & Alva Cunningham, John & Gennette Sappington, Twyla Bennett, Robert & Carol Little, Vera Sappington, Marjorie Vandermillion, Ola Mae Taggart, Melvin & Alicia Wilson  
*In loving memory of Chet Williamson:* Jean Burke, John & Emma Lee McMurtry  
*In loving memory of Rev. Nathaniel Roe:* John & Emma Lee McMurtry  
*In loving memory of Lelia Myers:* Daniel Boone Post #80 - Marthasville  
*In loving memory of Al Dutton:* Harold & Mary Lou Enslin, Mary Ellen Sweitzer, Donald Bryan, Chuck & Betty Ball, Ted Albin & Jan McFarling, John & Carol Elder, Mr. & Mrs. Don Buck, Mr. & Mrs. Val Eikel, Tops # MO0449 Mexico, Linda & Howard Oller, MURPAC USA Inc.,  
*In loving memory of Donald Reinwald:* Arlie & Pattie Reinwald  
*In loving memory of Arthur Schuchardt:* Daniel & Sandra Schuchardt  
*In loving memory of Leo Bailey:* Steve & Shirley Smith, Charlotte Acton  
*In loving memory of Doris Myers:* William & Ruth Gritton  
*In loving memory of Homer Spradlin:* John & Carol Elder, Berry & JoAnn Azdell, Casper "Ed" & Helen Weber, Brenda & Jim Hale, Virginia Dranselka, Norris & Gloria Acker, T.J. & Louise Arnold, Kingdom Telephone Employees, Mr. & Mrs. John Houston, Jerry & Vivian Norton, Magda Girgis & Connie Jenkins, Joann Culver, Robert & Charlene Gilmore, Bob & Nettie Johnson, Jay & Cindy Baker, Ron Atkinson, John & Paula Isgrig, Bud & Carol Leible, James & Leslie Montcalm, Barb Spradlin, United Credit Union, William E. Brooks II, Charles & Mary Jean Seale, FBC Ladies SS Class, Mr. & Mrs. J.C. Rountree, Happy Homemakers Club, Kenneth & Patricia Butler  
*In loving memory of Josh's grandfather:* Mary Reams  
*In loving memory of LaMont Wortmann:* David & Janet Potts  
*In loving memory of Hazel Hanson:* David & Janet Potts, Terry & Trudy Collins, Charles & Linda Pate, Jack & Joyce Davis, Glenn & Susan Wheeler, Thomas Mitchell, Jim & Judy Dye, Dorothy Carter  
*In loving memory of Marguerite Mongler:* Harry Durbin  
*In loving memory of Jean Grimes:* American Legion Auxiliary #349  
*In loving memory of Claudine Stewart:* Vandalia VFW Auxiliary #2173  
*In loving memory of Charles Nichols:* Larry, Alberta, Letha Lockridge, Nancy Loyd, Union Baptist Church, Carroll & Jane Curry, Mike & Lynn Nichols, Brian Nichols, Jeff & Christina Nichols & Family, Roy & Linda Seale, Lois Motley, Gertrude Roumal Presnell  
*In loving memory of Bob Feiner:* Deirk & Maria Feiner, Melissa Tague  
*In loving memory of William "Shorty" Diehl:* Larry & Janine Smiley  
*In loving memory of Archie Ketchum:* Harry Durbin  
*In loving memory of Russell Brockfeld:* Mark & Reva Pollard, Betty Busekrus, Tom & Janet Lafferty, John & Linda Nordwald, Michelson Plumbing, Travis & Terry Gerard, Allan & Nita Hasenjaeger, Hasenjaeger Trucking, Brad & Susie Busekrus, Lonnie & Joyce Hollaway, Robert & Pam White, Roger & Janet Karrenbrock, John & Debbie Gerdeman, Brenda & Kevin Eggeing, Dorothy Keith & Jeff Haelsch, Chris & Kathy Pottebaum, Don & Janis Wright, The David Brockfeld Family, The Mittler Family, Elaine Jaspering, Anonymous, Charles Nordwald, Lavonna Frye & Melody Schowe, Paul & Edna Lix, James Boos, Frank & Cheryl Stuerman, The Hirtz Family, Marie Hollenbeck, Jeremy & Tammy Williams, Keith & Jan Sutherland, Warren County Republican Committee, Ralph & Kristina Hellebusch, The Roy Jaspering Family, Ron & Lynn Dutton, LaUna Wyatt, Robert & Sue Schlander, David & Carla Chaffin, Bill & Jean Mobley, Napa Auto Parts, Gary Heldt, Ronald Johnson, Community Wholesale Tire, Inc., Brent Development LLC, Scott Agency, Inc.,

