

2025 MoDOT/MSHP Wellness Champions		
(Last updated: 3/28/25)		
MODOT		
District/Troop	Contact	Email
Central	Brandy Strother	Brandy.Strother@modot.mo.gov
Kansas City	Mylissa Grace	Mylissa.Grace@modot.mo.gov
	Ethan Seymore	Ethan.Seymore@modot.mo.gov
Northeast	Janet Groenda	Janet.Groenda@modot.mo.gov
	Brady Bogeart	Brady.Bogeart@modot.mo.gov
Northwest	Melanie Proffit	Melanie.Proffit@modot.mo.gov
Southeast	Joanne Hodges	Joanne.Hodges@modot.mo.gov
Southwest	Sydney (Rodriguez) Woods	Sydney.Woods@modot.mo.gov
	Liz Greene	Elizabeth.Greene@modot.mo.gov
St. Louis	Angelique Perkins	Angelique.Perkins@modot.mo.gov
Central office	DeeAnn Porter	DeeAnn.Porter@modot.mo.gov
MPERS	Alexandra Sawyer	Alexandra.Sawyer@mpers.org
MHSP		
A	Amy Davis	Amy.Davis@mshp.dps.mo.gov
B	Colin Osbourne	Colin.Osbourne@mshp.dps.mo.gov
C	Dwade Isringhausren	Dwade.Isringhausen@mshp.dps.mo.gov
D	Emily Smith	Emily.Smith@mshp.dps.mo.gov
E	Julia Knodell	Julia.Knodell@mshp.dps.mo.gov
F	Isaiah Lemasters	Isaiah.Lemasters@mshp.dps.mo.gov
G	Cole Chatman	Cole.Chatman@mshp.dps.mo.gov
H	Casey Hansen	Casey.Hansen@mshp.dps.mo.gov
I	Helen Burch	Helen.Burch@mshp.dps.mo.gov
Q- General HQ	Audrey Yates	Audrey.Yates@mshp.dps.mo.gov
Gaming		

2025 Wellness Committee	
Contact	Email
Audrey Yates	audrey.yates@mshp.dps.mo.gov
Brook Luecke	brook.luecke@modot.mo.gov
Lisa Buhr	lisa.buhr@modot.mo.gov
Michael Petlansky	michael.petlansky@mshp.dps.mo.gov
Joshua Carey	Joshua.Carey@modot.mo.gov