



Helping People. Changing Lives.



GRATITUDE  
REPORT

20  
22



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Our *vision* is communities  
*without poverty.*

## From Our Executive Director

In 2022 CMCA and the world shifted from dealing with the direct effect of COVID to long term recovery. The same issues of equity, economic stability, housing, education, and health are still with us, but they seem to be amplified. While wages and employment opportunities have risen, the cost of living and job vacancies have gone up faster. CMCA is a victim of the employee shortages with which so many employers are struggling. While we try to keep Head Start classrooms open and keep up with staggering demand for utility assistance, CMCA is committed to a Whole Family Approach designed to help families navigate through this difficult environment to find the stability we all want. We have grown our housing rental assistance programs, our weatherization program, and our utility assistance program. CMCA is also renovating rental units and building new housing that people can afford. We have applied to develop 40 apartments in Jefferson City and are working in multiple communities to increase housing stock and to provide supportive services so that families can maintain their housing stability. CMCA's Women's Business Center, Financial Opportunity Center, and SkillUP programs have continued to help families find success in the workforce, in their own businesses, and with their personal finances. These efforts create the kind of long term impacts that empower people, build resilience, and improve quality of life for all members of the community.

I have great hope for the work in front of us and continue to believe that we can reach our vision of communities without poverty. This work is not CMCA's work though; it is the work of communities, and it will take tremendous support and engagement to accomplish it. Thanks to our supporters and volunteers for helping our communities get through the last few challenging years and for your sustained efforts in 2023 and beyond.



Darin Preis  
Executive Director  
Central Missouri Community Action





TOGETHER WE ARE  
**BUILDING STRONGER COMMUNITIES**



**10,945**  
Total Individuals Served



**4,479**  
Total Households Served

CMCA's Mission is to build relationships to empower people, strengthen resilience, and improve the quality of life for all members of the community.



**47.3%**  
Of Individuals Served  
Were children

## OUR BOARD OF DIRECTORS



It has been an honor to serve as President of the CMCA Board of Directors in 2022 and I am so pleased to have been elected for a second term in 2023. Central Missouri Community Action is a large organization that impacts many aspects of the communities we serve. CMCA provides

basic needs like the provision of utility and rental assistance to cost saving programs like weatherization to the workforce support and early childhood education that Head Start provides. CMCA is also heavily involved in developing housing that people can afford and creating economic opportunities like small business development and improving personal credit. Through all of these many different programs CMCA is committed to building relationships. To me that is the key to their success and to the success of our members. Relationships build social capital; the currency of resiliency. When people have networks that they can rely on when times are tough and when they pay their success forward, we have a real opportunity to improve quality of life for all members of the community. Please enjoy the following stories and statistics of success in 2022. Thanks to our supporters for making this possible. If you are moved by this work we hope you will join us in 2023 to continue this journey.

*Susan Hart*

Susan Hart

President

Central Missouri Community Action Board of Directors

Susan Hart  
*President*

Jodi McSwain  
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Berkemeyer  
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*Moniteau County*

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John Flanders  
*Howard County*

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*Callaway County*

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*Early Childhood  
Consultant*

Janet Thompson  
*Boone County*

Carolyn Lewis  
*Audrain County*

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Paula Sims  
*Cooper County*

Donna Ward  
*Moniteau County*

Alan Winders  
*Audrain County*

Ruby Young  
*Cole County*

Stephen Walker  
*Cole County*



# CRISIS SUPPORT BUILDING RESILIENCE

"When I first met Stefani," says Tracy, a CMCA Family Success Coach, "she was in tears. Her life had fallen apart, and she had no place to go and no job. She had no way to meet her family's basic needs."

Stefani came to CMCA seeking help to find housing, employment, and childcare. Tracy's team stepped into to help in all ways possible.

Because finding a safe place for Stefani and her kids to live was a priority, Tracy connected Stefani with a community support program that helped her pay the first month's rent and deposit on a new place for Stefani and her kids to live.

"Without this help, Stefani and her kids might have ended up sleeping in their car," says Tracy.

Once the family had a safe place to live, Tracy helped Stefani enroll in the program. Through the program, Stefani was able to find a good job.

To ensure that she could keep her job, Tracy also helped Stefani enroll her daughter in the Head Start Program in Osage County.

"Not only did attending Head Start help Stefani get and keep her job," says Tracy, "it has also given her daughter the skills she needs to be successful in school. She started Kindergarten this fall and is doing great!"

Throughout the time she has worked with her, Tracy says that Stefani has remained resilient.

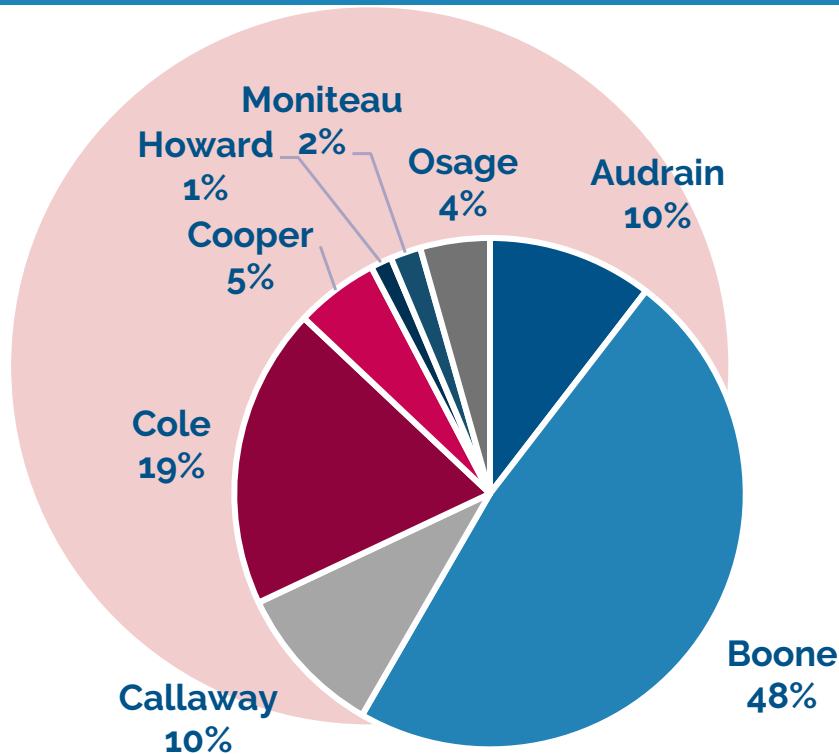
"Even when her car broke down, she didn't let that keep her from moving forward toward her goals," says Tracy.

