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Member News!

Welcome to the Dispatch!

In 2013, we made it our goal to offer up something above and beyond your typical newsletter. Something more interactive. Something more engaging. We wanted big, beautiful pictures of our members and employees doing what they do best. We wanted reflections and stories written by the people who were there. We wanted to bring the reader closer to experiencing the wonderful things we're lucky enough to experience first-hand, around here, every day. For those of you who receive the newsletter online or via email, go crazy - click and touch away. Many of the pictures and highlighted words are linked to additional information, for those of you who want to learn more about anything we've written here. We hope you enjoy the Dispatch. See you next quarter!

Whenever you see this icon, touch or click for additional pictures!



Whenever you see the "Play" arrow, touch or click for video!



The Dispatch is a quarterly publication of Discovery Living, Inc., © 2013. If you are interested in receiving a copy of our newsletter by email or traditional post, please contact **Leon Bohn** at leon.bohn@discoveryliving.org.

THE *Happy New Year!!* Dispatch

A PUBLICATION OF DISCOVERY LIVING, INC. 

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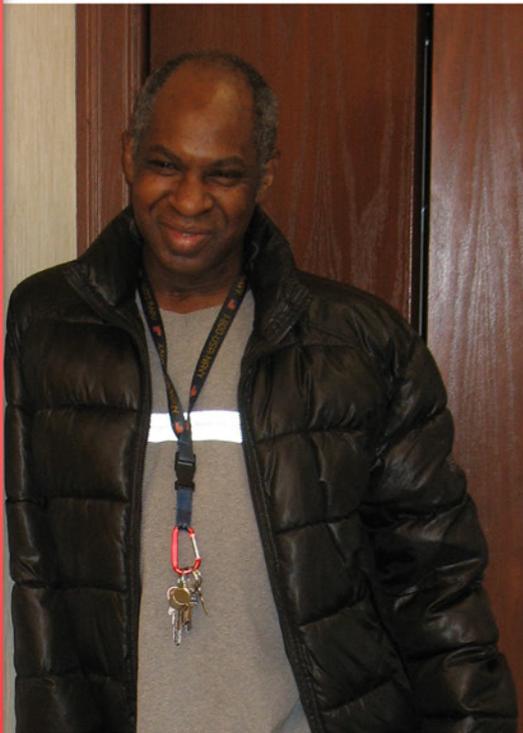
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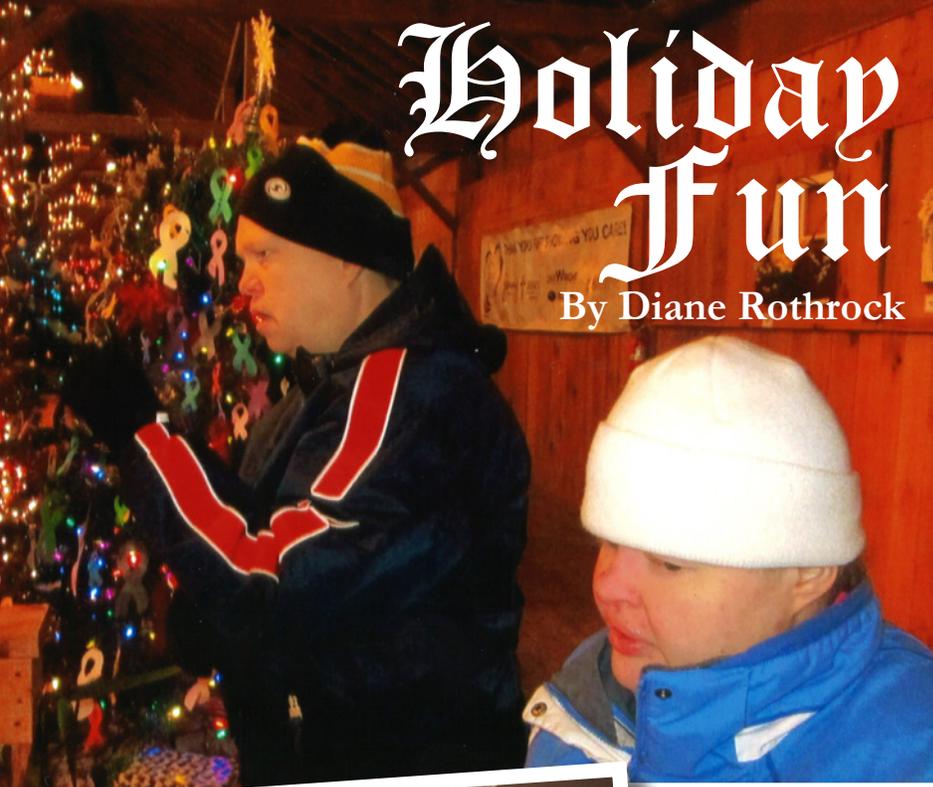
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Holiday Fun