# *ADMINISTRATOR'S REPORT*

*Submitted by: Brenda Ezell*

Tis the season to be thankful! I am thankful to have the opportunity to step into the role as Administrator. I am looking forward to starting this journey in my new role serving those who have served. I would like to give a big welcome to Angie Baker who has accepted the position as our Assistant Administrator. She comes to us from the Warrenton Manor, in Warrenton, Missouri., where she was the Administrator of the 120 bed skilled nursing facility.

After starting her career in various law practices as a paralegal, bookkeeper, and an assistant in trial preparations, Angie spent the next 10 years as a stay at home mom. She re-entered the workplace as the Business Office Manager of Warrenton Manor. Feeling the desire to further herself, she enrolled in college nearly 20 years after graduating from high school. She faced this challenge head on while working full-time, completing an Administrator in Training program, and taking care of her family. She completed her degree from Columbia College and has been a Licensed Nursing Home Administrator with the State of Missouri for over two years.

Angie grew up near the Current River in Salem, Missouri, where she enjoys returning to the family farm and cabin that her grandparents built. Angie and her husband, Shawn, have what they describe as the "Brady Bunch Marriage". they have a total of 5 children between the two of them! Austin 20, Isaac 17, Nathan 16 and drumroll please...twins Hannah and Grace...12 years old. They enjoy their hectic life immensely, but certainly look forward to an occasional weekend alone on the farm or various B & B's. Angie is also an accomplished pianist, guitar player and vocalist, who has lead praise and worship at various local churches.

Angie expresses that she is so excited about the opportunity to serve the Veterans here at Missouri Veterans' Home in Mexico. She has a special place in her heart for Veterans as both of her grandfathers served in WW II. She is looking forward to establishing long lasting and meaningful relationships with staff, Veterans and their families.

Christmas will be here before we know it! As always we have a fun filled Christmas season planned for our Veterans. From carolers to Christmas parties, it is sure to be a Christmas to remember. The 2nd floor will have their party on Wednesday, December 17th at 1:30 and 1st & 3rd floors will have theirs on Thursday, December 18th at 1:30. A "Christmas Shop" is in the works for the Veterans to be able to pick out gifts for loved ones.

# *A Soldier's Christmas*

*By: Lance Corporal James M. Schmidt*

"Twas the night before Christmas, he lived all alone,  
in a one bedroom house made of plaster and stone.  
I had come down the chimney, with presents to give,  
and to see just who in this home did live.  
I looked all about, a strange sight I did see,  
no tinsel, no presents, not even a tree.

No stockings by mantle, just boots filled with sand,  
and on the wall pictures of far distant lands.  
With medals and badges, awards of all kinds,  
a sobering thought came to my mind.  
For this house was different, so dark and so dreary,  
the home of a soldier, now I could see clearly.

The soldier lay sleeping, silent, alone,  
curled up on the floor in this one bedroom home.  
The face was so gentle, the room in such disorder,  
not how I pictured a United States soldier.  
Was this the hero of whom I'd just read?  
Curled up on a poncho, the floor for a bed?

I realized the families that I saw this night,  
owed their lives to these soldiers who were willing to fight.  
Soon round the world, the children would play,  
and grownups would celebrate a bright Christmas day.  
They all enjoyed freedom each month of the year,  
because of the soldiers, like the one lying here.

