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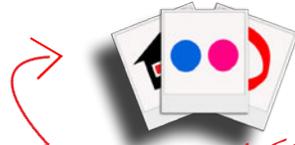
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New in 2016!

Picture your logos here! This year, we will be offering brand new opportunities for supporting Discovery Living and promoting your business or organization at the same time. Newsletter sponsorships will be available beginning with this year's 2nd quarter Dispatch. Sponsor once, be visible for a full year! See page 4 for further details and information on how your organization can reserve your space now.

Meanwhile, Happy New Year, and we hope you enjoy this issue of the Dispatch!



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

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



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THE Dispatch

A PUBLICATION OF DISCOVERY LIVING, INC. 

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Years of
Discovery
Changing Lives Since 1981

35 Years of Discovery

by Bob Hebl, Executive Director

Forty years ago, advocates in Iowa were addressing what appeared to be insurmountable obstacles. People with intellectual disabilities had long lived in large institutional settings that were often far removed from family, friends, and community resources. Local leaders from the [Knights of Columbus](#), [The Arc](#), and the greater advocacy community, started the process that would ultimately result in the incorporation of Discovery Village in 1977. The objective was clear – provide people with intellectual disabilities the opportunity to live and receive individualized support services in their home community. After several years of hard work, legal wrangling, advocacy, and community outreach, [Discovery Living, Inc.](#), would open an eight-bed group home in Cedar Rapids in 1981.

Since our humble beginning, much has changed. The people we support, their families, our employees, and board of directors have been faced with numerous funding, service delivery, and regulatory challenges. Indeed, change has been about the only constant in the delivery of services to people with disabilities. Over the course of the last 35 years, the Discovery Living family has stepped up again and again to overcome challenges, while remaining focused on quality service provision. Because of this determination to do what is right, our organization has touched thousands of lives in Eastern Iowa.

As we prepare to face the future, it is important that we reflect on not only our history, but on our mission. Rest assured that we will again step up to any challenges thrown our way and remain committed to changing more lives in the years ahead.



HEROES OF THE HALLOWEEN HOP

The guys from 16th Street and Twin Pine shake off the rigors of reality at the 2015 Halloween Dance.



We have an annual tradition, here at Discovery Living, of getting together each December to celebrate the accomplishments of the year, recognize our long-term team members, and bind it all together with good food and conversation. It is an event we always look back on fondly. Recognized this year (pictured at right) were: Back row: Leon Bohn, Brittany Hanson, and Kim Carr. Middle row: Penny Hatch, Debbie Katcher, Tim Kirkes, Tommi Karma, Linda Klocke, Jennifer Karma, and Melissa Miller. Front row: Wanda Ledford and Marcie Wells.



2015 Employee Holiday Banquet

CASINO NIGHT on 29th Street



Some of our high rollers got together over at 29th Street, in October, for a night of "high-stakes" high jinks. Round and round the wheel she goes...

"WHEN WE ARE NO LONGER ABLE TO CHANGE A SITUATION, WE ARE CHALLENGED TO CHANGE OURSELVES."

- VIKTOR FRANKL

HOLY CLASSIC TV THROWBACK!!

TWIN PINE GUYS
DISCOVER THE
BATMOBILE
AT BARNES &
NOBLE!!



It is with mixed feelings that we announce that Discovery Living will not be presenting our Travel and Adventure film series in 2016. For over 20 years, the series entertained thousands of people and served as an important fundraiser for our organization. In recent years, the increased cost of sponsoring these shows, coupled with declining attendance, has resulted in movie-related expenses exceeding sponsorship, ticket sales, and refreshment proceeds.

THE END of an ERA



Our heartfelt thanks to our sponsors, movie patrons, and all of you who have supported this event the last 20 years. We hope that you have enjoyed the movies as much as we enjoyed hosting them.

TRAVEL AND ADVENTURE MOVIE ATTENDEES

We want to thank the hundreds of folks that supported our Travel and Adventure movies over the past 20 years. Your support and dedication allowed us to provide the people we serve with adaptive equipment and supports that would otherwise not have been possible. Our sincere thanks go to you - our Travel Movie patrons.

ANNOUNCING...

