

# BEAR POWER

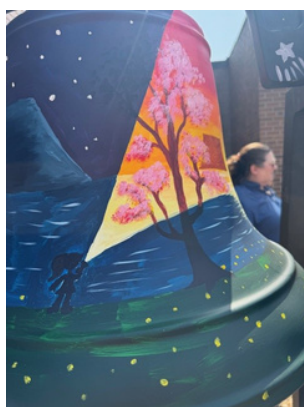
May 2024

# MAKE YOUR MISSOURI STATEMENT™

## Be Well Bell!



The Springfield Police Department, in partnership with Burrell Behavioral Health, hosted a special ceremony and dedication to reveal the new SPD Be Well Bell. In the 1950s, many of the shackles and chains that had been used as restraints in asylums were melted down and then cast into bells as a sign of hope.



This new work of art, painted by Abilities First Community Education Art Instructor Susie Dains, represents SPD's support for mental health initiatives. Dains is a graduate of the Missouri State Bear POWER (Promoting Opportunities for Work, Education and Resilience) Program and currently teaches art for Abilities First. "Mental awareness is definitely something important to me and also meant for so many other people. If my art can inspire people to get that help they need, I'm glad to donate my services and my time to give them that little hope that they need."

Susie graduated from Bear POWER's first cohort!

Sources: [www.springfieldmo.gov](http://www.springfieldmo.gov) and <https://www.ky3.com/2024/05/24/new-art-installation-springfield-police-hq-dedicated-supporting-mental-health-police-officers/>

## UPCOMING EVENTS

- Application for Fall 2025 opens August 1, 2024
- SOAR - August 15th
- Welcome Weekend August 15-18  
(<https://www.missouristate.edu/Welcome/full-schedule.htm>)
- August 19th - First day of classes



# 2024 Advocate Awards!

According to the Merriam-Webster Dictionary an advocate means, "one who supports or promotes the interests of a cause or group". Advocacy doesn't require specialized training or knowledge. It just requires working towards a solution for a purpose to help others. Bear POWER appreciates all MSU students, staff, faculty, and community members that advocate for our students and others that have disabilities.

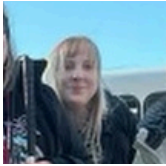
These people were nominated and voted on by MSU Bear POWER students, MSU Ambassadors, and staff.

We want to acknowledge these people as Advocate Award winners from Bear POWER! Thank you for your commitment to advocate for individuals of all abilities and support of students in the Bear POWER Program at Missouri State University.

## Ambassadors



Jesse Cox



Olivia Campbell-Guengerich

## MSU Staff



Jeff Jones,  
Disability Resource  
Center (DRC)



Lyndsi Boysen,  
Graduate Assistant

## MSU Faculty



Liza Cobos,  
Associate Professor  
Hospitality

## Community Member



Susan Dains,  
Abilities First

*Thank  
you!*

Rachel Heinz has generously donated to Bear POWER in honor of Susie Dains! This gift will be used for inclusive community engagement/events for Bear POWER and other MSU students to come together. Rachel has a long history of supporting Bear POWER and we are extremely grateful!

Along with this gift, Jordan Heinz, State Farm Insurance, has partially matched Rachel's donation! Thank you for your donation Jordan!  
<https://jordanheinzinsurance.com/>

These gifts are going to help change lives!



## SUPPORT BEAR POWER

We couldn't help support students and give them opportunities to engage on campus without donor's financial support. If you can help support our program, please scan the QR code or go to <https://securelb.imodules.com/s/1691/foundation/interior.aspx?sid=1691&gid=2&pgid=1053&cid=1991> to make a donation!



Monthly Newsletter

## Summer!

With the semester wrapped up and summer upon us, here are some tips for the summer...

- Dedicate one hour a day to do something you enjoy! Some ideas include going for a walk, watching your favorite show, and attending a fun event.
- Make sure you are getting enough sleep each night.
- Try to be active for 30 minutes a day.
- Keep up a schedule.
- Work or volunteer over the summer to increase your skills.
- Try to cook 1 meal a week.
- Help with shopping, cleaning, yardwork.