Today, Stefani is in a very different place than she was when Tracy first met her.

"She went from being homeless to becoming a soon-to-be homeowner," says Tracy. "She has been very resilient and has worked through any barrier she has faced!"



# COVID FINANCIAL ASSISTANCE



CMCA distributed \$269,575 in crisis assistance funds to partner agencies and through direct financial assistance to individuals and families in mid-Missouri.

Funding for this assistance was possible through CSBG CARES, the City of Columbia Rental/Mortgage Assistance Program, CDBG Boone County Childcare Assistance, and three CARES partner agencies: Common Ground in Jefferson City and Our House and CARD-V in Fulton.

The majority of funds were applied to rent or mortgage payments and deposits, followed by distributions to CARES partner agencies and childcare assistance for families.

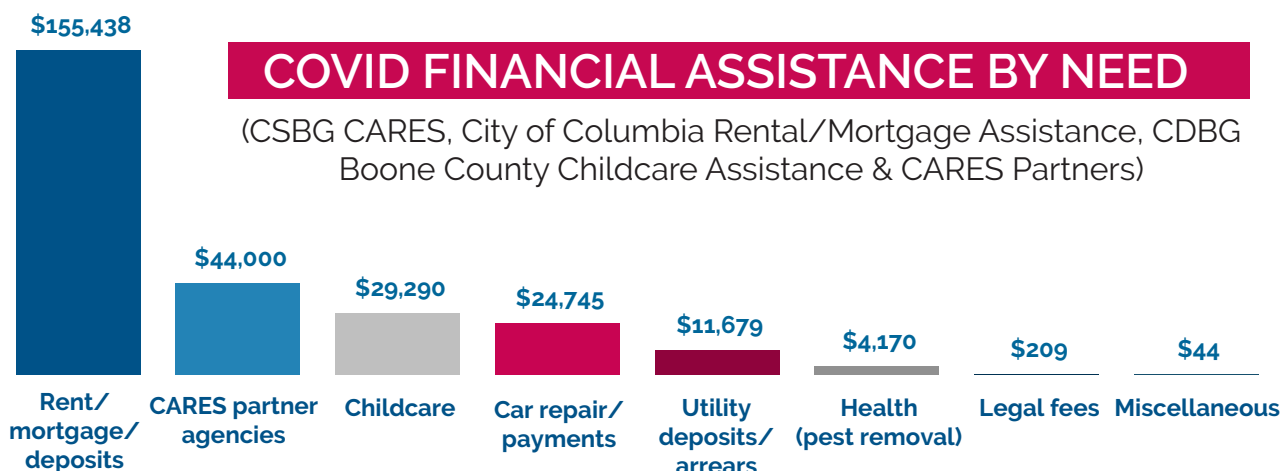
Funds were distributed across CMCA's service area, with most assistance benefiting recipients in Boone County.

  
**\$269,575**

Distributed in crisis financial assistance

## COVID FINANCIAL ASSISTANCE BY NEED

(CSBG CARES, City of Columbia Rental/Mortgage Assistance, CDBG Boone County Childcare Assistance & CARES Partners)

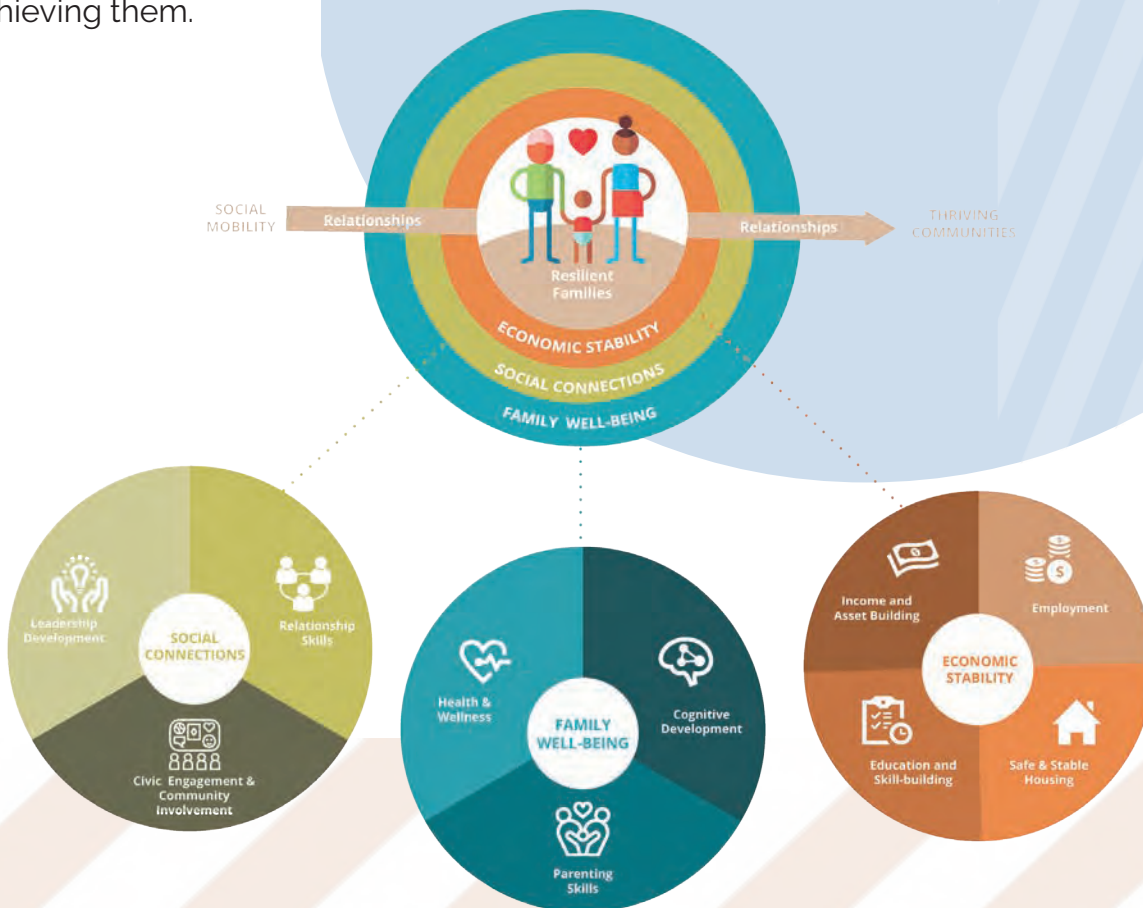




# A WHOLE FAMILY APPROACH

Central Missouri Community Action uses a Whole Family Approach to strengthen resilience for families. This approach focuses on building strong social connections, family well-being, and economic stability. CMCA staff work with families and communities by removing barriers and creating opportunities.