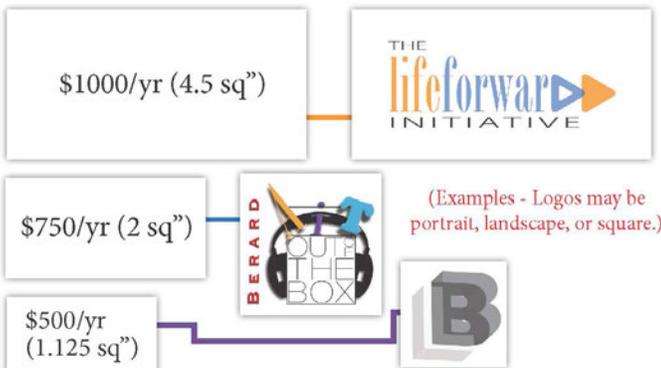
A Brand New Way to Support **DISCOVERY LIVING!** YOU Can Become Part of the Discovery Living Team

We are pleased to announce that Newsletter Sponsorships are now available to individuals and businesses. You can show your support for Discovery Living and/or advertise your business by purchasing newsletter sponsorships. Sponsorships are for one year, and your name or company logo will be included in four Discovery Living Dispatch newsletters, during that time. Sponsorship level specifics can be found below, and you can call the office and speak to [Susan](#), [Lynette](#), or [Bob](#), if you have any questions.

INSIDE THIS ISSUE:

- The 380 Business Excellence Awards
- 50 years of Medicaid
- 25 years of the ADA
- Donor Spotlight: Travel & Adventure Series Sponsors
- News from the Board
- Managed Care Update
- Golf Prose
- Member News!

Thank you to our sponsors for making our mission of service possible.



\$250/year - Name listed in 14pt Trebuchet MS Bold Italic



Thank You, Larry!



All of us at Discovery Living thank founding board member, Larry Sharp, for his service and dedication. In November, Larry resigned after 38 years on our board of directors. Larry, his wife Claire, and his family have repeatedly supported our organization with their time, energy and resources. Larry has supported our annual appeal, endowment fund, Birdies for Charity campaign, as well as numerous other fundraising efforts. He is a past Board President and most recently, served on our Facilities Management Committee. Larry will always be a part of Discovery Living, and we wish he and his family all the best.



INTEGRITY

INTEGRITY IS WHAT PEOPLE DO WHEN NO ONE ELSE IS LOOKING.
 IT IS TOTAL COMMITMENT TO HONESTY IN EVERY ASPECT OF A PERSON'S LIFE.
 INTEGRITY GOES TO THE CORE OF CONDUCT, WHAT PEOPLE BELIEVE IN THEIR HEART OF HEARTS.
 IT CANNOT BE BOUGHT, CLAIMED, OR BESTOWED. IT DOES NOT COME WITH OFFICE, TITLE, OR APPOINTMENT.
 IT SIMPLY EXISTS.
 THE PERSON WHO HAS INTEGRITY RARELY CLAIMS IT.
 THE PERSON WHO CLAIMS IT RARELY HAS IT.
 INTEGRITY IS BEST MANIFESTED QUIETLY IN DAY-TO-DAY LIVING AND IN THE WORKPLACE.
 IT CANNOT BE STOLEN OR TAKEN AWAY; HOWEVER, IT CAN BE LOST. INTEGRITY IS MORE VALUABLE THAN RICHES, AWARDS, OR WORLD ACCLAIM.
 IT SHOULD BE TREASURED ABOVE ALL THINGS, FOR AFTER INTEGRITY COMES DECENCY, HONOR, TRUST, AND PRINCIPLE.

- MR. JERE JOINER -
 SHREVEPORT, LOUISIANA, POLICE DEPARTMENT

WE ARE GRATEFUL!



Discovery Living receives visits of support from Scott Mohwinkle, Gary Ward, Merle Akers, and John McGinness, on behalf of Knights of Columbus chapters 909, 14952, 12136, and the State Council, respectively. We'd also like to express our heartfelt gratitude to the following chapters for their ongoing support: 5677, 11942, 5544, 5390, 12131, 15921, and 13426.



SHELLY LAYS ON SOME STEAM

A WALK IN THE PARK... WITH MARK.



Douglas Court guys out for a walk at Clark Park



Discovery Living receives a donation check on behalf of the [Corridor Business Builders](#) from Discovery Living board member Bart Gibney.

YOUR GENEROSITY ENHANCES LIVES



Medicaid Modernization : Implementation Delayed 60 Days

by Bob Hebl, Executive Director

The past several issues of the Dispatch have contained updates regarding the emerging [Medicaid Modernization Initiative](#). We have done our best keep you informed regarding this rapidly evolving process, as it has unfolded. Here is where we are today:

On 12/17/15 the [Centers for Medicare and Medicaid Services \(CMS\)](#) announced that the state of Iowa is not adequately prepared to implement the transition of Medicaid funded disability and mental health services to a managed care model by 1/1/16. CMS mandated that the implementation start date be pushed back 60 days, to 3/1/16. If, at that time, it is determined that Iowa is still not prepared for this transition further extensions may be mandated by CMS.

