



# EMPOWERING FAMILIES

MISSOURI FAMILIES 4 FAMILIES NEWSLETTER  
NOVEMBER 2020



## FROM THE DIRECTOR'S DESK

If you haven't had a chance yet - head over and check out our new website!!! [www.mofamilies4families.com](http://www.mofamilies4families.com)

We have expanded our regions from three to five across the state, find more information on the regions and their happenings on our website.

Missouri Families 4 Families is here to support parents/caregivers struggling with virtual learning. This is a tough time for families and children, please reach out if we can be of any assistance.

If you need support, have questions, or just need to talk contact us any time at [mofam4fam@gmail.com](mailto:mofam4fam@gmail.com) or 573-619-1322 or reach out to a regional contact. (see regions information) Also, see the Resources page on the website for crisis information.

**HAPPY FALL!!**

Barb Scheidegger, Director

MOF4F  
NEWSLETTER

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# NEWS AND EVENTS

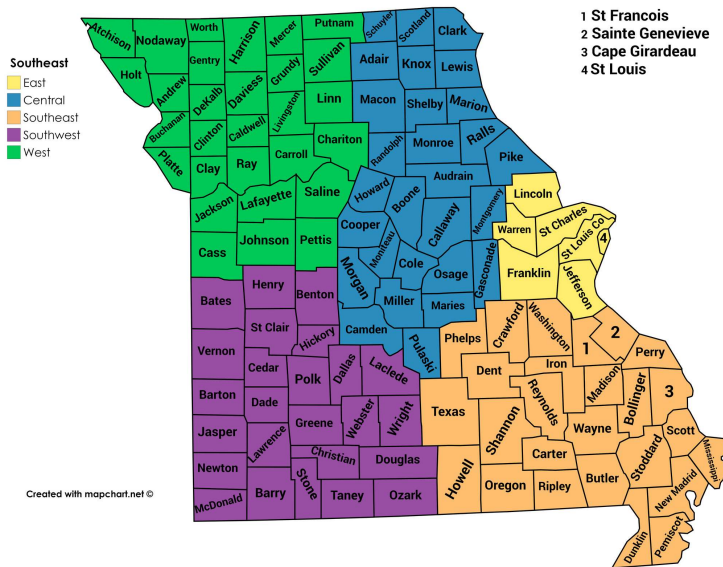
To view the  
**MOF4F Calendar  
of Events**  
**[Click Here](#)**



**Keep up with us via Facebook @MOF4F**

## Regional Spotlight

**NEW  
EXPANSION  
FROM 3 TO 5 REGIONS**



## Regions

### EAST

Rene Murph  
murphr@webster.rdu

### SOUTHEAST

Tina Oawster  
mofam4famrolla@gmail.com

### CENTRAL

Barb Scheidegger  
mofam4fam@gmail.com  
Shauna Frank  
mofam4famcentral@gamil.com

### WEST

Bonnie Neal  
mofam4famwest@gmail.com

### SOUTHWEST

Lynn Prince  
mofam4famsw@gmail.com

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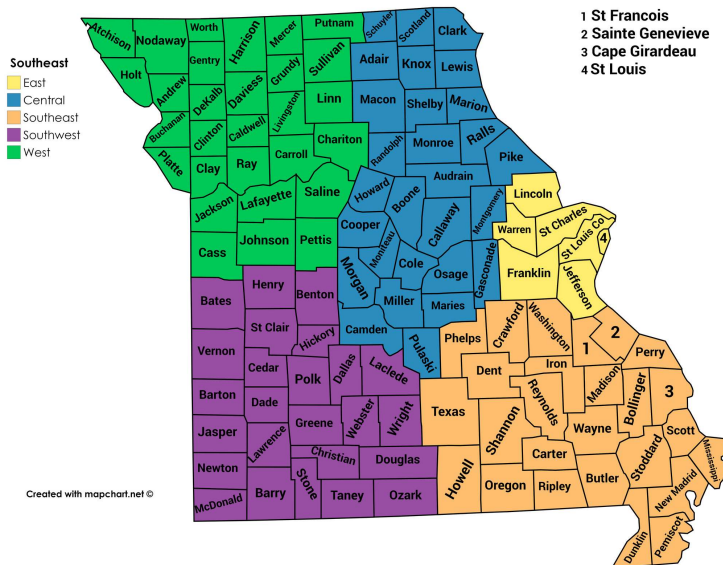
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**Families 2 Gether Support/Network  
Groups with zoom  
FREE**

**The groups can provide you as a parent, caregiver, grandparent a place to talk together. share information and resources together.**

**Check out the date, time and login of a group near you on our website  
mofamilies4families.com  
FB pages @MOF4F**

**You may contact us about a group or for support. mofam4fam@gmail.com  
573-619-1322**

**Families 2 Gether Groups by Zoom  
East Region**

*St Louis Area - date coming*

*St Charles Area-Third Thursday at 7:00 pm*

**Southeast**

*Phelps-Crawford Counties-Third Tuesday at 7:00 pm*

**Central Region**

*Jefferson City Area-First Tuesday at 7:00 pm*

*Jefferson City Area Grandparents Second Tuesday at 10:00 am*

*Lake Area Second Monday at 7:00 pm*

*Owensville Area-Second Thursday at 7:00 pm*

**Western Region**

*Kansas Area-4th Tuesday at 7:00 pm*

**Southwest Region**

*Springfield Area-Fourth Thursday at 7:00 pm*

**Check out our FB pages for login information or email us**

**mofam4fam@gmail.com or 573-619-1322**

*Opportunities*

*for parents/caregivers  
Check out our website*

**[www.mofamilies4families.com](http://www.mofamilies4families.com)**



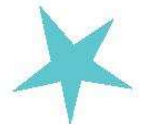
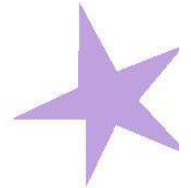
# SPOTLIGHTING OUR 2020 SHINING LIGHT AWARD RECIPIENT



