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Care to join in? Newsletter sponsorships are now available. Sponsor once, be visible for a full year! An excellent way to both support Discovery Living AND promote your business or organization! For further details and information on how your organization can reserve your space now, contact Lynette or Bob at (319) 378-7470.



### **1776: Founding Father Serves Despite Disability**



[Stephen Hopkins](#), a man with cerebral palsy, is one of the signers of the Declaration of Independence. Hopkins is known for saying "my hands may tremble, my heart does not."

### **1784: Institution for Blind Children**

After seeing a group of men who were blind being cruelly exhibited in a Paris sideshow, [Valentin Haüy](#), known as the "father and apostle of the blind," establishes the Institution for Blind Children to help make life for the blind more "tolerable." Haüy also discovered that sightless persons could read text printed with raised letters.

### **1793: Mentally Ill Unchained**

[Phillipe Pinel](#), a physician at La Bicetre, an asylum in Paris, removes the chains attached to people with mental illnesses. Some have been chained to walls for more than 30 years.

### **1798: First Military Disability Law**

U.S. President John Adams signed the [act for the relief of sick and disabled seamen](#), July 16, 1798.

# THE Dispatch

A PUBLICATION OF DISCOVERY LIVING, INC. 

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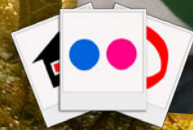
## DONOR SPOTLIGHT

Pictured are representatives from just two of the many Knights of Columbus councils honoring Discovery Living with their continuous support. At left, chapter 5390 of Marion, and below, 15921 of Hiawatha. A big thank you to all the following KC councils for their steadfast support over this and so many years passed: 12136 of North Linn County, 5677 of Cedar Rapids, 11942 of Fairfax/Walford, 5544 of Cedar Rapids, 14952 of Cedar Rapids, 909 of Cedar Rapids, 12131 of the Center Point area, 13426 of the Mechanicsville area, and of course, the State Council.

 35 Years of  
**Discovery**  
*We couldn't have done it without you!*







*Some folks dread beginning a new week. Not the members of our local **Venture Crew** scouting group. For the crew, Tuesday nights mean exploration, camaraderie, new experiences, and fun (and maybe a little learning too! Shhh...)*



We are more than friends...

We are

# VENTURE CREW 2

*...worth 1,000 words  
the quarter in athletics*



Some familiar faces complete their skills testing at district basketball, this winter.

Steve Waller brings home three golds in power lifting!



...and the Jane doll cheers them (and the Hawkeyes) on!







At left: Discovery Living receives a donation from Monica McFarlane, a local [DaVita Kidney Care](#) representative. Founded in 1999, DaVita Kidney Care is a division of DaVita HealthCare Partners Inc., a Fortune 500® company that, through its operating divisions, provides a variety of health care services to patient populations throughout the United States and abroad. A leading provider of dialysis services in the United States, DaVita Kidney Care treats patients with chronic kidney failure and end stage renal disease. DaVita Kidney Care strives to improve patients' quality of life by innovating clinical care, and by offering integrated treatment plans, personalized care teams and convenient health-management services. As of September 30, 2015, DaVita Kidney Care operated or provided administrative services at 2,225 outpatient dialysis centers located in the United States serving approximately 177,000 patients. The company also operated 104 outpatient dialysis centers located in 10 countries outside the United States. You can learn more about how DaVita is changing lives, and supporting organizations like Discovery Living at: [www.davita.com](http://www.davita.com).