By Diane Rothrock



On a cold snowy Saturday in December, Shelly Strait, Paul Dougherty, and Diane Rothrock made a journey to Tannenbaum Forest in Amana. The beautiful, live, decorated and lit trees lined both sides of a century-old barn. There was also a large nativity scene and a German-style Christmas pyramid. Paul could make out the twinkling lights and excitedly signed “Christmas tree” to Diane. He expressed his joy by signing “happy” repeatedly. Shelly giggled throughout the tour and physically expressed her happiness, as well. All were bundled up tight, due to the chill in the barn – and outside. After posing for a few pictures, the time had come to go. Everyone agreed this was a festive outing, and plans are already in place to return next year!



Employee Recognition - 2013

Each December, the employees of Discovery Living get together to tell stories, laugh a little, express our appreciation for each other, and recognize our long-term peers. This year, about 80 of us turned out at the Longbranch for the festivities, including lunch and cheesecake. We are grateful for one another and value each other’s commitment and companionship, doing work that makes us proud.

Those recognized for years of service included:

For 25 years:
Mary Hand
Rhonda Jackson

For 20 years:
Kathy Holets
Jeri Freese
Carolyn Rundle
Raul Salazar

For 15 years:
Peggy Ashlock

For 10 years:
Brooke Kriegel
Laurie Church
Paul Newman

For 5 years:
Lori Johnston
Lynn McVey
Julie Miller
Robin Basham
Katey Forest
Elisa Zach

For 3 years:
Lindsey Chally
Jennifer Olson
Melissa Miller
Jerry Mattox
Tia Tuttle
Kristen Fuller
Michelle Coder
Erick Heiserman

Linda Klocke
Roxanne Rundle
Jason Feight
Lauren St Clair
Darci Lenaburg
Kristina Kaltenbach
Mary Kay Lyle
Jenni Zeiser
Jennifer Keith
Dawn Taylor
Tiffany Shelton
Angie Getty
Debbie Katcher
Jen Uthoff

*25 years of caring!!
Mary Hand and Rhonda Jackson*

...worth 1,000 words



Val and Mary Jo get visits from furry friends, Miles and Captain, the pekingese.

Season of Giving (...Back)

By Leslie Kirkpatrick

"I want to help someone," Ray Griffin told me.

I assumed, as the holiday season was approaching, perhaps he wanted to donate pet food to the [Cedar Valley Humane Society](#) again, as he has in the past. Ray said, "No, I want to help people. Give them something for Christmas."

And so it began. Ray did some research and picked out a few places in need of help. One of them, [The Troop Pantry](#), was recommended by some veterans, when Ray visited an Army recruitment office in early November. The pantry sends out items to deployed Iowa soldiers. We looked up a wish list on their website, and got to work.

Ray shared with me that he didn't have a lot of money to spend, so he decided to ask his friends for help, sending a letter and wish list. The response from his friends, Discovery Living staff, and even people Ray had never met, was pleasantly overwhelming. Donations began to appear at his house and at the Discovery Living office, including Christmas cards and money for shipping. As Ray and I filled

the van with all of the donations, I asked him, "Did you ever think you were going to get this much when you sent out the letters?" Ray laughed, shook his head and said, "I don't know. Did you?" When we arrived, the volunteers at the pantry were so appreciative.

In the beginning, I assumed all Ray wanted was to donate some pet food to the animal shelter - or maybe a few cans of kidney beans to a food pantry. But this...this was the last thing I thought was going to happen out of a simple, "I want to help someone." Ray asked if he could do this again next Christmas, and I can't wait to help him!

[Ray Griffin is the most kind-hearted, loving, and gentle person I have ever met. He recently moved into the Aossey house, and is such a positive addition to the gang here. Many of the members at Aossey do not speak, but Ray has truly brought some of his new housemates out of their shells. There's a lot more laughing, smiling, and singing going on around here, these days, and it's not just coming from Ray. He has really brought out the best in his housemates and his staff, and that's just one of the many reasons Ray is so loved. -- Leslie]



"Only those who will risk going too far can possibly find out how far one can go." ~T.S. Eliot

I went to Minnesota for Thanksgiving. I have two sisters, Beth and Shannon, and many relatives who live there, so I get to do fun things. We went bowling with my Godparents and my sister, Beth. I got a 134 score and beat her for one game. She is getting good at bowling because she bowls a lot with me. I get printouts of my scores, so I can share them with everyone.

