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Member News!

Welcome to the Dispatch!

We make it our goal to offer up something above and beyond your typical newsletter. Something more interactive. Something more engaging. Our newsletter features big, beautiful pictures of our members and employees doing what they do best, as well as reflections and stories written by the people who were there. We want 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 Dispatch

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DONOR SPOTLIGHT

In November of 2014, Mike Kortenkamp reached out to see if there was a way he and his fellow Knights of Columbus could help Discovery Living. Mike belongs to the **Knights of Columbus council 12131**, which covers the Center Point/Walker/Urbana area. Mike had helped construct a new home

in Marion and wondered if this home may benefit Discovery Living. After touring the home, it was obvious that the house would work great, but there was still one significant hurdle to overcome - cost. The entire upper level was ready, but the lower level was not. Mike and his fellow Knights from several area councils donated a considerable amount of labor and material in order to finish the lower level to make the home affordable. Ron Charmosta, with **RC-1 Drywall**, TJ Neenan, from TJ

Industrtries, and Bryan Weinschenk, from Zane, Inc., generously donated drywall, paint, trim work, and labor. Discovery Living employee, Ed Bents, donated carpet, and the home owner, Dr. Chad Abernathy, also pitched in and donated supplies to help the Knights along the way. Because of the generosity of these individuals, several young men who had been on the Discovery Living wait list for, in some cases, several years, will soon have a new place to call home.

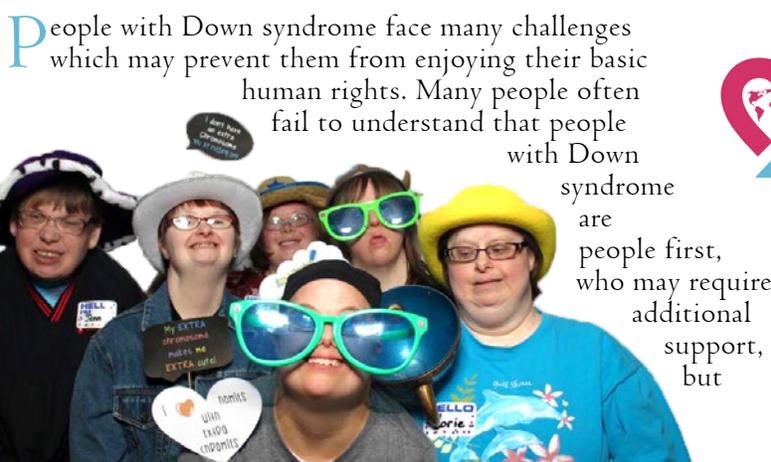
Our heartfelt thanks go out to Mike Kortenkamp, our faithful friends with the Knights of Columbus, and the many other folks who made this happen. Your dedication and generosity turned a house into a home.



SPRING IT ON!

Brrrrr... ANOTHER frigid, winter day. One house on Clark Road had enough. 'Spring Fever, we would fight no more!' A "Spring Fever Party" certainly couldn't hurt to coax out the warm weather sooner and lighten the dreary winter blues, so we got to work. We put colorful flowers on the walls. We plugged in LED lollipop lights. We planted flower seeds in egg shells, in hopes of catching nature do its "Spring Thing" and usher in some bright new life. AND, most importantly, we all fancied up and LOOKED the part - dressing with leis, beads and spring flowers in our hair. Everyone there could practically feel the warmth of the sun working harder and harder to reach us!

"When I was young, I admired clever people. Now that I am old, I admire kind people."
 ~ Abraham Joshua Heschel



should be recognized by society on an equal basis with others, without discrimination on the basis of disability.

World Down Syndrome Day (WSD) is a global awareness day which has been officially observed by the United Nations since 2012. Each year, the voice of people with Down syndrome, and those who live and work with them, grows louder. On March 21st, the ladies of Camelot added their voices at an event sponsored by **GiGi's Playhouse**, at Viola-Gibson School. Everyone appeared to have a great time playing games, eating, dancing, and posing for pictures.