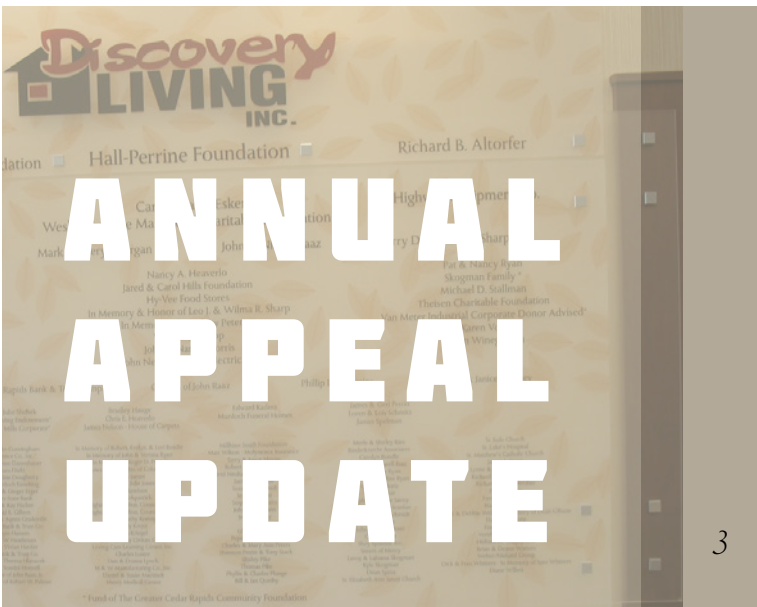
# Big Ol' Fish



Warren Arthur cashed in a little bit of his fifteen minutes of fame, a couple weeks back, when he was found featured in KCRG's [John Campbell's Big Ol' Fish](#), on a special Saturday edition. Missed it? We've got you covered. Click on the video at left. You'll find Warren, with his staff Joe Skvor, at approximately the 0:52 mark.

"Whenever you see a successful business, someone once made a courageous decision."

- Peter F. Druker



Thank you to the over 150 people and businesses that supported our 2015 annual appeal! We simply could not adapt our homes and vehicles - or expand service offerings to help more people without your support. Each and every gift makes a difference, and we feel blessed to be able to count on our friends to support our mission.

"You can't do today's job with yesterday's methods and be in business tomorrow."

- George W. Bush





Left: The ladies of Hamer take in the seasonal sights at the annual Christmas tree festival.



Former housemates reunite to ring in donations for the Salvation Army.



THE GENTLEMEN OF 16TH STREET EXERCISED THEIR RIGHT TO PARTICIPATE IN THE DEMOCRATIC EXPERIENCE BY PARTICIPATING IN CAUCUSING FOR HILLARY CLINTON MONDAY NIGHT FEB 1ST AT EXCELSIOR MIDDLE SCHOOL.

THE WEEK PRIOR THEY CHOSE TO GO LISTEN TO HILLARY SPEAK AS WELL.

...worth 1,000 words

## Scenes from the Holidays



The crew at Nemmers gets a helping hand with their holiday light displays.



FEIGHT CLUB PRODUCTIONS PRESENTS

# SPRING FLING

2016

HUNTER DUMPED US HERE  
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FOUR STAR FATE

ALL AGES \$10 INCLUDES FOOD!

THE CHURCH ON NORTHLAND  
IN THE GYM

5200 NORTHLAND AVE NE - CEDAR RAPIDS, IA 52402

**F**eight Club Productions presents its 3rd annual "Prom"-themed event, SPRING FLING! Everyone, of all ages, is invited to come together, have fun, and support local providers! Missed your prom? Looking for a second chance? Just got some new moves you're looking to unleash upon the world? Dress in your best, and come on out to [The Church on Northland](#), this May 21 at 5pm. Food will be available, courtesy of Papa John's Pizza, and the night will not only include music by amazing local bands, there will be a DJ'd dance and photobooth and other surprises. Feight Club is also proud to announce that this year's Spring Fling will be a fundraiser, with all proceeds going to local special needs agencies, including Discovery Living! So, what do you say? Members, families, friends, and anyone in the area just looking for some great music and good company, this is the event you've been waiting for. If you would like to give or help spread the word, Feight Productions, headed by Discovery Living's own Jason Feight, has set up a GoFundMe page to help raise the money needed for the event. Again, all proceeds from the event will go to the agencies, as will any money that exceeds their goal. Please consider giving to this outstanding cause. Here is the link: [gofund.me/tkkswgby](https://gofund.me/tkkswgby). Will we see YOU there?