Beth is also a skier, and I like to ski, so she and I went to [Buck Hill](#); it's near Minneapolis. I have been waiting for it to get cold, so I could go skiing. Buck Hill made lots of snow. I did 12 runs - not the bunny hill. I have new skis. I call them "racers" because they are fast. Beth made a video of me skiing down the hill. I wonder what Rob* will say when he hears I went skiing already. I will go to Sundown for the [Iowa Winter Games](#).

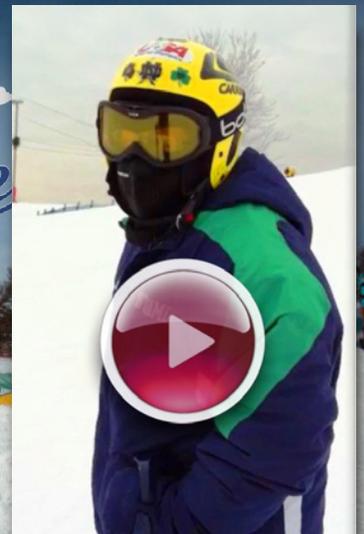
Then we went to Shannon's and had a birthday party for my nephew, Josh. He turned 11. I gave him a book he really wanted.

*Rob Wagner, Cedar Rapids Special Olympics Coach



My Trip to Minnesota

By Michelle Pettitt





DONOR SPOTLIGHT

The Knights of Columbus

The Knights of Columbus founded Discovery Living in 1977 and have remained our faithful friends for over 35 years. Bob Hebl, Discovery Living Executive Director, receives checks from the Knights of Columbus Persons with Intellectual Disabilities Fund Drive (Tootsie Rolls) and raffle drawing.

Our heartfelt thanks go out to these fine folks for donating their time, energy and resources to support our organization. In 2013, Discovery Living received support from the following Knights of Columbus councils:

- 12136 – North Linn • 5677 – Cedar Rapids
- 11942 – Fairfax Walford area • 14952 - Cedar Rapids
- 909 – Cedar Rapids • Knights of Columbus State Council • 12131 – Center Point Urbana area
- 13426 - Mechanicsville • 5544 - Cedar Rapids

These dedicated individuals contributed over \$40,000 to support Discovery Living in 2013! On behalf of the Knights of Columbus and all of us here at Discovery Living, thank you to the citizens of eastern Iowa for supporting the Persons with Disabilities Fund Drive.

Pictured with Bob, clockwise from upper-left. left to right, are: Jenny VanBerkum, Sarah Nussle, and Lorie Schmitz, and Knights, Mike Beke, John McGinness, Merle Akers, and Ryan Sullivan.

“Be not forgetful to entertain strangers: for thereby some have entertained angels unawares” - Hebrews 13:2.

DONOR SPOTLIGHT

2013 Travel and Adventure Movie Sponsors

For 18 seasons Discovery Living has hosted Travel and Adventure movies. These movies are hosted by the filmmaker and have taken the audience to interesting locations all over the world. Proceeds from movie sponsorships, tickets and snack sales have generated over \$140,000 in proceeds that have gone to support our work here at Discovery Living, with the bulk of these proceeds coming from corporate and individual show sponsors. Thanks to the kind folks listed to the right for your generous support of all that we do here at Discovery Living.

2013 Travel and Adventure Show Sponsors

- Bradley & Riley PC • Guaranty Bank • Nelson Electric Co. • Steve's Heating, Air Conditioning & Electrical, Inc. • Acumen - Angela Billman • Tom & Joan Auterman • David & Kathleen Carney • Consult Savoy, Inc. • Five Seasons Tire • Bob & Laurie Hebl • Home Appliance Center • Tom & Nancy King • Ogden & Adams Lumber • Scott E. Olson, AIA, CFM, SIOR • David & Mary Lou Selzer • Rich & Julie Shebek • Dan & Susan Martinek • Mike Stallman • We also had one donor who wished to remain anonymous.

Special thanks also go to our friends at the Marriott Convention Center in Cedar Rapids for all of their support and hard work while hosting these movies on our behalf.

Discounted 2014 Travel Movie passes are on sale now!

We intend to host four new travel and adventure movies at the Marriott Convention Center in the fall of 2014. As in the past, we are offering season and family passes on a pre-sale basis – for a discounted price. Please support our work by considering purchasing a single or family pass, either for yourself, or as a gift to a friend.

