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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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Today, WE are Honored...

On Thursday, September 3, Discovery Living, Inc. was recognized as a Business 380 Excellence Business Award winner by the Cedar Rapids Gazette and KCRG-TV9. We received the Runner-Up Award in the Not-For-Profit category. Our organization was honored for ongoing efforts to adapt our services and supports to better meet the needs of people who are experiencing mobility and other age-related challenges. Hats off to our dedicated employees, the people we support, and their loved ones for making this award possible.



From Left: Ashley Hinson, KCRG; Bob Hebl, Executive Director; Denis Duppong, Board President; Carol Saddoris, Director of Residential Services

The Gazette

BUSINESS 380
Excellence

2015 Business Awards

Not-for-Profit
Runner Up

presented to

Discovery
Living, Inc.



29TH

AOSSEY

Vacation Time!



Aaron Swanson takes a daytrip to Dubuque.



Chris Imsland gets the royal treatment at CRST Trucking for her 60th Birthday!

Harvest



Nemmers guys at the apple orchard and...



Celebration Time



Swingin' in the Rain...

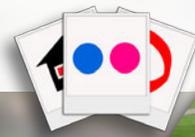
by Jeremy Moser, Service Coordinator



Special Olympics Miniature Golf was held on August 28th at the [Vinton Skate & Activity Center](#). This is an alternate shot tournament with a volunteer partner from the community. We started the day a little early to try to avoid the rain, but the latter groups got a little wet as they were out on the course. Despite the weather, a good time was had by all. After we were done golfing there was a bean-bag toss, and ladder golf available inside before a lunch of hamburgers or hot dogs - with cookies and chips - was provided by some members of the community.



Special Olympics Golf was held at [Twin Pines Golf Course](#) in Cedar Rapids on August 29th. The members had a choice to play 3 or 9 holes with a partner from the community. The turnout this year almost doubled from last year. We had a great day to play, as the temperature was just right with an overcast sky. This made it a great day for everyone involved. After the members and volunteers got their awards they had the opportunity to have a sack lunch that was catered by Hy-Vee. Thanks to all of the staff and community members who golfed with our individuals. It made for a very fun and successful day for all involved.



Special Olympics 2015

st
ime!



...Mags with her first tomato from her Wellington Heights garden.



And the Winner is...

Thanks to **Charlie Becker**, [Camp Courageous](#) Executive Director, for submitting the winning bid for the merchandise donated to Discovery Living by the [Zach Johnson Foundation](#). Charlie is now the proud owner of items autographed by Zach, Kurt Warner and several other celebrities. All of the proceeds from this silent auction directly benefit the people we support at Discovery Living. We also want to congratulate Zach Johnson on his [victory in the 2015 British Open!](#)



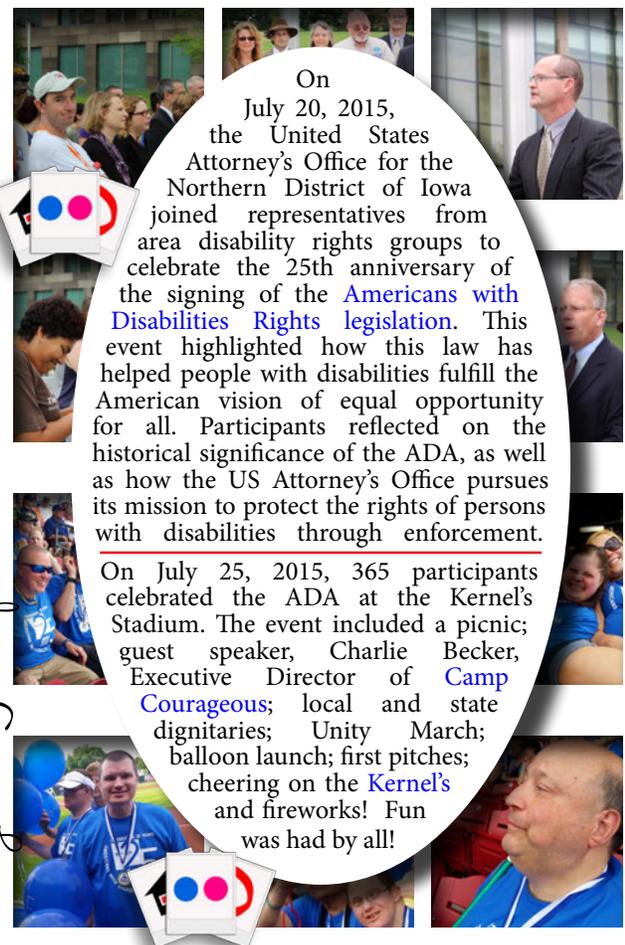
"I have loved Discovery Living since its inception. I knew many of the original founders and the board. I remember sitting with Father Gallagher as we reviewed the applicants for the first director, and John Morris came to the top. And when Tait and Dotty Cummins decided to have Charlie move in shortly before Tait's passing, it all seemed like it was meant to be. I am so proud of the incredible progress Discovery has made over the past 35-years, and even though you have beautiful facilities, it is your exceptional and caring staff and great clients that make you stand out." - Charlie Becker