HAZZARD COUNTY HOOTENANNY

JUST A "GOOD OL' TIME" WAS HAD BY MICHELLE, THIS FEBRUARY AT THE MONTICELLO CAR SHOW. RECKON THE MAIN REASON TO GO WAS TO SEE ONE OF HER FAVES, ACTOR TOM WOPAT, AKA LUKE DUKE. WELL, AFTER GETTING HER CLOSE-UP WITH "LUKE", ANOTHER BIG OL' SURPRISE POP UP: THE OWNER OF THE GENERAL LEE INVITED MICHELLE TO GRAB A SEAT IN THE CAR - DRIVER'S SIDE. BEATS ALL YOU NEVER SAW. THAT THERE SMILE SAYS IT ALL.



Pictured, upper right: Michelle, hamming it up with Luke Duke himself, Tom Wopat
Lower right: Michelle, associate Tim Kirkes, and THE General Lee



¡Fiesta de James Van Cleve!

Jim and a few of his closest friends pulled up some chairs and got a little loco, in celebration of his birthday, this February. Great food, excellent company, and thoughtful gifts rounded out the night at Pizza Ranch and brought many smiles to the guest of honor's face. Lots of excitement. Had it been me, I'm guessing I would've gone home, closed my eyes, and had myself a post-party JVC-iesta. ¡Feliz Cumpleaños, Jim!



Spring is in the air, and it is time to launch our annual **Birdies for Charity** Campaign. The annual **John Deere Classic** is scheduled at **TPC Deere Run** in Silvis, Illinois from July 6-12. John Deere is again partnering with local non-profits, including Discovery Living, Inc.

Each dollar generated in pledges will yield a bonus contribution from **John Deere**. Every dollar pledged, plus the John Deere contribution, goes to Discovery Living. Our organization pays no expenses to participate in this program.



How it works: Simply make a one-time flat donation, or pledge one cent or more per birdie. After the tournament, you'll be mailed a notice of your pledge amount due. For more information - or to receive a pledge form - you can contact the Discovery Living office at (319) 378-7470. Tournament rules and additional information is available at: www.birdiesforcharity.com.

Everyone who pledges can guess the number of birdies that will be shot during the Classic and have a chance to win one of more than 100 prizes.

All forms are due back to our office no later than **June 20th**. Thank you for supporting the work we do at **Discovery Living**.

SPECIAL OLYMPICS 2015



Felicia Smith and Kerri Hennessey, bringing home some heavy metal this past January 12th-14th, Dubuque, Iowa.



DISTRICT BASKETBALL

SKIING

by Bob Hebl, Executive Director

The Fiscal Year 16 Iowa budget continues to be a rapidly moving target, but here are a few key issues that we have been working on with our provider association, the Iowa Association of Community Providers:

Early budget projections call for a number of actions that are concerning.

The budget calls for a \$70 million cut in state funds to Medicaid, despite the fact that the state has accepted \$61 million in federal funds to rebalance services, from institutional to community-based. The idea behind the rebalancing initiative is one most all of us can agree with: Decrease the percentage of Iowans who received supports in large facilities, and increase the number of people receiving services in community-based settings, like those offered by Discovery Living. Cutting state funds to Medicaid clearly runs contrary to promises made during the MHDD redesign process and undermines the State of Iowa's initiative to increase community based supports. Of these cuts, 13 million would come from ID waiver, and, as of January 1, 2015, the state has placed a freeze on Home and Community Based slots for people with disabilities. Another 52 million in savings is via "modernization and the expansion of Managed Care." No one has provided an acceptable explanation regarding what that exactly means.

The above mentioned cuts target community based providers like Discovery Living, and may result in people with mental health and disability-related issues not receiving the supports they need.

It should be noted that, while community-based services are being targeted for cuts, nursing homes will receive an automatic 32 million in rate increases, and reimbursement increases are also proposed for the state institutions, despite average daily service costs that range between \$500 and over \$1000.

I encourage you to contact your representative, senator, and/or Governor Branstad, and ask them to commit to the following actions:

- Fully fund state Medicaid. The fiscal year 15 and 16 Medicaid shortfall is primarily the result of decreased federal match dollars and the use of one-time funding in prior years. It is important that people receiving services not be punished because of factors that are out of their control.
- Eliminate the Home and Community Based waiting list for people with intellectual disabilities, which now stands at over 500 individuals. This number will only grow and will prevent more and more Iowans from accessing the services they need.

Special thanks to Senators Liz Mathis and Bob Dvorsky, as well as Representatives Art Staed and Liz Bennett, for taking time to discuss important issues impacting people with disabilities. Your time and advocacy are much appreciated.