- Single Season Pass: \$20** - if purchased by March 1, 2014 - or **\$24**, if purchased after March 1
- Family Season Pass: \$40** - if purchased by March 1, 2014 - or **\$44**, if purchased after March 1

You can stop by our office, at 1015 Old Marion Road NE in Cedar Rapids, to purchase show tickets, or call the office at (319) 378-7470 and talk to Lynette or Bob if you have any questions.

Our movie schedule will be announced in the spring of 2014. Updates will be posted in our newsletter and at www.discoveryliving.org



Got Plan(t)s for the Future?

Norman has begun volunteering each month at the Noelridge Greenhouse with the Goodwill Day Hab Program. While he is there he works aside other Noelridge volunteers to care for the plants such as replanting and pruning and getting ready for the upcoming season. Norman also helps with cleaning tasks while there and does a great job with washing the flats and sweeping!

Did You Know...?

Did you know Discovery Living...

- Operates 27 homes that provide daily support and supervision to 120 people
- Provides hourly residential support to over 30 people in their own home
- Operates a fleet of 37 vehicles
- Employs 185 employees

...worth 1,000 words

Hmmmm...

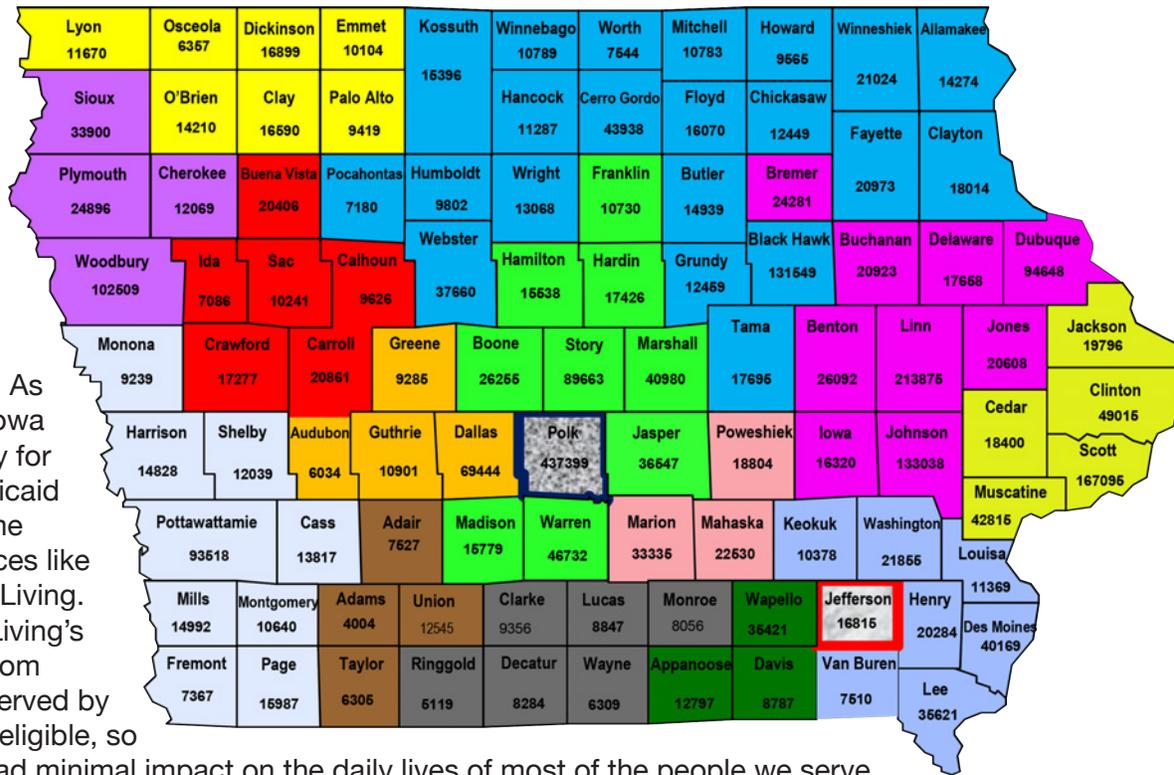
I WONDER whose birthday this cake might have been for... Any ideas, Aaron Schantz?!?



“God gives every bird its food, but He does not throw it into its nest.” ~J.G. Holland

FYI

This map shows the approved regions for the delivery of mental health and disability services within Iowa. As you can see, the region that includes Linn County will be the most populated region in the state. As of July 1, 2013, the state of Iowa assumed responsibility to pay for the non-federal share of Medicaid services, which includes Home and Community Based Services like those provided by Discovery Living. Well over 90% of Discovery Living’s operational revenue comes from Medicaid. Almost everyone served by Discovery Living is Medicaid eligible, so the redesign changes have had minimal impact on the daily lives of most of the people we serve.