Coaching is the core of our Whole Family Approach. Families who receive services from CMCA are often eligible for Family Coaching services. Family Success Coaches use a strengths-based model of family coaching and work with all members of the family to address needs, overcome barriers, and support families as they set goals and work toward achieving them.



**Social Connections** includes programs centered on leadership development, relationship skills, civic engagement, and community involvement.



**Family Well-Being** includes programs centered on health and wellness, cognitive development and parenting skills.



**Economic Stability** includes programs centered on employment, safe and stable housing, education, and income and asset building.



## WHO IS CMCA'S TYPICAL MEMBER?

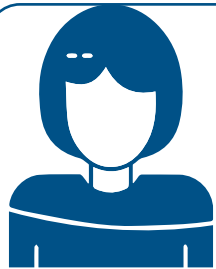
Individuals seeking support through CMCA are called Members. We refer to our Members as members, rather than clients, because the work we do with our Members is collaborative. CMCA doesn't simply provide one-time support. Instead, Members work with our staff to develop long-term, sustainable solutions to the obstacles that have kept them from being financially stable and self-reliant.

Generally, to ensure that our Members are able to move out of poverty toward financial stability and self-reliance they need the following:

- Access to living wage jobs.
- Access to affordable, safe, and stable housing.
- Quality, affordable childcare.
- Opportunities to build strong social connections, improve family well-being, and build economic stability.



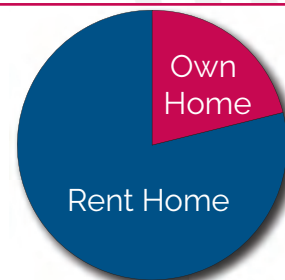
20.4%  
Have a Disability



60% Female

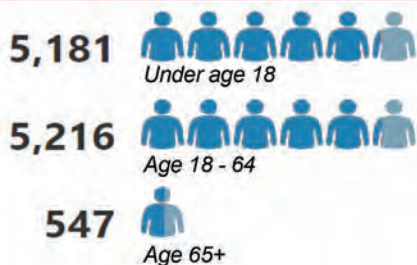


40% MALE



Housing Data

### MEMBER AGE RANGES



Typical  
CMCA  
Member



Female

18-64 years  
of age

H.S. Diploma  
or GED

White  
Non-Hispanic

Rents Home

Single Parent

## HEAD START SUPPORTING SUCCESS

Janie, a CMCA Family Support Coach, first met Sandra and her family in 2020. Sandra's family struggled to make ends meet and support her child Cayden. Cayden is a preschool child with emotional regulation problems that cause him to act out behaviorally.

Sandra didn't know how to manage his behaviors or how to help Cayden when he felt he was losing control of his emotions.

"When I first met Sandra and her family, their emotional state was frantic and worried," said Janie. "I knew I needed to be a dependable figure for them."

After meeting Sandra and Cayden, Janie began working with Sandra to complete an application for food stamps. She also worked with both Sandra and Cayden's Head Start teachers to find ways to help Cayden manage his emotions more positively. Cayden learned to use techniques that include breathing to calm himself down when he feels overwhelmed. Sandra also began using the Head Starts Conscious Discipline approach to help Cayden learn how to regulate his emotions and address negative behaviors.

Today, the family is in a much different place than they were the first day Janie met them. Thanks to their hard work and partnership with CMCA's Head Start program, they have the skills and community connections they need to thrive.

When asked how she felt about things, Sandra replied,  
"Thank you so much for helping me and my family!"

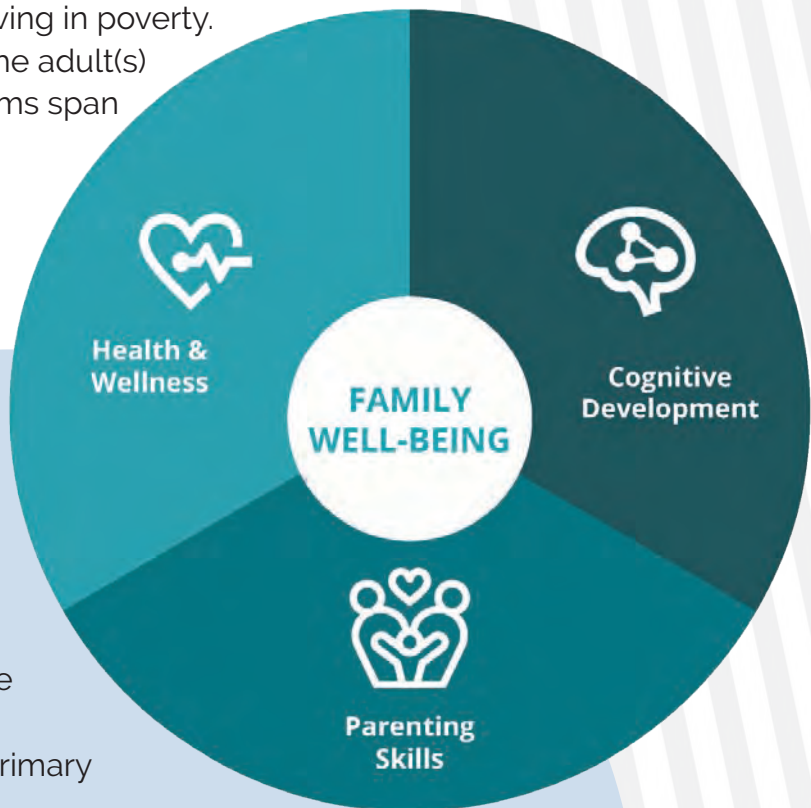


# FAMILY WELL-BEING

Our community's future depends on the well-being and success of our children. More than 19% of Missouri children, ages birth to 18 years, live in poverty. Studies show that the best way to end the cyclic effects of poverty is through early intervention and high-quality early education. When children succeed in school, they set a path toward an autonomous future. They must have support from their family and the community to get there.