I couldn't help wonder how many lay alone,  
on a cold Christmas eve in a land far from home.  
The very thought brought a tear to my eye,  
I dropped to my knees and started to cry.  
The soldier awakened and I heard a rough voice,  
"Santa don't cry, this life is my choice;

I fight for freedom, I don't ask for more,  
my life is my God, my country, my corps."  
The soldier rolled over and soon drifted to sleep,  
I couldn't control it, I continued to weep.  
I kept watch for hours, so silent and still,  
and we both shivered from the cold evening's chill.

I didn't want to leave on that cold, dark, night,  
this guardian of honor so willing to fight.  
Then the soldier rolled over, with a voice soft and pure,  
whispered, "Carry on Santa, it's Christmas day, all is secure."  
One look at my watch, and I knew he was right,  
"Merry Christmas my friend, and to all a good night."

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# ***WELCOME.....***

***Mr. Louis Anesi*** was admitted on July 23, 2014 from Centralia, MO as the 1444th resident. Mr. Anesi served in the United States Army from 1952 - 1954.

***Mr. Albert Dutton*** was admitted on July 30, 2014 from Mexico, MO as the 1445th resident. Mr. Dutton served in the United States Navy from 1944 - 1946.

***Mr. Larry Friedersdorf*** was admitted on August 18, 2014 from Cape Girardeau as the 1446th resident. Mr. Friedersdorf served in the United States Marine Corps from 1968 - 1992.

***Mr. Adolph Rembish*** was admitted on August 19, 2014 from Columbia, MO as the 1447th resident. Mr. Rembish served in the United States Navy from 1944 - 1946.

***Mr. Benjamin "Ben" Richards*** was admitted on August 21, 2014 from Carrollton, MO as the 1448th resident. Mr. Richards served in the United States Navy from 1948 - 1970.

***Mr. Calvin "Leo" Freeman*** was admitted on August 27, 2014 from Mexico, MO as the 1449th resident. Mr. Freeman served in the United States Navy from 1944 - 1946.

***Mr. Morris Martin*** was admitted on August 28, 2014 from Silex, MO as the 1450th resident. Mr. Martin served in the United States Navy from 1942 - 1962.

***Mr. Vito Ponticello*** was admitted on September 4, 2014 from Wentzville, MO as the 1951st resident. Mr. Ponticello served in the United States Marines from 1942 - 1945.

***Mr. Albert Davis*** was admitted on September 8, 2014 from Martinsburg, MO as the 1452nd resident. Mr. Davis served in the United States Army from 1944 - 1945.

***Mr. William Howard Collins*** was admitted on September 17, 2014 from Columbia, MO as the 1453rd resident. Mr. Collins served in the United States Navy from 1941 - 1945.

***Mr. Edward Gibbs*** was admitted on September 18, 2014 from Columbia, MO as the 1454th resident. Mr. Gibbs served in the United States Army Air Corp from 1944 - 1945.

***Mr. James "Jim" Lawrence*** was admitted on October 8, 2014 from Fulton, MO as the 1455th resident. Mr. Lawrence served in the United States Army from 1953 - 1955.

***Mr. James "Jim" Pope*** was admitted on October 29, 2014 from Columbia, MO as the 1456th resident. Mr. Pope served in the United States Navy from 1944 - 1946.

***Mr. Donald Marshall*** was admitted on November 4, 2014 from Wellsville, MO as the 1457th resident. Mr. Marshall served in the United States Army from 1967 - 1968.

***Mr. Edward Hendley*** was admitted on November 12, 2014 from Columbia, MO as the 1458th resident. Mr. Hendley served in the United States Air Force from 1962 - 1968.