District and State Softball



Twenty-Five Years of the ADA



On July 20, 2015, the United States Attorney's Office for the Northern District of Iowa joined representatives from area disability rights groups to celebrate the 25th anniversary of the signing of the [Americans with Disabilities Rights legislation](#). This event highlighted how this law has helped people with disabilities fulfill the American vision of equal opportunity for all. Participants reflected on the historical significance of the ADA, as well as how the US Attorney's Office pursues its mission to protect the rights of persons with disabilities through enforcement.

On July 25, 2015, 365 participants celebrated the ADA at the Kernel's Stadium. The event included a picnic; guest speaker, Charlie Becker, Executive Director of [Camp Courageous](#); local and state dignitaries; Unity March; balloon launch; first pitches; cheering on the [Kernel's](#) and fireworks! Fun was had by all!

In the Beginning...

This photo was taken on October 12, 1980, following a [Knights of Columbus](#) Persons for Intellectual Disabilities (Tootsie Roll) fund drive. Two of the gentlemen pictured, [Elmer Haverly](#) (third from the left) and [Larry Sharp](#) (fifth from the left) still serve on the Discovery Living Board of Directors today! As we celebrate our 35th year of supporting people with intellectual disabilities next year, it seems only appropriate to reflect upon why we are here.

In 1977 four local Knights of Columbus councils founded Discovery Village, which would later become Discovery Living. In the nearly forty years since our incorporation, the Knights of Columbus have supported Discovery Living each and every year. Here are some astonishing facts for you to consider:

- In 2014 the KC's donated \$40,500 in proceeds from the Persons with Intellectual Disabilities (PID) fund drive to Discovery Living.
- The KC's have donated \$909,000 to Discovery Living in PID fund drive proceeds over the last 35 years!
- When you factor in individual contributions Knights of Columbus members have made to our various fundraising initiatives, KC members have donated over \$1,250,000 to Discovery Living!
- Over 40 Knights of Columbus members have served, or currently serve, on the Discovery Living Board of Directors.

Knights of Columbus members have donated thousands of hours of their time, furnishings, and equipment to help the people we serve. Most recently, a number of KC's donated labor and materials to complete a home that Discovery Living took possession of on May 1, 2015.

Every person who is or has been served, employed, or supported by Discovery Living owes a debt of gratitude to the Knights of Columbus. The KC's support the Arc, Camp Courageous and many other wonderful organizations, and they do so with little fanfare or recognition. We would not be here, if not for the KC's who truly live out the Knights of Columbus mantra, "In service to one, in service to all."

Knights of Columbus





MARION BY MOONLIGHT

DONOR SPOTLIGHT

2015 TRAVEL & ADVENTURE MOVIE SPONSORS

Discovery Living would like to thank the following individuals and businesses. Because of your generosity, Discovery Living is able to entertain the public and use proceeds from this important fundraiser to further our work.

Acumen • Tom & Joan Auterman
Charlie Becker - In Memory of Tait & Dottie Cummins • John & Anne Cunningham • Bob & Laurie Hebl
Home Appliance Center • Molyneaux Insurance • Ogden & Adams Lumber
Scott & Penny Olson • Rich & Julie Shebek • David & Mary Lou Selzer
Karen Volz • Mike Stallman • Carole & Dick Swanson

Nelson Electric Co.
House of Carpets

Bradley & Riley, P.C.
Guaranty Bank
Stacie Johnson,
RE/MAX Real Estate Concepts

Special thanks also to Jack Flatt
 at **Five Seasons Tire**

Discovery Living's TRAVEL & ADVENTURE SERIES

Only three shows remaining.
 Get your tickets now!

