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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., © 2015. 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

A PUBLICATION OF DISCOVERY LIVING, INC. 

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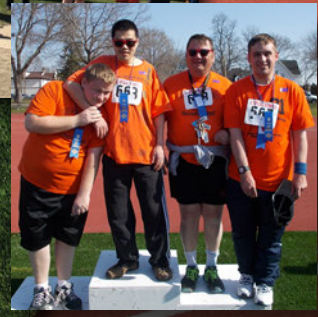


Let ME win.
But if I cannot WIN,
be let me
Brave in the
Attempt.

- the motto of Special Olympics



Let the Games Begin!



District State



Special Olympics 2015

Discovery Living is extremely proud of the MANY athletes with whom we are associated. Dozens of members competed, this year, on both the district and ultimately state level. They gave it everything they had, and we are truly inspired by their dedication to themselves and their teammates. Congratulations to all - you're ALL winners!

Options Awards Night

There was a great deal of pride in the air, this past April, as several of our friends were recognized for their hard work at Options of Linn County. Well done, everyone!! For more great pictures and a complete list of winners, be sure to click on the flickr link icon.



Inset: Tracey Myers, with the Zach Johnson Foundation



Once again, our friends at the **Zach Johnson Foundation** have generously donated auction items to Discovery Living. Up for auction are a **Zach Johnson Foundation Classic** flag, signed by Zach, **Kurt Warner**, and many other participants from the inaugural 2011 Zach Johnson Classic, a Super Bowl insert signed by NFL and Super Bowl MVP, Kurt Warner, and a display plaque featuring Zach and many of the participants from the 2014 Classic. The winning bidder will be awarded all three of these great items (photo above)! We will be accepting sealed bids until August 7th, 2015. The lucky winner will be contacted

at that time, and all of the proceeds from this auction will directly support our work at Discovery Living. Please submit sealed bids to:

Discovery Living, Inc.
1015 Old Marion Road NE
Cedar Rapids, IA 52402
Attention: Bob Hebl

ON THE BLOCK

Please join Zach Johnson, fellow Masters, and current U.S. Open Champion, Jordan Spieth, and many other top golfers and celebrities for the Zach Johnson Foundation Classic on July 6, at **Elmcrest Country Club**. Complete tournament information can be found at: <http://www.zachjohnsongolf.com/foundation/zjf-classic.page>

Day of Caring 2015

All of us at Discovery Living want to put out a big thank you to the volunteers from the **United Way** 'Day of Caring'. Volunteers from the **Cedar Rapids School District** pruned some bushes and

the DCMA assembled and installed a greenhouse at the Greenfield home. And last but not least, we have to thank **GE Capital** for easy-washing sixteen of the Discovery Living homes and our service



trees at the Broderick home, and a team from **Ann Bauer** planted flowers at the Country Club home. The



Defense Contract Management Agency 'DCMA' provided teams of volunteers who did great work cleaning up the yards at Country Club and Hampden – hauling away a full truckload of brush from Hampden! Two additional groups from



Please click the link, or visit <https://www.flickr.com/photos/91986075@N07/sets/72157654641761320> for more.)



...worth 1,000 words
Valleyviewers Seek Vim, Vigor, and Vitality

Tickets available now for our 2015 lineup!



African Safari Adventure - Marlin Darrah
September 20



Texas - Highways and Byways - Dale Johnson
October 18



China Rising - Dale Johnson
October 4



Bhutan - The Cloud Kingdom - Tom Sterling
November 15

All shows are on Sundays at 2pm. Performances are held at the Marriott Convention Center, 1200 Collins Road NE, in Cedar Rapids. The Marriott is fully accessible, seats over 200, has plenty of parking, and is centrally located. Snacks and beverages are available for purchase. All proceeds from ticket and snack sales go to support the work we do at Discovery Living.



Tickets are \$8, and season passes may be purchased at \$26 for an individual or \$50 for family. To purchase, please call (319) 378-7470, or visit our administrative office at 1015 Old Marion Road NE, Cedar Rapids.

Corporate and Individual Sponsors are the reason we are able to present these fine films. Our sponsors help Discovery Living cover some of the costs associated with the films. Corporate and individual sponsorship levels are \$300, \$500, \$750 & \$1,000 and are tax deductible. Sponsors receive free show tickets, are recognized in our travel and adventure brochures, acknowledged in our newsletter, and publically thanked during at least one live show.