## ***Long Last, Laid to Rest*** by Roger W. Hancock

American Soldiers fight abroad,  
duty to their country.  
Each man fights the battles brave,  
victory over fear inside.  
Wounded in battle brave,  
sent back home to heal.  
Valor 'till wounded death,  
telegram sent to family.  
Honors to those returned,  
have held the wartime memories.  
Soldiers brave, left unknown,  
captured or dead...remained missing.  
Offensive against German towns,  
Eastward through the forest.  
Battle of Vossenack and Schmidt;  
German, American confrontation.  
Longest battle of the war,  
left many fates unknown.  
Fifty-six years beyond the battle,  
American MIA is found.  
Remains are found in year 2000,  
clearing wartime ordinance.  
eight long years to identify,  
by DNA, Dental and circumstance.  
Now a hero is laid to rest,  
duty done, may peace be yours.

## ***EMPLOYEES COMPLETE CLASS***

After an intense interviewing process a group was selected and hired to be trained as Certified Nursing Assistants (CNA). The class started on September 29, 2014. CNA students must complete 80 hours of classroom training and 100 hours of clinical (on the job training during which they practice the skills learned in class while working with a mentor). Throughout the classroom process students are tested over the educational information and must maintain an 80% to remain in the program. Once classroom and clinical training is complete the state test is performed by a state examiner. The state exam is 75 questions and students must achieve an 80%. Following the written exam students perform and pass a series of nine clinical skills while being observed by the examiner: Bathing, Feeding, Hand Washing, Vital Signs, Dressing and Grooming, Gloving, Transfer Techniques, Skin Care, Active and Passive Range of Motion.

Please congratulate our newest CNA's as of November 11, 2014; Gina Leake, Russell Lovelace, Jaimy McCune and Alex Waage. These students have worked hard and are looking forward to serving America's hero's.

***LAST MINUTE  
CHRISTMAS GIFT  
NEEDED??***

***MVH COOKBOOKS***

***AVAILABLE IN THE  
CANTEEN***

***\$5.00 EACH***

***Be sure to stop by and get one  
or more for the special cooks at  
Christmas!!***

***CHRISTMAS HOLIDAYS  
BY: THOMAS HOOD***

Along the Woodford road there comes a noise  
Of wheels, and Mr. Rounding's neat post-chaise  
Struggles along, drawn by a pair of bays,  
With Reverend Mr. Crow and six small boys,  
Who ever and anon declare their joys  
With trumping horns and juvenile huzzas,  
At going home to spend their Christmas days,  
And changing learnings pains for pleasure's toys.  
Six weeks elapse, and down the Woodford way  
A heavy coach drags six more heavy souls,  
But no glad urchins shout, no trumpets bray,  
The carriage makes a halt, the gate-bell tolls,  
And little boys walk in as dull and mum  
As six new scholars to the Deaf and Dumb!

***\*\*\*\*\****

# MEXICO VETERANS HOME SALUTES, Con't...

Kathleen Fennewald

## Noble Coleman

Noble was born on July 17, 1921 in Philadelphia, Missouri. He had one brother. Noble's father died when he was an infant and his mother moved to Hannibal to be a nurse.

After his mother remarried, they lived on a farm outside New Canton, Illinois where his step-father was a farmer. As a child Noble loved playing baseball and usually played 1st base. He played baseball through high school and graduated from New Canton High School.

After high school Noble entered the Army and served from 1946-1947 as automotive mechanic in Japan. While there he enjoyed taking photographs when he wasn't fixing vehicles or transporting. From his service he earned a lapel button.

After service Noble moved to Hannibal, Missouri where he met his wife. They married July 12, 1948 and enjoyed a good marriage. They had one child, Larry, who lives in Hannibal with his wife, Gloria. Noble enjoyed taking his family on trips, especially to Yellowstone and Colorado. He also liked photography and working in his workshop. He enjoyed fixing things for friends and neighbors and had a knack for inventing new things like new tools and lights. Noble worked for the City of Hannibal Street Department for 32 years. He eventually became the Assistant Street Commissioner for Hannibal and retired in 1986.

After retirement, Noble enjoyed watching Cardinal baseball games and Western movies and also collecting things. He has a bible collection, pen/pencil collection and various other small collections. He is a member of the Masonic Lodge.