**Deborah Murphy  
from Grandview**

**Grandparent  
of the year Award**

Nominated by Krissa Reddell,  
ReDiscovery Community  
Mental Health Center



**Deborah adopted four of her grandchild.  
She has been the face of resilience and strength while  
advocating for them in the legal system as well as  
getting accommodations at school.  
She is open to suggestions and willing to try anything  
regardless of how of the box the idea may seem.  
Deborah has spent hours with her grandchild at  
school and advocating for an IEP.  
She hand wrote twenty-two page documenting all  
challenges faced in the last four years.**



# Nurture your mental health while social distancing.

Social distancing is the best way to help keep COVID-19 from spreading. Here are some things you can do while you're putting space between yourself and other people.

## **Be active outside**

Fresh air and exercise are good for you. But stay informed about what's best for your community. Keep a 6-foot (or 2-meter) space between you and others. Avoid gathering places like parks and playgrounds. And wash your hands well when you get home.

## **Try something new**

Use this time to pick up that dusty guitar, paintbrush, or pen. Or take an online course on a subject you're interested in.

## **Reach out to family and friends**

Stay in touch with others by phone, Skype, Messenger, FaceTime, or whatever virtual communication tool you use. It may be especially important for families to stay in touch with others who live by themselves, such as friends, grandparents or other relatives. They may be feeling lonely right now.

## **Travel the world ... virtually**

While at home, you can still visit places around the world online. Search the internet for virtual tours of zoos, national parks, and museums.

## **Do things to relax your mind**

Listen to relaxing music. Watch movies. Read books. You can also learn to relax your body and mind through meditation and imagery.

## **Take a break from the news**

Although it's important to keep up with the news about COVID-19, it can be a good idea to take some time each day to unplug from devices and the TV. You could use the time to play a board game or do a puzzle.

## **Write**

Keep a journal, or write letters, cards, or emails to friends and family members. Expressing yourself in writing can be a good way to reduce your stress. And when you write to other people, they'll feel good too.

## **Feel your feelings**

Laugh. And cry. It's okay to feel whatever you're feeling right now. Everyone feels different things at different times. Take extra care. Forgive yourself and others.

With care and a little time, you'll get through this. Be kind to yourself and those around you.

<https://www.peacehealth.org/medical-topics/id/acl0083>

# Kid Approved FUN Recipe!

## Annie's Fruit Salsa and Cinnamon Chips



Easy to make, tasty fruit salsa and cinnamon tortilla chips. Great as an appetizer or a snack. Great for anytime!

**Prep:** 15 mins

**Cook:** 10 mins

**Additional:** 20 mins

**Total:** 45 mins

**Servings:** 10

**Yield:** 10 servings



### Ingredients

2 kiwis, peeled and diced  
2 Golden Delicious apples - peeled, cored and diced  
8 ounces raspberries  
1 pound strawberries  
2 tablespoons white sugar  
1 tablespoon brown sugar  
3 tablespoons fruit preserves, any flavor  
10 (10 inch) flour tortillas  
butter flavored cooking spray  
2 tablespoons cinnamon sugar

### Directions

#### Step 1

In a large bowl, thoroughly mix kiwis, Golden Delicious apples, raspberries, strawberries, white sugar, brown sugar and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.

#### Step 2

Preheat oven to 350 degrees F (175 degrees C).

#### Step 3

Coat one side of each flour tortilla with butter flavored cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.

#### Step 4

Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes. Serve with chilled fruit mixture.

### Nutrition Facts

#### Per Serving:

312 calories; protein 6.8g 14% DV; carbohydrates 59g 19% DV; fat 5.9g 9% DV; cholesterol 0mg; sodium 461.7mg 19% DV.

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## WHO WE ARE

Missouri Families 4 Families was organized in 2006 in Jefferson City with families from the Central and Southwest areas of the state who have personal life experiences as families who have children and youth with social emotional, behavioral, and/or mental health needs. They had a vision to use their experiences to support and help other families across the state of Missouri. MOF4F represents families statewide by being a voice for families on state and local committees and advocating for families who have children/youth with mental health needs.



## OUR MISSION

Bring hope to Missouri's families with children and youth who have emotional and behavioral health needs.

### At MOF4F we:

- Nurture and support family connections to each other and to quality services
- Provide family assistance through information, support, training and technical assistance in local communities resulting in self-advocacy
- Promote family voice on decision making committees that develop and monitor policy, planning, and service delivery for children/youth with emotional behavioral needs at all levels of services

## HOW TO CONNECT WITH MOF4F

If you or someone you know is in need of support or has concerns about their child, we invite you to contact us to get help from parents who understand.

**CALL: (573) 619-1322**

**EMAIL: [MOFAM4FAM@GMAIL.COM](mailto:MOFAM4FAM@GMAIL.COM)**

**VISIT: [MOFAMILIES4FAMILIES.COM](http://MOFAMILIES4FAMILIES.COM)**

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