In response, CMCA offers several early childhood programs that address the specific needs of children living in poverty. These programs also address the needs of the adult(s) with whom these children live. These programs span from prenatal to early elementary.

Early Head Start (EHS) provides early, continuous, intensive, and comprehensive child development services for infants and toddlers (birth-3 yrs.) living in low-income homes. It also includes family support and education for parents and expectant mothers to ensure a safe, healthy start for young children and mothers. The EHS program aims to provide safe and enriching care that promotes infants' and toddlers' physical, cognitive, social, and emotional development. It also prepares them for future growth and development. The program also supports parents/guardians in their role as primary caregivers and teachers of their children.



Head Start (HS) is a program for children ages 3 yrs.-5 yrs.

It provides opportunities for children to learn and experience success. Children participating in Head Start learn to socialize with others, solve problems, and have experiences that help them become self-confident. The children also improve their listening and speaking skills, preparing them for future success in school. Parents of children in the Head Start program also receive support to be their child's best possible caregiver and teacher.

CMCA's BRIDGE Program helps children and parents transition successfully from preschool to elementary school. The program's primary focus is to build student success by bringing the child's parents and teacher together. Working together allows them to collaboratively support the child's academic, social, emotional, and physical needs.

In addition to early childhood support, CMCA's Health Advocate program supports family well-being by working with individuals and families to ensure they have access to quality, affordable health resources.

## FAMILY WELL-BEING



894

Total children enrolled

94.2%

of infants & toddlers  
developing age-appropriate skills



70

Total children  
received medical/  
dental follow-up  
as a result of health  
screenings



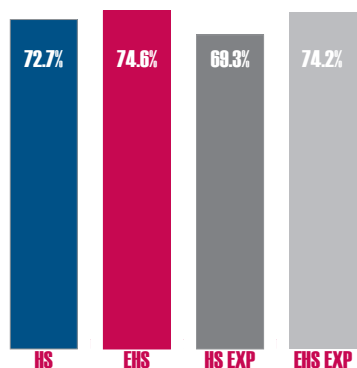
11.2%

of the children served had  
disabilities



# HEAD START OUTCOMES

Average monthly enrollment as a percentage of funded enrollment



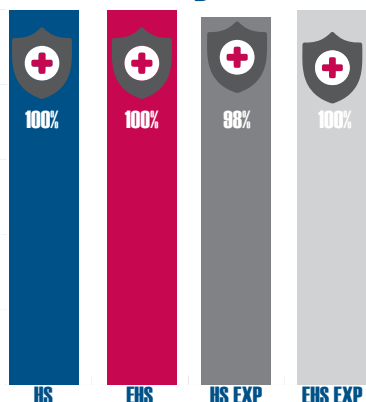
Eligible children



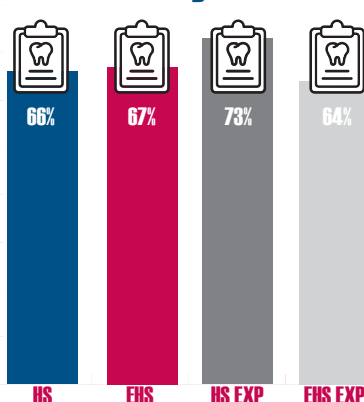
**87%**

K-2<sup>nd</sup> Grade  
Children served  
are meeting social  
& emotional  
milestones

Children Receiving Medical Exams



Children Receiving Dental Exams



## AGENCY HEALTH OUTCOMES



**134**

Individuals with Improved  
Mental Health



**114**

Individuals Gaining  
Access to Healthcare



**182**

Individuals with Improved  
Physical Health



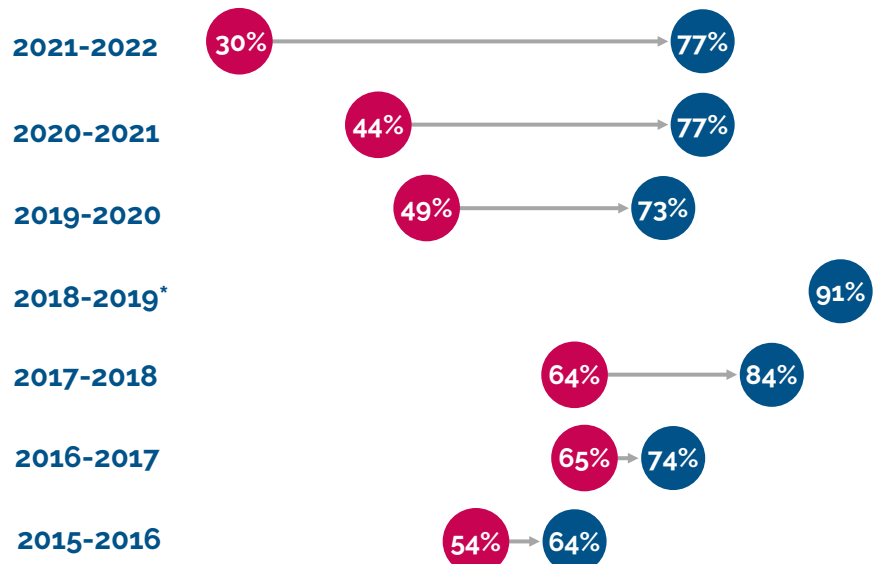
# SCHOOL READINESS

CMCA has set school readiness goals that address learning and development across all developmental domains. Head Start staff work with children of all ages to support their development in preparation for kindergarten. Children who are developing as expected for their age should be on track to meet all school readiness goals by the time they graduate the Head Start program and enter kindergarten.

This school year, children entering kindergarten in fall would have been two years old when the pandemic started. We believe the negative effects of the pandemic on early childhood development continue to be seen in our data, as children started the school year at lower developmental levels than children in past years.