Above: Senator Liz Mathis

Above: Representative Art Staed



Above: Representative Liz Bennett



Our Faithful Friends, the **Knights of Columbus**, have done it again. Pictured, Discovery Living Executive Director, Bob Hebl receives a donation from **Marion KofC Chapter 5390**, from their Annual PID fund drive. We are grateful for their steadfast support.



Special thanks, as well, to our other supportive chapters: **12136** - North Linn, **5677** - Cedar Rapids, **11942** - Fairfax/Walford area, **5544** - Cedar Rapids, **14952** - Cedar Rapids, **909** - Cedar Rapids, **12131** - Center Point/Walker/Urbana area, **15921** - Hiawatha, **13426** - Mechanicsville area. Additional thanks goes out to support received from the **State Knights of Columbus** council. The Knights of Columbus are once again the single largest source of donations to Discovery Living.

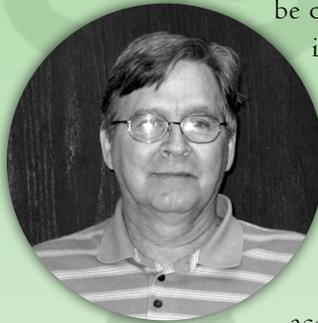
MEDICAID Modernization

By Mike Craver, Behavioral Services Coordinator



On February 16, 2015, the [Iowa Department of Human Services \(DHS\)](#) released a Request for Proposal (RFP) for Governor Branstad's [Medicaid Modernization initiative](#). In Iowa alone, [Medicaid](#) is accessed by nearly 20% of state residents. Total Medicaid annual expenditures are in excess of \$4.2 billion, with the state of Iowa paying more than \$1.5 billion of those expenses. Governor Branstad has projected that the state will save \$51.3 million, during the first six months of implementation of the Modernization Initiative, by contracting with private [Managed Care Organizations \(MCOs\)](#). The expressed focus of this initiative is to more closely scrutinize Medicaid expenses, which will theoretically enhance care by lowering medical costs and reducing reliance on hospital visits and other expensive types of care.

Iowa currently operates multiple care management models, based on the populations being served. Governor Branstad believes this leads to a fragmented model of care. With Medicaid Modernization there will be one system of delivery. Almost all of the people served by Discovery Living receive Medicaid funding and will be part of the new



managed care system. Most services for Iowans with mental health needs are already under a managed care system. Not everyone is in agreement with the governor's plan. Senate and House leaders are in agreement that the Legislature has an oversight role as the \$4.2 billion Medicaid system is privatized. They agree that, while the governor has great latitude on adopting managed care, there should be oversight to ensure that system changes occur in a thoughtful manner. The Senate voted unanimously to form a committee to oversee the transformation to a managed care system. Representatives from Discovery Living, other service providers, advocates, and our state provider association are all working to ensure that any managed care system redesign takes into account quality services, choice, and dignity – not just potential cost savings.

We will be providing regular updates in our newsletter, and either Bob Hebl or I will answer any questions you may have. Up-to-date information on Managed Care can be found at <http://www.infonetiowa.org/> and <https://dhs.iowa.gov/ime/about/initiatives/MedicaidModernization>.

"Forgiveness is not an occasional act; it is an attitude." ~Martin Luther King

...WORTH 1,000 WORDS

Quality Family Time:
Brian has a little four-
wheelin' fun with nephew,
Drake.



True buddies are
in tune with each
other's sense
of style.
(Paul and Diane)

The Kallikak Family, by Henry Goddard

In 1912, Henry Herbert Goddard, a psychologist at the Vineland Training School in New Jersey published his book, [The Kallikak Family](#). In his book, Goddard, the director of the Psychological Research Laboratory at Vineland, traced two lines of descendants of Martin Kallikak, Sr., a Revolutionary War soldier of “good stock” who, in an unguarded moment, visited a tavern frequented by soldiers and had a one-night encounter with a “feebleminded woman.” Goddard traced the descendants of this woman and determined that, of 480 descendants, most were feebleminded, sexually immoral, and alcoholic. Among them were prostitutes, epileptics, criminals, paupers, deviants, welfare clients, madams, and horse thieves. Goddard explains that after the war, Martin Sr. married a respectable woman of his own social standing, and of their 496 descendants, most were doctors, lawyers, judges, educators, traders, landholders, etc. Goddard made up the name “Kallikak” to protect the subjects of his study. The name came from two Greek words, Kallos (beauty) and Kakos (bad), hence the study of good blood and bad blood.