Discovery Living has been - or is - in the process of executing contracts with all approved managed care organizations (MCO's). These companies are:

- [Amerigroup Iowa, Inc.](#)
- [AmeriHealth Caritas Iowa, Inc.](#)
- [UnitedHealthcare Plan of the River Valley, Inc.](#)
- [WellCare of Iowa, Inc.](#) (Please note - On December 18th, a

state official said the bid from WellCare of Iowa should be "disqualified and the subsequent contract ... terminated." WellCare has stated their intention to appeal this decision.)

People served by Discovery Living and their representatives received notices late last year regarding their enrollment in one of these provider networks. Discovery Living is a member of all of the MCO networks, so regardless of which MCO you or the person you represent were enrolled with, you will still be able to receive support services from Discovery Living.

There has been a great deal of media attention, differing points of view, and angst regarding this initiative. We want to assure our readers that Discovery Living personnel have been active in advocacy efforts, as well as in reaching out to establish relationships with the selected managed care companies. Our focus will be what it has always been - providing high quality supports and services to members and their loved ones. Please remember that you can contact [Carol Sadoris](#) or [me](#) at any time with any questions you may have. You can also access up-to-date information regarding this initiative at the following link: <http://dhs.iowa.gov/ime/about/initiatives/MedicaidModernization>

"THOSE WHO EXPECT MOMENTS OF CHANGE TO BE COMFORTABLE AND FREE OF CONFLICT
HAVE NOT LEARNED THEIR HISTORY."
- JOAN WALLACH SCOTT

WAYS TO GIVE

ANNUAL APPEAL

Many of you received a mailing from Discovery Living in mid-November asking you to consider supporting our annual appeal. The annual appeal campaign is critical, if we are to continue to purchase and adapt homes, vehicles, and equipment in order to meet the changing needs of the people we serve. Medicaid did not reimburse our organization for the following expenses, during the last 12 months:

- Home & property repair & maintenance - \$75,733
- Vehicle repair & replacement - \$125,611
- Household furnishings & decorations - \$9,825

Your support also enables us to expand services to support the 40 people who are on our waiting list. Any and all gifts are appreciated and, rest assured, all gifts directly support the people we serve - none of the proceeds are used for administrative purposes. On behalf of all of us at Discovery Living, thank you for your support.

ROLL OVER



On 12/21/15 President Obama signed a law, enacted by Congress, which makes the [IRA Charitable Rollover provision](#) permanent.

This law allows people who are 70½ or older to donate up to \$100,000 to a charity directly from their Individual Retirement Accounts - without treating the distribution as taxable income.

This important legislation provides many donors a valuable tax incentive to gift funds from an IRA to a non-profit organization, like Discovery Living. If you are considering such a gift - or have any questions - please call [Bob Hebl](#) at (319) 378-7470.





“DO’S” FOR A DIABETIC DIET

Dietician, Shawn Schwabe, from the Veteran’s Administration, shares a handful of helpful hints for handling your hunger. Even if you are not diabetic, there are some excellent tips here.

Health and Wellness (and You!)

Tips for losing weight

- Take your time when you eat
- Put down your fork in between bites
- Sip water in between bites
- Use a smaller plate, when full it feels like you’re getting more
- Have a visual to keep you motivated, a photo of yourself at a weight that you want to get to, an item of clothing that you want to buy, etc.

When eating out:

- Split a meal with someone
- Ask for a to-go box right away and save half your meal for the next day when it comes
- Be a picky eater. Don’t be afraid to ask for dressings on the side or not have the bread or cheese show up on the plate at all.

Remember 15 grams of carbs is an important number, that is what equals 1 carb.



“If you want to make enemies, try to change something.”
- Woodrow Wilson



The men of 16th Street enjoy an invitation to the Martelle Fire Department.



FISH TALE

Submitted by Joe Skvor

Fishing on the Cedar River near Highway 30, Warren caught a small channel catfish. A little while later he hooked a 2-3 pound red horse and followed that with a bit larger common carp. Warren certainly has the feel for setting the hook at the right time. For bait, Warren prefers night crawlers to corn. Warren gave the fish a choice, and they obviously agreed with him. How about that big smile? Way to go Warren!

Later that night, Warren teased his two fishing partners that, between the two of them, they only caught one fish: a very (very) small channel catfish, which Warren suggested was the baby of the one he caught.



Tom Pike visits the Field of Dreams ballpark in Dyersville



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.*