Although the Head Start program has been plagued by COVID-related operational challenges, staff have continued to provide children with the learning opportunities they need to grow and develop. As a result, children have experienced significant growth in each developmental domain between the beginning and end of the school year. While we recognize that our school readiness percentages are lower than in previous years, we celebrate the progress that children have made since entering the program. We congratulate our staff and families on supporting each child's growth and development in the face of global and historic challenges.

## Kindergarten-Eligible Children Meeting School Readiness Goals at **Beginning** and **Ending** of the School Year



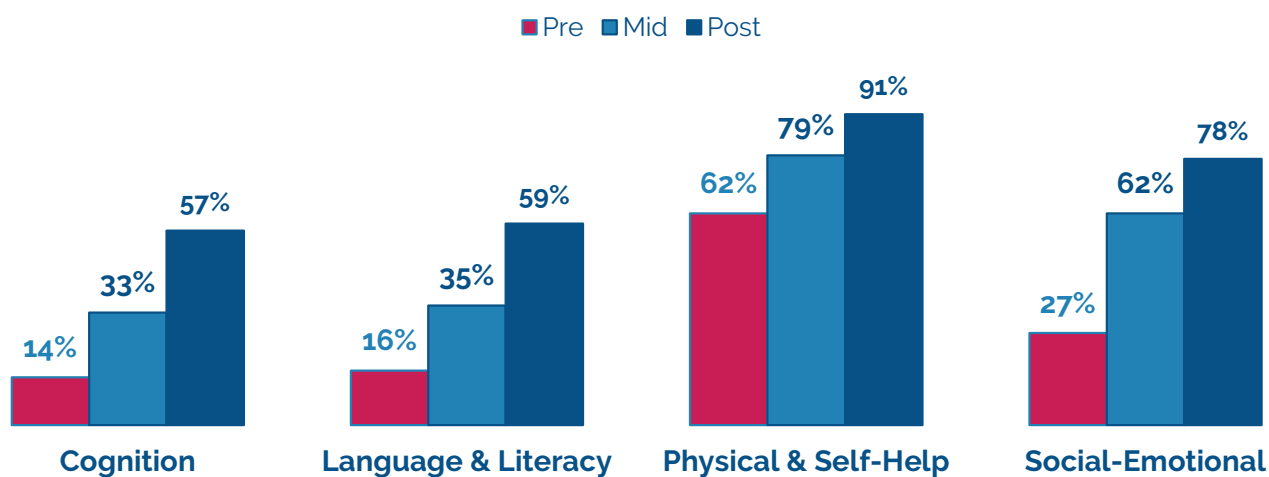
**275**

Families Participated  
in the Parenting  
Curriculum





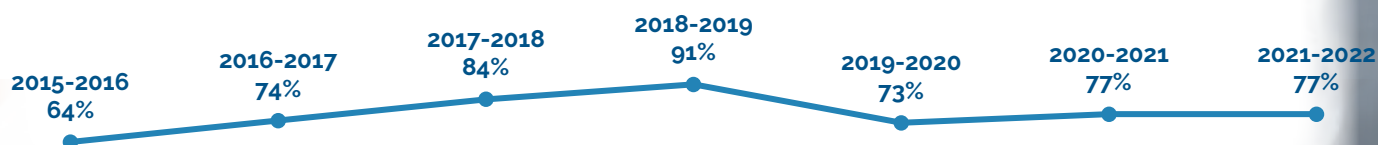
## Children Entering Kindergarten who are Ready for School



## CHILD ACHIEVEMENT

"Children are likely to  
live up to what you  
believe of them."  
— Lady Bird Johnson

**COVID continues to impact the percentage of children  
entering kindergarten who are ready for school**



FAMILY

SUCCESS

# A PLACE TO CALL HOME

What would you do if you were the mother of three young children and didn't have a safe place for your family to live? When Alicia first came to Central Missouri Community Action (CMCA), this was her reality. Homeless and unemployed, she never knew from one day to the next where she and her kids would sleep at night or what they would eat. Alicia first became acquainted with CMCA when she applied to the Housing Choice Voucher Program (HCV).

CMCA's Housing Choice Voucher Program (Section 8) provides rental assistance to qualifying low-income individuals and families in Callaway, Cole, Cooper, Howard, Moniteau, and Osage Counties. Upon receiving her voucher, Alicia began looking for a new place for her family to call home. She also learned about Head Start and enrolled her two preschool children. Through Head Start, Alicia began working with a family success coach who helped her identify goals and take the necessary steps toward achieving her goals.

One of Alicia's goals was to attend cosmetology school. Alicia began attending cosmetology school through the SkillUP program.

SkillUP provides training and support for individuals to help them acquire a living wage job. After attending school, the program provided funds to allow Alicia to take her licensing exam.

Today, Alicia and her children no longer have to worry about where they'll sleep at night or if they'll have money for food and other needs. Alicia recently accepted a new job with a salon, and she and her children go to bed at night in the safe place they call home.





# ECONOMIC STABILITY

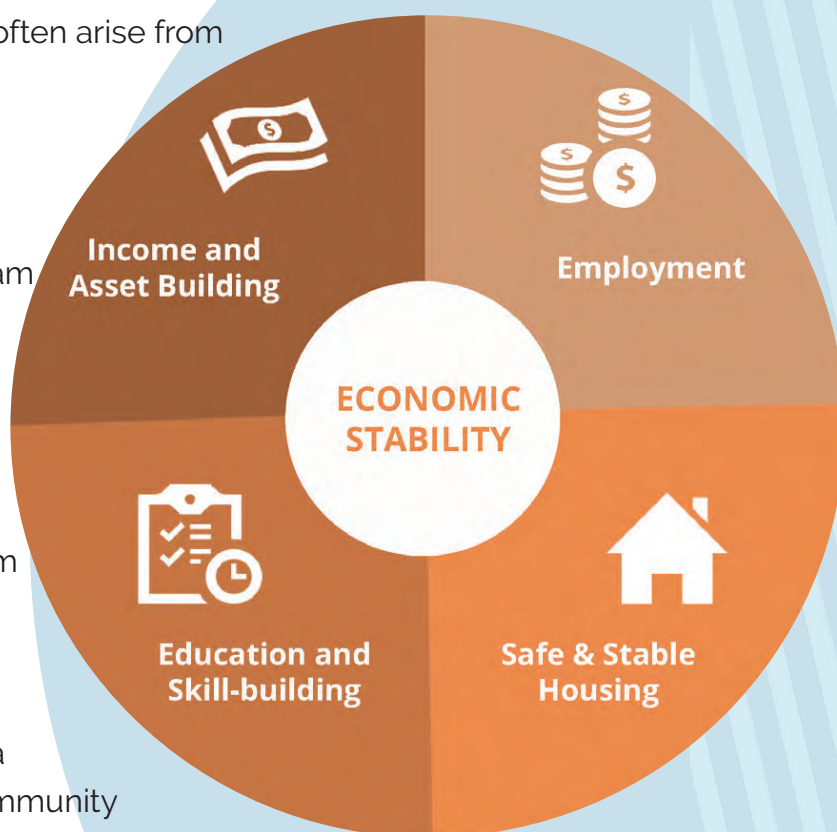
Economic stability is vital to the well-being of individuals and families. It includes opportunities to expand one's social, emotional, and intellectual horizons. At CMCA, our goal is to help individuals and families achieve self-reliance. As a leader in the movement to end poverty, CMCA offers programs and services to support low-income families using a Whole-Family approach. This approach helps families improve family well-being, build economic stability, and develop healthy and lasting social connections. Each of these elements fosters the other and provides a strong foundation for families seeking to end poverty.