If you are interested in learning more about sponsorships for the 2015 season - please contact Lynette Vozenilek, Susan Hollrah or Bob Hebl at (319) 378-7470. You can also access detailed information at: www.discoveryliving.org



THE DISCOVERY LIVING ENDOWMENT

Discovery Living Endowment funds are held at the Greater Cedar Rapids Community Foundation. Eligible donations include gifts of money or property to a nonprofit organization for the ongoing support of that organization. Usually the endowment is structured so that the principal amount is kept intact while the investment income is available for use, or part of the principal is released each year, which allows for the donation to have an impact over a longer period than if it were spent all at once. These funds are 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 \$1,000 gift
25% Endow Iowa Tax Credit: \$250
35% Federal Deduction: \$350
Total Tax Saving: \$600
Cost of Gift to Donor: \$400

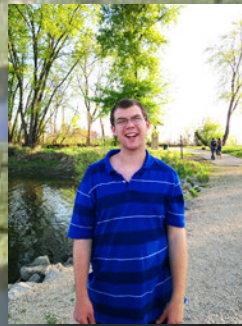
Donors who have made a strong commitment to support our endowment fund belong to the **Discovery Living Legacy Society**. This group of key supporters (see below) is invited to special company events and are publically recognized to the extent they are comfortable with.

If you want to learn more about this wonderful opportunity to help Discovery Living, and benefit 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. To learn about Endow Iowa you can go to:

<https://www.grcrf.org/donors/tax-benefits/endow-iowa-tax-credits/>



- Dick and Fran Whitters • Larry and Claire Sharp
- Mark and Sheryl Morgan • Melvin and Wanda Campbell
- Anne and John Cunningham • Karen Volz
- Mike Stallman • Ralph Savoy • Bob and Elaine Mowry
- John Negro • Tom and Joan Auterman • Elmer Haverly
- Kelly Baier • James Nelson • Marguerite Wagner Estate • Craig and Pam Clark



The Wesley guys took advantage of this beautiful weather and explored the [Prairie Park Fishery](#). The guys competed to see who could lift the heaviest rock, who could throw the furthest, and then chased each other all over the trail. In all, we probably each walked almost two miles!

Prairie Park Fishery



A Discovery Living thank you goes to [Lieutenant Governor Kim Reynolds](#) for taking time out of her hectic schedule to visit with Bob Hebl regarding Discovery Living and the people we serve and employ.

HAPPY BIRTHDAY JACK & RYAN

Two of our favorite people recently celebrated landmark birthdays. Ryan, 35, and Jack? 90!! Congrats, you two!!



Thanks to [Representative Ken Rizer](#) for taking time to stop at the Discovery Living office on May 8 to visit regarding supports for people with intellectual disabilities. We appreciate your interest and support.

News from the Board

We want to thank three departing members of the Discovery Living Board of Directors for their volunteer service.



Kelly Baier served on the Discovery Living board for over 25 years and provided us with ongoing legal support and advice. He is a past Board President, current Chair of the Executive Committee, and has steadfastly supported Discovery Living's various fundraising campaigns. Kelly and his wife Rachelle are charter members of the Discovery Living Legacy Society – which is an honor bestowed upon those who have made significant contributions to our endowment fund.



Loren Schmitz served on the Discovery Living board for 23 years. He is past Board President, and most recently served as Chair of the Facilities committee. Loren and his wife Lois provided a great deal of assistance with home and vehicle purchase and modification and also supported Discovery Living's various fundraising campaigns.



Tom King served on the Discovery Living Board of Directors for five years and was the Chair of our Corporate Compliance Committee. He provided us with advice, support, and training regarding insurance and risk management issues and supported several of our fundraising efforts.

We thank each of these kind folks for their steadfast support of our organization and wish them all the best.

MEDICAID Modernization



WHAT YOU NEED TO KNOW

- February 16, 2015 - the [Iowa Department of Human Services \(DHS\)](#) released a [Request for Proposals \(RFP\)](#) for Governor Branstad's [Medicaid Modernization initiative](#). The initiative set forth a very aggressive deadline of January 1, 2016, for the implementation of Managed Care for everyone with an intellectual disability, who is receiving Medicaid services.
- Eighteen Managed Care Organizations (MCO's) responded to the Request for Proposals.
- Two to four MCO's will be awarded the contract to administer Medicaid funding for persons with Intellectual Disabilities. Selected MCO's will be notified in August 2015.
- MCO's are expected to contract with persons receiving services, their representatives, and service providers, as of January 1, 2016.
- Effective January 1, 2016, managed care entities will administer payment and will ultimately negotiate reimbursement rates with service providers. Reimbursement rates will no longer be based on cost reported data, but will be determined based on an assessment of each person's perceived needs for support services.
- This change in service funding authorization will ultimately impact over 500,000 Iowans.
- Changes are occurring at a rapid pace. The Centers for Medicare and Medicaid Services (CMS) has drafted legislation to ensure that managed care is implemented in a transparent manner that respects member choice. The draft rule can be viewed here:

<http://cms.gov/Newsroom/MediaReleaseDatabase/Fact-sheets/2015-Fact-sheets-items/2015-05-26.html>

You can also find up-to-date information regarding the managed care implementation process at the links below:

<http://www.infonetiowa.org/> and
<https://dhs.iowa.gov/ime/about/initiatives/MedicaidModernization>

A Managed Care entity has administered support services for people with mental health issues in Iowa for the last two years, so we do have some comparative experiences to draw upon. **In an effort to better educate people served - and their representatives - regarding Managed Care, we are scheduling the following four informational sessions:**

Wednesday, July 8 - 10:00 a.m. & 5:00 p.m.