Dale Johnson's
China Rising
 - October 4

Dale Johnson's
Texas - Trails and Tails
 - October 18

Tom Sterling's
Bhutan - The Cloud Kingdom
 - November 15

For more information, visit us at www.discoveryliving.org, or call (319) 378-7470.

Don't miss it!

News From the Board: WELCOME!



Discovery Living is pleased to welcome three new board members:



Pat Ryan is retired from Aegon, and sister Nancy has received our services since 1981. Pat was instrumental in developing the supported employment program at Aegon. She is a long term supporter of Discovery Living.



Dianna Young is the General Manager of Dining Services, Meth-Wick Community. She previously served as the Director of the Horizons Family Service Alliance Meals on Wheels program, and as the Nutrition Manager at Heritage Area Agency on Aging.



Stephanie Neff is Community Program Manager, Blue Zones Project - Cedar Rapids. She previously served as Deputy Director of Linn County Public Health, and Executive Director of the Healthy Linn Care Network.

We welcome all three of these individuals, who have proven to be committed advocates for people with disabilities, to our Discovery Living family.



From our friends at the Greater Cedar Rapids Community Foundation: ENDOW IOWA TAX CREDIT UPDATE

We have received an update from the Iowa Economic Development Authority (IEDA) on the status of the 2015 Endow Iowa tax credits. The 2015 allocation approved by the legislative session is \$6 million.

To date, the number of 2015 Endow Iowa tax credits awarded is approximately \$4.3 million. This number includes the 2014 applications that have been carried over into 2015 and 2015 applications received to date. We want to encourage all donors who wish to qualify for the Endow Iowa tax credits to make their gifts as soon as possible. It is likely the credits will be exhausted earlier than originally expected.

The Endow Iowa Tax Credit report (PDF) found on the IEDA website has been updated and will continue to be updated weekly on Wednesday. It can be accessed via this link: www.iowaeconomicdevelopment.com/Community/Philanthropic.

Questions? Please contact the Community Foundation at info@gcrf.org or 319.366.2862.

MARKING MEDICAID'S 50TH WITH RENEWED SUPPORT

Linda Langston, guest columnist
JULY 27, 2015 | 11:11 AM

In 1965, President Lyndon B. Johnson signed the landmark legislation that created Medicaid. In so many ways, it was a different world then. Televisions had antennas and broadcast just a few channels in black and white. Gas cost 31 cents a gallon and the Dow was at 969. Tobacco had only just been declared a hazard. The Governor of Iowa was Harold Hughes.

Health care treatments and the way we deliver and pay for them have also changed dramatically in the past five decades — largely for the better. But one thing that has not changed since 1965 is the fact that there are times in people's lives when they will face medical challenges — sometimes serious ones. And it often happens when we least expect it. Fortunately when people need help, Medicaid is there for them. Nearly two-thirds of Americans have either benefited directly from Medicaid or have a family member or friend who has. And for many folks with disabilities, Medicaid allows them the ability to live independently at a much lower cost.

Here in Linn County, Medicaid is a lifeline for people who otherwise lack coverage for their health care needs. We take seriously our responsibility for protecting the health and well-being of all of our 215,000 residents, and the Medicaid program helps make that possible.

Nationally, counties invest \$70 billion on health care services. We run 1,000 hospitals and 700 nursing homes. At least 16 states require counties to contribute to the non-federal share of Medicaid, and the majority of states require counties to provide health care for low-income, uninsured or underinsured residents. Until recent changes in the mental health system in Iowa counties paid a portion of the Medicaid match.

Linn County delivers Medicaid eligible services through the [regional mental health system](#), and through the [Linn County Public Health](#).

Over the past half century, Medicaid has had a positive and lasting impact on the many families it serves, providing health care to one in every five Americans from all walks of life. Half the babies born in this country had their births covered by Medicaid. The program fills gaps in people's health coverage and helps them transition through life events that would otherwise leave them uninsured and more vulnerable.

The average adult using Medicaid spends only a portion of any given year enrolled in the program, and health care outcomes and economic security are much better for those in Medicaid compared with the uninsured. Children with Medicaid coverage live healthier, more productive lives as adults than similarly



disadvantaged children without access to the program.