CMCA has many initiatives that support economic stability, including our energy assistance programs. The Low Income Home Energy Assistance Program (LIHEAP) keeps families safe and healthy by assisting with energy costs. It also reduces the risk of health and safety problems that often arise from unsafe heating and cooling practices.

CMCA also provides programs to support affordable and accessible housing. These include the Housing Choice Voucher Program and our Housing Development Program. CMCA's Housing Choice Voucher Program (Section 8) provides rental assistance to qualifying low-income individuals and families in Callaway, Cole, Cooper, Howard, Moniteau, and Osage counties. This program is funded through the U.S. Department of Housing and Urban Development.

CMCA's Housing Development Program is a collaborative effort between CMCA and community partners. CMCA and our partners either build or rehab multi- and single-family housing units to provide affordable, accessible housing options for low-income families.

Our programs help families help themselves not only survive - but thrive.



# ECONOMIC

# STABILITY



102

Homes Were  
Weatherized



\$7,052.70

Weatherized  
Homes - Cost  
Per Unit

## A LETTER OF APPRECIATION

Perhaps you know already what a dynamic, cohesive team they are? From Andrew to Jason to John to Leonard to Molly (in the order I met them) each of these members of the Weatherization team were respectful, knowledgeable, professional, thoughtful, efficient, and kind. In community service work, it takes folks who not only know how to do the work but who also have good customer service skills. This team has it all!

It was wonderful to receive great communication and feel valued as a community member. It was also an inspiration to hear your team express how they love their job validate this with good work. This is far-reaching as an exemplary model of employee satisfaction. Kudos to CMCA leadership!

Over the past couple of years, I've dealt with many difficult people who were in positions of service work. Apathy absent engagement, lack of accountability, wrong or missing information provided – I could go on. This is why I feel compelled to reach out to you and express that this team was such a “breath of fresh air” – It was obvious that they were enjoying their work, knew how to do what they were doing, and operated in every fashion of a committed team. It was a most pleasant experience with professionalism in delivery from start to finish. No doubt, it was so because of each team member's qualities in motivation to serve coupled with a strong work ethic. This is a team to be proud of.

Thank you for taking the time to read this, sent most sincerely in appreciation of the uniqueness of the team and with immense gratitude for the services they provided.

- John, CMCA Member



# FAMILY OUTCOMES

Low-income households spend 13.9% of their annual income on energy costs, compared to 3.0% for other households. Weatherization services seek to reduce this financial burden while also improving the energy efficiency and safety of the home. Weatherization services save low-income families in Missouri an average of \$370 per year on utility expenses, including an average 18% savings on annual heating consumption and an average 7% savings on annual electric consumption.

Improved housing conditions also impact the family's health, resulting in fewer missed days of work or school due to illness. Nationally, families whose homes have been weatherized decrease their out of pocket medical expenses by an average of \$514 per year. Each weatherized home results in a national average of \$14,128 in total health and household related benefits. From a cost-analysis perspective, every \$1 invested in weatherization services yields \$1.72 in energy benefits and \$2.78 in non-energy benefits.

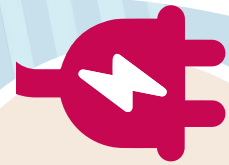
## Sources

1. U.S. Department of Energy, Office of Energy Efficiency & Renewable Energy. (2021, January). Weatherization Assistance Program.
2. Missouri Department of Natural Resources. Residential assistance.



299

Number of Households that Received Water & Sewer Assistance



5675

Number of Households Served Through Utility Assistance (EA)

3018

Number of Households Served Through Crisis Energy Assistance (ECIP)



30

CMCA Members Received Laptops



45

People Received Digital Skills Training



SOCIAL NETWORKS

MATTER

# DRIVING TOWARD SUCCESS



46

Adults Placed  
in Jobs

Central Missouri Community Action (CMCA) provides programs that support individuals as they work to achieve goals that will better their lives. When Shay came to CMCA, her goal was to obtain her Commercial Driver's License (CDL) to become a truck driver. As a single mother, she had been seeking a career that was the right fit for her life and would provide for her family. Truck driving seemed to be the answer. Her only obstacle to reaching her goal was funding for training to obtain her CDL.

"When Shay first met with me about the SkillUP program," said CMCA Family Success Coach Melissa, "she was frustrated. She had originally met with another organization that told her they didn't have the funds to support her education. Luckily, an advisor at State Fair Community College referred her to us."

SkillUP is a program that supports individuals who seek to improve their employment skills to obtain a living wage job. Through the SkillUP program and Melissa's help, Shay received the funds necessary to enroll in the CDL program and get her license. She also did additional work to secure a Hazmat Endorsement, enhancing her marketability.

Today, Shay is driving a truck on a local route as she continues to raise her young child. Her new career provides the financial stability she needs to support her family.

Without CMCA., Melissa, and the SkillUP program, Shay may not have seen her dream become a reality.

"My experience with SkillUP has been wonderful. Melissa was so helpful and supportive," said Shay.