**MAY 21st!!!! 5-10p**

The Essential Links:

Event Page: <https://www.facebook.com/events/135390566837747/>

Feight Club Page: [www.facebook.com/feightclubproductions](https://www.facebook.com/feightclubproductions)

GoFundMe Page: [gofund.me/tkkswgby](https://gofund.me/tkkswgby)



# A Big Deal with Very Little Fanfare

- John D. Morris

During its first 12 years of operation, Discovery Living operated under a set of state guidelines that were essentially modified nursing home regulations. The homes we operated were known as “Residential Care Facilities for the Mentally Retarded” or RCF-MR. While the state regulated us and set tight payment limits, they pushed 90% of the funding responsibility for these services to the 99 counties and consumers. Those who lived in our group homes paid nearly all of their Social Security benefits each month toward room and board expenses. As little as \$25 was left over for clothing, entertainment, and personal spending. As a result, Discovery Living was barely breaking even each year and the consumers lived on extremely tight budgets too. But for the state it was a mighty good deal: control and regulate the program--but pay very little to operate it.

The situation in many other parts of the nation was much different. Numerous states had shifted their funding to a federal Medicaid program known as “[Home and Community-Based Services](#)” (HCBS). These states reported more dollars being available to pay staff better wages, more flexibility in service delivery, innovative ideas being tried to meet unmet needs, the downsizing of homes to just 4-5 people per location, and much improved community integration in regular neighborhoods. All of those ideas sounded good to us.

Unfortunately, the powers that be resisted legislative overtures toward Medicaid funding for these community-based services. Let other states do it--but Iowa was not interested. Iowa DHS dug its heels in and wanted no part of HCBS for a number of years.

But finally, in the early 1990s a breakthrough occurred. Iowa could no longer allow millions of federal dollars to pass them by. A couple from Colorado, Bill & Jan Gorman, were hired at the central office of DHS in Des Moines. They had extensive experience with HCBS and knew what it would take to bring the program to Iowa. After years of waiting, Iowa became one of the last states to join the HCBS program.

So what did it all mean for Discovery Living when we began the shift to HCBS in 1994? The biggest change was that 8-bed size group homes were reduced to 4 persons per home. We opened new locations, often in rental properties, and hired more staff to cover our expanded number of homes. Eventually, we bought more and more homes in across Cedar Rapids, Marion, and Hiawatha. The reaction by consumers and parents was favorable. And generally, neighbors were accepting too.

The shift also meant we had to comply with federal, not state, regulations. But the days of modified nursing home regulations were in the past. More careful documentation was required showing how we were spending federal tax dollars. One big plus was that we could pay our direct-support employees better wages. This improved staff morale and job retention. That was good for everyone--retaining good employees and maintaining high service quality. We expanded supervised apartment living services for a group of consumers who could live more independently. We also began providing in-home support services for families whose son or daughter still lived at home, but wanted to prepare for a future move to a house or apartment.

All of these favorable changes took place with little fanfare. People in the community noticed our expansion and understood that we simply had to address the growing waiting list of people needing our services. Discovery Living also became more fiscally stable under HCBS. No longer were we a hand-to-mouth operation hoping to just survive. Were there bumps in the road? Sure, a few--but not many.

The first transition to HCBS went very well. Let's hope those overseeing the states managed care initiative closely monitor this transition to make it successful too.

*John Morris served as the founding executive director of Discovery Living from 1981 until 2010. He is now retired and lives in Traverse City, Michigan where he follows disability services in Iowa closely.*





# Medicaid Modernization Update

By Bob Hebl, Executive Director

Iowa's [Medicaid Modernization](#) Initiative continues to move forward, although there have been a few bumps in the road. Here is where we are today:



On 12/17/15 the [Centers for Medicare and Medicaid Services \(CMS\)](#) announced that the state of Iowa was 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. On 2/23/16, CMS announced that Iowa may proceed with the Medicaid transition, but delayed the start date another 30 days, until 4/1/16.