If you ever wondered where much of the stigma related to intellectual disabilities comes from, Goddard’s study led to the common belief that most of the ills in society at the turn of the last century were due to people he labeled as “feeble-minded.” It also led to much shame for families who had a member with an intellectual disability. Goddard’s study and subsequent book probably caused more negative stereotypes of people with disabilities than any other single piece of work. It has taken decades to overcome his careless research that was carried out by fieldworkers who were trained to assess feeble-mindedness at a glance.

But Goddard’s work didn’t stop with publishing [The Kallikak Family](#). He concluded that, if appropriate measures were not taken, feeble-minded people would “outbreed” so-called normal people and destroy society. What was his solution to this huge challenge? Chapter 5 of his 1912 book is titled “What is to be done?” He begins by discussing “the lethal chamber” for people with severe disabilities but concludes that “Humanity is steadily trending away from the possibility of that method, and there is no probability that it will ever be practiced.” In Goddard’s day,

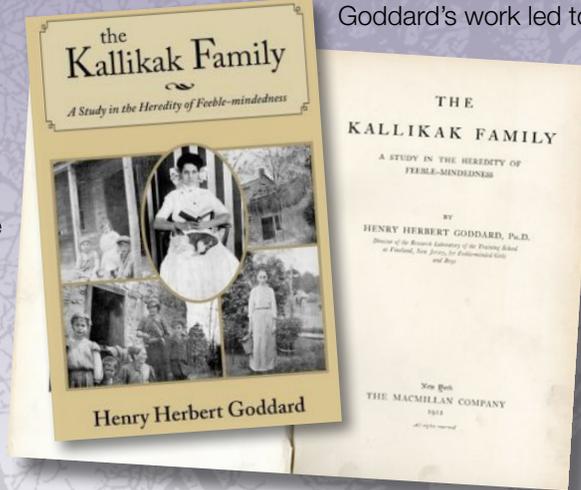
there were three labels: idiots, for those with the most severe disabilities, imbeciles, for those with moderate disabilities, and morons, for those with mild disabilities. Goddard concluded that “the idiot is not our greatest problem” and “because of his very low-grade condition, he never becomes a parent. It is the moron type that makes for our great problem.” Goddard goes on to suggest that the challenge can be addressed via mass segregation in institutional settings and involuntary sterilization. After his book was published, Goddard was commissioned by the U.S. Public Health Service to test newly arriving immigrants at Ellis Island for intelligence. Those labeled as feeble-minded were denied entry to the United States. Because of Goddard’s eugenics research, over 65,000 people were involuntarily sterilized in the U.S. between 1907 and 1981.

Goddard’s work led to the “eugenics” movement and massive intelligence testing. Later, leaders in Nazi Germany seized upon Goddard’s work and used his theories as a rationale for their genocide of Jews. Nazi Germany used people with intellectual disabilities and mental illness as their guinea pigs in practicing the death-making techniques that were later used on millions of Jews. By the time that Goddard’s work was totally debunked by other scholars, the damage had already been done, and people with disabilities continued to be blamed for most of the ills of society - certainly a low point in our nation’s history for the treatment of people with intellectual disabilities.

A possible silver lining is that we can learn from history and see the horrific results of bad research. It also gives us pause to contemplate our supports, services, and treatment today of people with intellectual disabilities in 2015. We believe we are so enlightened, relative to the time of Goddard, but remember, they also thought they were enlightened. It begs the question of how today’s supports and services will be viewed in 30, 50, or 100 years. And, how can we do an even better job?

“Those who cannot remember the past are condemned to repeat it.” ~George Santayana

Special thanks to [Rod Braun, Executive Director at Christian Opportunity Center](#), for allowing us to print this modified version of an article he originally authored.



Health and Wellness (and You!)

Seven Benefits of a Smile:

1. Smiling lowers your blood pressure.
2. It gives your metabolism a boost.
3. It decreases your stress level and helps you relax.
4. Smiling produces endorphins (happy hormones).
5. When you smile, your oxygen level increases.
6. Smiling assists your digestion.
7. And it helps keep your immune system tuned up.

Some people think that you should “smile for others,” but your smile is actually for you!!





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