SEPTEMBER 2026

TENDER, LOVE & CARE

MEET ROWENA



or Rowena, being a DSP comes down to three simple letters: T.L.C.—Tender, Love, and Care. It's the approach she brings to the people she supports every day: being patient, showing warmth, and taking the time to understand what each person needs.

Rowena has seen firsthand what a little TLC and encouragement can do. One participant had spent much of her day sitting and painting and hadn't joined a group outing in nearly two years. Rather than rushing her, Rowena gradually introduced new activities and encouraged her to step outside her familiar routine.

Little by little, things changed. Today, the participant joins outings almost every week. Along the way, Rowena discovered that she loves bowling and looking at shoes at the mall—and watched her learn to patiently wait for her turn while bowling.

Creativity is another way Rowena connects with participants. A talented artist, she often leads arts and crafts activities at MDS, giving participants opportunities to paint, create, contribute their own ideas, and have fun together.

"We need to give them TLC - the tender loving care that we should give to them"



This DSP Recognition Week, we celebrate Rowena for bringing Tender, Love, and Care—and plenty of creativity—to the people she supports every day.