Medicaid supports our most vulnerable citizens — including the disabled, seniors and their families — who account for two-thirds of Medicaid's budget. One in five people with Medicare also rely on Medicaid to cover the things that Medicare doesn't like nursing home care, dental treatment and vision care.

Medicaid does more than just care for our residents. It has been a source of innovation in American health care benefiting our local economy. Medicaid reduces the frequency of uncompensated care provided by local hospitals and health centers, lessening the strain on our county budget. It provides patient revenue that helps communities retain doctors and other health professionals, especially in underserved and rural areas. The Eastern Iowa Health Center is a federally qualified health center which provides medical homes for people by using resident doctors and many of its patients receive Medicaid.

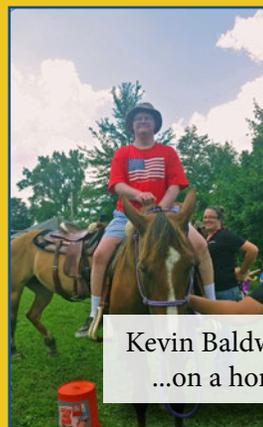
There will always be a need to treat illnesses in our community, and Medicaid should always be there to help. Linn County is working with the National Association of Counties to preserve a strong federal-state-local partnership for financing and delivering Medicaid services.

As we celebrate Medicaid's 50th anniversary, we must also stand together to protect this vital program from cuts proposed by members of Congress. Funding reductions, caps or block grants would further shift federal and state Medicaid costs to counties, placing a greater burden on local property owners. When we all work together, when all of our citizens thrive, we help foster a resilient and healthy community.

In the past half century, much has changed and Medicaid has been there throughout, proving its value to patients and taxpayers in Linn County. Let's ensure it can continue to do so for the next 50 years.

• Linda Langston is a Linn County Supervisor, who gave us permission to reprint this article.

...worth 1,000 words



Kevin Baldwin...
...on a horse!

“
As soon as anyone starts telling you to be realistic, cross that person off your invitation list.
- John Eliot
”

Managed Care Update . . .

On 8/17/15, the following **Managed Care** Organizations (MCO's) were awarded contracts to manage Medicaid funded intellectual disability services in Iowa. They are:

Amerigroup Iowa, Inc.
AmeriHealth Caritas Iowa, Inc.
UnitedHealthcare Plan of the River Valley, Inc.
WellCare of Iowa, Inc.

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.
- MCO's will be assessing preventable health conditions, wellness, individual service needs, community inclusion, natural supports and cost effectiveness of services.

Discovery Living has been working for some time to prepare for managed care, and you can rest assured that we are here to assist you and your family member in order to make this transition as smooth as possible. Please remember that you can give Carol Sadoris or Bob Hebl a call at (319) 378-7470 with any questions you have.

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

<http://dhs.iowa.gov/ime/about/initiatives/MedicaidModernization>



Hugging is Good Medicine:

- It transfers energy and gives the person hugged an emotional lift
- You need four hugs a day for survival, eight for maintenance, and twelve for growth
- Scientists say that hugging is a form of communication, because it can say things you don't have words for.
- And the nicest thing about a hug is that you usually can't give one without getting one.



Health and Wellness (and You!)

Counting Our Blessings

by Bob Hebl, Executive Director

As the holidays approach, it is natural to reflect on the past and look forward to what the future may hold. 2015 provided the usual share of ups and downs for the people we support, their families and our employees. And, as usual, our folks were ready for whatever life may throw their way. Trips to camp, fun vacations, sports achievements and enjoying their community day after day were only a few of the experiences the people we love experienced this past year. One need only visit one of our homes on a typical day to see community based principles in action. Here are a few things we are thankful for:

* The opportunity to assist 140 of our friends as they strive to live fulfilling, community based lives * Hundreds of family members and community supporters who support people with disabilities each and every day * A staff 200 strong - who are firmly committed to changing lives * A 23 member Board of Directors - who donate their time, energy, expertise and resources to help us achieve our mission * Numerous individual and organizational donors, who support our organization with their time, labor and resources * Our founding partner, and continued strong supporter, the Knights of Columbus *



Our thanks to each of you who has extended a helping hand to a person we serve – or supported our organization with your acts or resources. We would not be here without this amazing network of support.

7 *God bless you all this holiday season!*



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.*