We are so proud to know and serve Noble Coleman. Please join us in congratulating Noble and his family as we salute him as the October Resident of the Month!

Kathleen was born on March 10, 1924 in Martinsburg, Missouri as one of eight children. She had two brothers and five sisters. Her father was a postmaster and her mother was a homemaker until the kids grew up and then she worked as a part-time post office clerk. Kathleen loved playing baseball and marbles as a kid. She grew up living across from the priest/nun house in Martinsburg and got their mail for them every day. She attended the parochial school, which went up to tenth grade, and then she finished her high school education at the public school in Martinsburg. During high school Kathleen played the clarinet at music contests and sang high soprano in choir.

After high school graduation, Kathleen worked for a year at the post office and then worked for two years at the Army Medical Center in St. Louis. When she turned 20 she enlisted in the Navy.

Kathleen completed her initial Navy training at Brown's Women's College in Bronx, New York. At the end of her initial program she and her friends had two days off and went shopping downtown, went to see the Rockettes and to the Roosevelt Hotel for the afternoon dances. Then she went to Sampson New York to attend the Sampson Postal School where she learned how to open and run a post office. She recalls having to learn 10,000 abbreviations. During this second training, she and her friends had three weekends off. They spent two weekends in Rochester, New York where she saw a performance by the drummer Gene Krupa. And they spent one weekend in Canada where she saw the Niagara Falls. After completing her post office training, Kathleen went to San Francisco, California to work at the Fleet Post Office. It was hard work. Her rotation required her to work eight hour days, seven days in a row, and then the eighth day off. She worked at the post office until her honorable discharge in March 1946. From her service she received a Good Conduct Medal, Honorable Service Lapel Button, Honorable Discharge Emblem and an Honorable Discharge Pin.

After her discharge from the Navy, Kathleen returned to Martinsburg and four months later married Fonsey Fennewald. They enjoyed a great marriage and family life on a farm. He raised crops and cattle and she was a homemaker. They had seven children. Betty Ann lives in Australia, Karen lives in Salisbury, Missouri; Mike and Nancy live in Martinsburg, Mark lives in Benton City, and Becky and Fran live in Columbia. Kathleen and her family enjoyed big dinners on the holidays. She and her husband enjoyed several trips to Las Vegas over the years. She continues to enjoy a large family, having 18 grandchildren and many great-grandchildren.

Kathleen came to the Missouri Veterans' Home in September 2012. We are so proud to know and serve her. Please join us in congratulating Kathleen and her family as we salute her as the November Resident of the Month!



Above Left:  
Jack opens the trunk on his  
corvaire to show off the engine.



Top Right:  
Blue Star Memorial Dedication  
at the Annual Family Day  
celebration.



Left Middle:  
Shorty looking at the antique  
tractors and a hummer.

Left Bottom:  
Kelly performs while everyone  
enjoys the car show.



**Above:**  
**“T” tries to keep warm at the St. Louis  
Cardinal ballgame.**

**Below:**  
**Ed talks tractors with his new buddy.**



**Above:**  
**Patrick and Jesse enjoying a  
Cardinal victory.**



**Above:**  
**Tim teaches Kathleen and Stephanie some  
tricks to painting at his painting class.**



**Above:**  
**Our guys get ready for a prime rib  
lunch at our Monetary Awards Banquet.**



**Above:**  
**Jesse poses by a Pontiac GTO at our  
Family Day Car Show.**

Missouri Veterans' Home  
1 Veterans Drive  
Mexico, MO 65265

Presorted Std.  
U.S. Postage Paid  
Mexico, MO  
Permit No. 244

## *Update Mailing List*

*We are constantly updating our mailing list. Please let me know if you move or change addresses, if you are receiving more than one copy of the newsletter, if you no longer want a copy or if you know of someone who would like to be added to the mailing list just call 573-581-1088 ext. 1286 or e-mail [susan.paden@mvc.dps.mo.gov](mailto:susan.paden@mvc.dps.mo.gov)*