27

People Gained  
Employment Benefits





# SUPPORTING BUSINESS SUCCESS

The Missouri Women's Business Center is a program of CMCA dedicated to providing small business development assistance with a focus on women, minorities, and low-to-moderate income-based entrepreneurs throughout Mid-Missouri. This is accomplished through coaching, relevant programming, training, events, and continued support and resources to help entrepreneurs set and reach their business goals. From initial concepts to building a steady stream of economic resources, our mission is to break down the barriers that women and minorities in our community face when owning and operating or growing a business. The deeper purpose of the MoWBC is to assist CMCA on their mission to eradicate the causes and conditions of poverty through individual empowerment, access to resources, and entrepreneurial success.

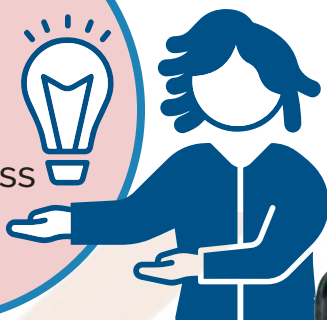


**\$2,151,400**

Total Amount of Capital Infusions  
Received By Businesses

**32**

New Business  
Starts



SOCIAL CONNECTIONS

# CELEBRATING A LIFE OF SERVICE

Amid an air of excitement, people gathered at the Williams Family Support Center on Tuesday, February 15, 2022, to celebrate the 100th birthday of Bernadette Johnson. Known as Grandma Bernadette, Johnson has been an active Foster Grandparent Parent (FGP) volunteer at the Williams Center Head Start since the year 2000.

"I love people," said Johnson when asked why she has volunteered with the FGP program for so many years. She added, "I have always tried to live in a way that reflects my purpose - to serve others."

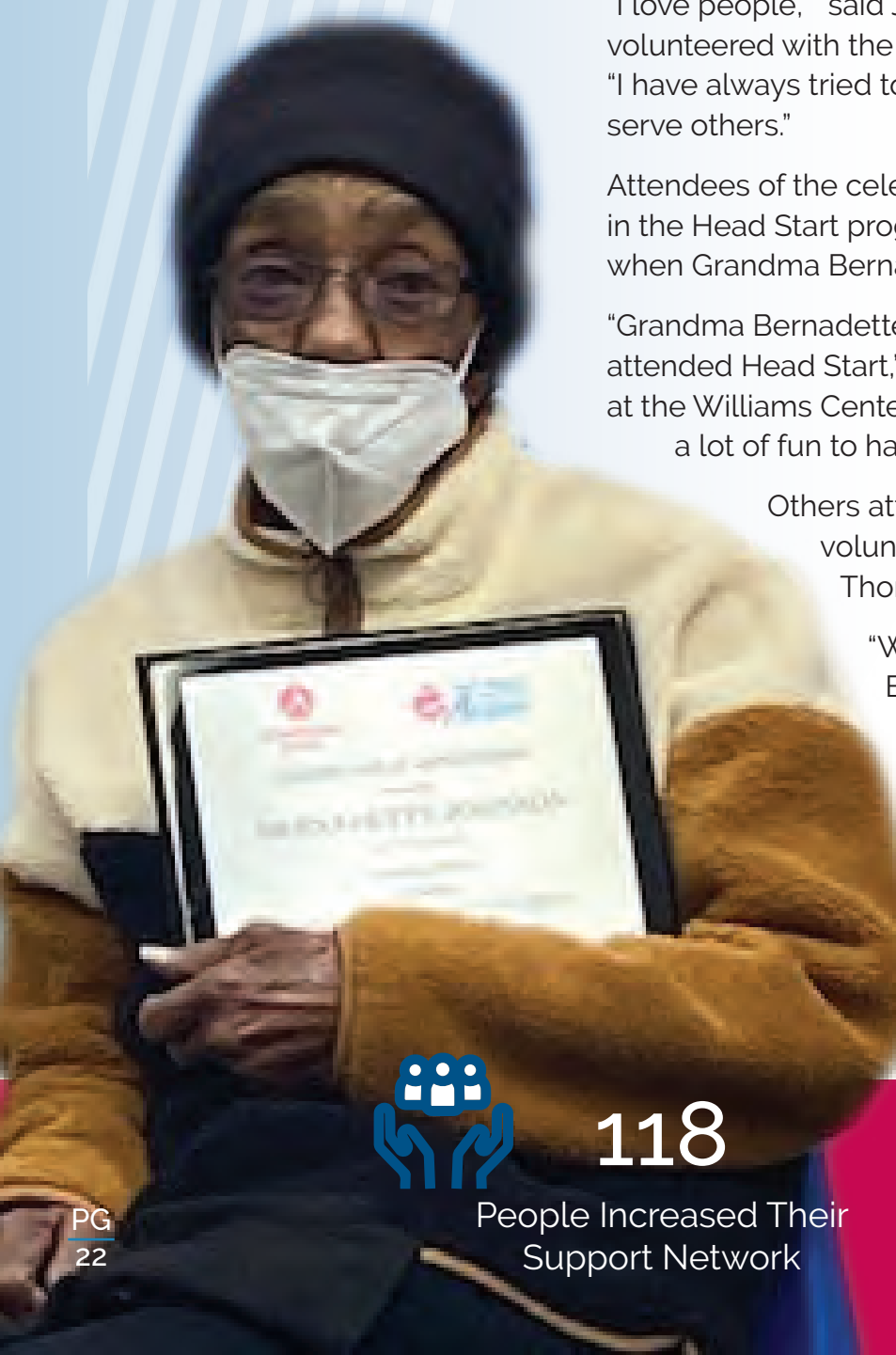
Attendees of the celebration included children currently enrolled in the Head Start program and adults who attended Head Start when Grandma Bernadette first began volunteering.

"Grandma Bernadette volunteered in my classroom when I attended Head Start," said Haley Bristol, now a classroom floater at the Williams Center Head Start. "She was always very kind and a lot of fun to have in the classroom!"

Others attending the celebration included fellow FGP volunteers Lois McDermit, Eva Mishler, Latricia Thompson, Diana Sweet, and Joy Brummitt.

"We love Grandma Bernadette," said Grandma Eva. "Before COVID she and Grandma Lois and I would have lunch together every Wednesday. She's just the sweetest person!"