Tuesday, July 21 - 10:00 a.m. & 1:00 p.m.

All meetings will be held in the lower level meeting room at the Discovery Living office (1015 Old Marion Road NE – Cedar Rapids) and will last 60-90 minutes. If you are unable to attend, you can view part of our managed care presentation by going to the following link: <http://youtu.be/MGm1aVbKrHE> .

We hope you are able to join us. You may also give **Carol Saddoris or Bob Hebl** a call at **(319) 378-7470** with any questions you may have.



Remembering BERT

Roberta (Bert) Mae Denneson, 50, of Cedar Rapids, went to be with Jesus on May 25, 2015. Survivors include her guardian, Jolene Kirkpatrick; good friend, Mary Hand; and all her friends and family at Options and Discovery Living.

Bert was born Dec. 21, 1964, the daughter of Robert and Beulah (Smith) Denneson, in Knoxville, Iowa. She enjoyed attending Camp

Courageous in the summer and looking at her books. One of her favorite songs to sing was, "Jesus Loves Me."

Bert came to live with us at Discovery Living in 1988 and she touched many lives along the way. Her infectious smile, gentle spirit and outgoing personality endeared her to everyone she came in contact with. We will miss our friend Bert a great deal.

Following the passing of Bert Denneson, our former executive director, John Morris, shared some thoughts worth sharing with you:

Many disability organizations exist in Iowa. What is it that distinguishes one from another? It is HOW services are delivered to the consumers (members) by direct-support employees.

At its core, that is a matter of the heart of each worker. A quality organization instills the idea that love is behind the efforts of each employee--every time they report to their job. They always show that the dignity of the people they serve is of utmost importance. Through such daily respect and caring, a gentle heart is nurtured.



The organization can grow larger but it is essential that all employees keep the feel of a small, loving, caring family at each service location. Serving those with disabilities is an honor and a privilege. Supporting these men and women helps us develop our personal character. It is a virtue to support others, knowing that, if we were in the same situation we would look for caring individuals to come along side us.

May Discovery Living always be known for the compassion of its employees. That is what will set it apart from other disability organizations. That is how it will shine as a bright star in the Cedar Rapids community.

Thanking you for your work,
John

Now, HAT's Adorable...

By Lauren Udell, Associate Coordinator

For those of you who don't know Norman Cobb, he is one crafty fellow. From beads to bracelets, paints to patio stones, Norman does it all. This past December, Norman took on a new craft endeavor: loom knitted hats. Norman received his hat loom for Christmas, and has been knitting hats ever since. He always has a project going and a gift to make. Since receiving his hat loom, Norman has made hats for all of his housemates at Douglas and his friends at Camelot, and many other friends and staff members. With all his experience knitting hats, Norman is now trying his hand at loom knitting scarves. We are excited to see what other creative ideas Norman has up his sleeve.

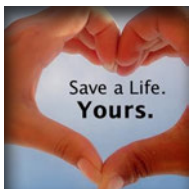


Norman and his niece, Aubrey, wearing a hat he made for her.

Health and Wellness (and You!)

Preventative screening tests can find diseases and conditions early when they are easier to treat. Talk to your doctor about which of the tests listed below are right for you and when you should have them.

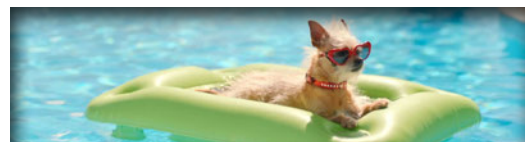
- Blood Pressure: Have your blood pressure checked at least every 2 years.
- Cholesterol Checks: Women should have their cholesterol checked regularly starting at age 45; men every 5 years beginning at 35. If you smoke, have diabetes, or if heart disease runs in your family, start having your cholesterol checked at age 20.
 - Diabetes Tests: Have a test to screen for diabetes if you have high blood pressure or high cholesterol.
 - Colorectal Cancer Tests: Have a test for colorectal cancer starting at age 50.
 - Mammograms (Women): Have a mammogram every 1 to 2 years starting at age 40.
 - Osteoporosis Tests (Women): Have a bone density test at age 65 to screen for osteoporosis (thinning of the bones).
 - Pap Smears (Women): Have a Pap smear every 1 to 3 years if you have been sexually active or are older than 21.
- Prostate Cancer Screening (Men): Talk to your doctor about the possible benefits and harms of prostate cancer screening if you are considering having a prostate-specific antigen (PSA) test or digital rectal examination (DRE).



...And a (Wet) Word from your Safety Committee

Now that the warm weather is here, the idea of jumping into the nearest pool to cool down sounds like a great idea! Don't forget:

- Apply sunscreen
- Swim where there's a life guard on duty
- Drink plenty of water to stay hydrated
- Use flotation devices, if needed
- Pay attention to weather conditions and forecast





1 0 1 5 Old Marion Road, NE
Cedar Rapids, I o w a 52402

Place
Stamp
Here

www.discoveryliving.org
(319) 378-7470

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