As of July 1, 2014, the regions are now responsible to fund services for individuals who do not qualify for Medicaid funding, including individuals with an Intellectual Disability or Mental Health issue that earn 150% or less of the federal poverty level. We provide hourly support to a handful of individuals in this situation and are working with the region to ensure that services are not disrupted during this transition.

This can be a very complicated topic and we are working hard to stay on top of any and all changes, to help ensure that the people we care for and their loved ones are not adversely impacted by system change. If you want to learn more about these issues you can go to www.infonetiowa.org.

The Discovery Living Endowment Challenge is in Full Swing

The Discovery Living Endowment Challenge drive is under way, and we need your help. Building our endowment fund is critical to the long-term stability of our organization. A strong endowment is the best way to ensure that Discovery Living is here to help people in need for many years to come, and any and all gifts make a difference. Examples of qualifying gifts include: cash, stock options, insurance annuities, retirement account dividends, and property. Not only do donors benefit from tax deductions, they also benefit from [Endow Iowa tax credits](#). Here is an example of possible benefits of a gift to our endowment fund:

Donor makes a \$4,000 gift
25% Endow Iowa Tax Credit: \$1,000
35% Federal Deduction: \$1,400
Total Tax Saving: \$2,400
Cost of Gift to Donor: \$1,600

Donors who gift \$4,000 or more become charter members of the Discovery Living Legacy Society. This group of key supporters will be invited to special company events and be publicly recognized to the extent they are comfortable with.

If you want to learn more about this wonderful opportunity to help Discovery Living, while benefiting from tax incentives, please feel free to call the Discovery Living office at 319.378.7470 and ask to speak with Bob Hebl. To learn more about the lives being touched by Discovery Living, go to our website at www.discoveryliving.org and click on the [About Us](#) tab on the top of the screen and then the [Our Stories](#) tab on the right side of the screen.

...worth 1,000 words



Thought everyone might like a little reminder of how nice our 2013 Fall was. Remember when we could take walks dressed like this? Looking good, Lewis Ladies!



Discovery Living would like to send a big thank you to the wonderful folks at the [John Deere Classic](#), Discovery Living board member Terry Moran, and each one of you who supported our organization during the [2013 Birdies for Charity Campaign](#). Because of your support, Discovery Living received nearly \$5,800 in donations and matching funds! Birdies for Charity is one of our most important fundraisers and is only possible because of you.

"I've got a theory that if you give 100 percent all of the time, somehow things will work out in the end."

~Larry Bird



On Inclusion...

It was less than 50 years ago when the plight of tens of thousands of people with disabilities gained national attention. Several pieces of literature, such as Burton Blatt and Fred Kaplan's [Christmas in Purgatory](#), along with courageous investigative reporting, brought some grim details to light. Dozens of large state institutions throughout America were housing thousands of people with disabilities. Housing is the key word, as the meager resources and virtually non-existent staffing ratios, left people of all ages and disability levels to fend for themselves. Little or no effort was made to educate, as this was a population that many in society had forgotten. Can you imagine being labeled as non-trainable retarded or residing in a Home for the Insane?



As a result of efforts made by the [Kennedy Administration](#), organizations such as [the ARC](#), and family advocates; people with disabilities - and their loved ones - began to have a voice. Over the past four decades, tens of thousands of people have moved out of large institutions and into smaller, community based settings, often near family and

friends. In Iowa alone, over 12,000 people with intellectual disabilities now receive [Home and Community Based Services \(HCBS\)](#) residential support services through the Iowa Medicaid Waiver. Providing individualized support and meaningful community access has improved the lives of many people with disabilities. Most of us probably cannot fully appreciate the impact that being part of a community family has on our lives, because we often take such access for granted. However, many people with disabilities view community access as a privilege that they and their families have fought hard to attain.

I believe that welcoming people with disabilities into our communities has helped all of us. People with disabilities are our neighbors, friends, customers, and co-workers and, if we pay attention, they can teach us a great deal about life. Our communities have become more diverse, accepting and welcoming, in no small part due to the evolution of community based services. It seems clear that our friends and neighbors with disabilities have truly enriched our lives, once they were given the chance.

Guest Editorial - October 7th, 2013, Cedar Rapids Gazette by Bob Hebl, Executive Director, Discovery Living, Inc.

Thanks for making 2013 an outstanding year.
From our family to yours...





1 0 1 5 Old Marion Road, NE
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Place
Stamp
Here

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*Helping adults with
intellectual disabilities
live successful,
satisfying lives in the
mainstream of the
community.*