When asked what her secret to living a happy life is, Grandma Bernadette responded, "Keep going like an MOVE IT! And always serve others!"



118

People Increased Their  
Support Network

58

Number of  
Senior Volunteers







322

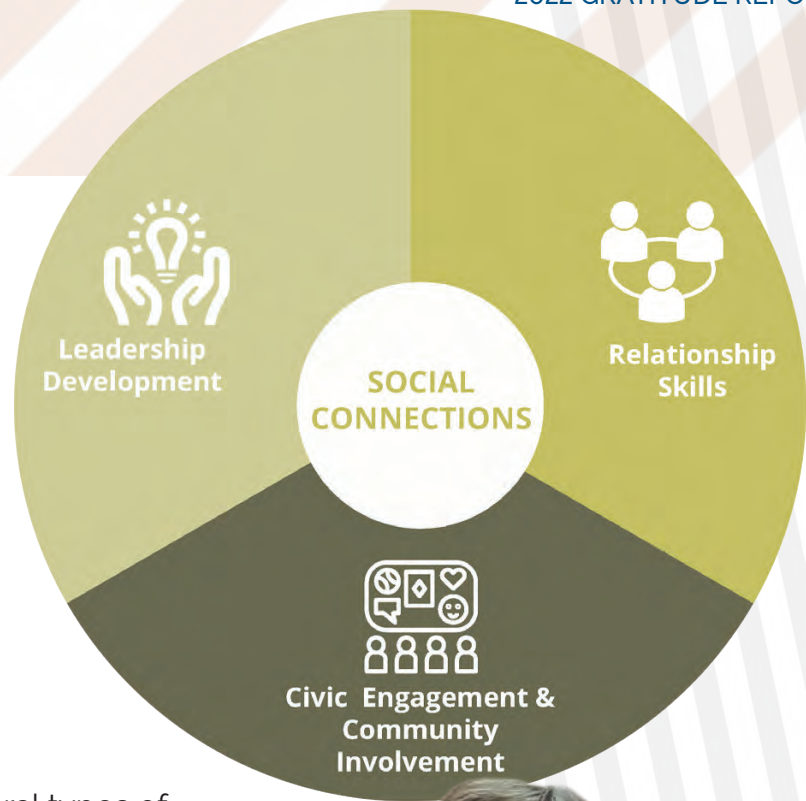
Community Members Received  
Poverty Education &  
Reported Increased  
Understanding of Poverty

CMCA engages citizens of all socio-economic levels in initiatives that support communities' economic development and growth. These initiatives increase civic engagement and strengthen social connections.

"Support network" is a broad term for several types of social support. People who provide appraisal support may offer encouragement and advice or prompt self-reflection — people who give a sense of belonging offer acceptance and reinforce feelings of self-worth. People who provide tangible support may offer physical or financial assistance.

More robust support networks are associated with fewer occurrences of material hardship relating to housing, utilities, food, and medical care. Research also shows that strong support networks help people with low incomes avoid entering material hardships rather than shortening the duration of difficulties that occur.

CMCA offers many programs that help individuals develop strong social networks. These include Head Start, BRIDGE, Step Up to Leadership, Getting Ahead, Friends, Bridges Out of Poverty, ShowMe Healthy Relationships, Foster Grandparents, and others.



265

Number Who Gained  
Knowledge & Skills to  
Build Stronger Close  
Relationships



25

CMCA Members or Allies  
Moved into Positions  
of Leadership or  
Advocacy



## CMCA

## FINANCIAL REPORTS

## 2020-2021

	Year Ended 9-30-21	Year Ended 9-30-20	Year Ended 9-30-19
Contributions and Grants	\$ 19,310,163	\$ 17,339,181	\$ 15,833,831
Interest Income	\$ 2,153	\$ 4,334	\$ 4,430
Other Income	\$ 71,175	\$ 713,767	\$ 335,032
Total Revenue and Support	\$ 19,983,491	\$ 18,057,282	\$ 16,173,293
Functional Expenses			
Program Services	\$ 17,488,567	\$ 15,581,876	\$ 14,956,537
Management & General	\$ 1,336,383	\$ 1,371,866	\$ 1,128,458
Fundraising	\$ 31,809	\$ 35,092	\$ 35,927
Total Functional Expenses	\$ 18,856,759	\$ 16,988,834	\$ 16,120,922
Change in Net Asset	\$ 1,126,732	\$ 1,068,448	\$ 52,371
Net Asset, Beginning of year	\$ 3,085,551	\$ 2,017,103	\$ 1,964,732.00
Net asset, end of year	\$ 4,212,283	\$ 3,085,551	\$ 2,017,103

Total Community Service Block Grant (CSBG) funding makes up 6% of actual revenue received during the year at \$1,203,200. These are federal funds received from the U.S. Department of Health and Human Services provided by the Missouri Department of Social Services, Family Support Division. This funding includes \$466,456 in COVID CARES funding.



# Head Start Financials

Year Ended 9-30-21

<b>Revenue-Public</b>	
Federal Grants	\$ 7,681,613
<b>Revenue-Private</b>	
In kind	\$ 2,553,495
<b>Total Revenue</b>	<b>\$ 10,235,108</b>
<b>Expenses</b>	
Personnel	\$ 3,686,980
Benefits	\$ 1,154,309
Travel	\$ 42,062
Space Costs	\$ 728,002
Supplies	\$ 482,073
Equipment	\$ 35,726
Contractual	\$ 19,137
Participants	\$ 61,136
Facilities/Construction	\$ 534,653
Other	\$ 259,755
Indirect	\$ 677,780
In-Kind Services and Goods	\$ 2,553,495
<b>Total Expenses</b>	<b>\$ 10,235,108</b>

Head Start and USDA funding provides 51% of CMCA's budget. Federal funds are received from the US Department of Health and Human Services Office of Head Start and also United States Department of Agriculture.



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We are connected by our commitment to the promise of community action. Community action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.

*Every effort was made to ensure the accuracy of the annual report. We would appreciate notification of any errors or omissions in order to correct our records. To report errors or omissions, please contact Cheryl Unterschultz, Director of Development and Communications at [cherylu@cmca.us](mailto:cherylu@cmca.us).*

**Central Missouri Community Action**

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[www.cmca.us](http://www.cmca.us)