We at Discovery Living received our approved reimbursement rates, which were effective 12/1/15, from Iowa Medicaid Enterprise Provider Cost Audit. We reached out to the three managed care organizations (MCO's) and requested that they honor our approved reimbursement rates. [AmeriHealth Caritas Iowa, Inc.](#) and [Amerigroup Iowa, Inc.](#) agreed to our request. UnitedHealthcare Plan of the River Valley, Inc (UHC), stated that they will not negotiate provider rates at this time. We are unable to accept reimbursement rates from UHC that are well below our cost of providing the service. As a result of this, we will not be joining the United Health Care provider network. Discovery Living, Inc. is part of the provider network for:

- [Amerigroup Iowa, Inc.](#)
- [AmeriHealth Caritas Iowa, Inc.](#)

We were pleased to see many family members and representatives of the people we support at our second round of informational meetings on 2/8 and 2/9. Please remember that you can call Carol Saddoris or Bob Hebl at (319) 378-7470 with questions – or access the link below to keep current on this evolving process.

<https://dhs.iowa.gov/iahealthlink/faqs>



Douglas guys at the [Ox Yoke Inn](#) in the Amanas, courtesy of a nice donation from friends of Gene's mom.

"SUCCESS IS TO BE MEASURED NOT SO MUCH BY THE POSITION THAT ONE HAS REACHED IN LIFE AS BY THE OBSTACLES WHICH HE HAS OVERCOME." - BOOKER T. WASHINGTON



In our ongoing effort to ensure that our state legislators are kept abreast of the ever-changing challenges faced by the disability community at large, our executive director, Bob Hebl, took time to connect with each of the following legislators this session: (L to R, T to B) Jody Bridgewater, of the ARC, Rep. Quentin Stanerson, Rep. Ken Rizer, Rep. Art Staed, Rep. Todd Taylor, Rep. Liz Bennet, and Sen. Liz Mathis. We gratefully acknowledge their open minds and ears.





We'll always remember....



On 1/4/16, Discovery Living lost a member of the family. Jack Meinders passed away at the Dennis & Donna Oldorf Hospice House of Mercy in Hiawatha. Jack, who turned 90 last May, received our services for 22 years and became very dear to many. Jack loved greeting friends and visitors, John Wayne movies, pretty girls - and an occasional trip to the casino. Prior to moving to Cedar Rapids, Jack had lived at Woodward State Resource Center and a number of other institutional settings for 50 years. He worked at Options and Goodwill - and lived in an apartment for a number of years. Following his retirement,

Jack volunteered at several area locations, including, Westminster Presbyterian Church and the Witwer Senior Center. Jack received many visitors during his final days, including friends from his home at Greenfield. Our devoted staff were at his bedside, 24/7.



# WHERE SHOULD I GO?!

We've all been in this situation. You've injured yourself or suddenly fallen ill and need to see somebody NOW! But where do you go? Can't get in to see your family doctor without an appointment. What other alternatives are there? Well, fortunately most communities offer some choices - typically an urgent care clinic or your local hospital's emergency room. In our two-part series, "Where Should I Go?!", your health and wellness guides will provide you with the information you need to make an informed, appropriate choice. First, we're going to discuss being proactive and ways you can perhaps head off an urgent run before it even becomes urgent.

It is very important to establish a primary care physician, visit them regularly, and seek treatment with your physician when able. Your primary care physician will be the expert in knowing your medical background, helping you stay on top of your annual checkups, and recommending any age appropriate tests that should be completed in order to keep you healthy.

If your primary physician is not open or is unable to fit you in their schedule, you may need to visit an urgent care or the emergency room depending on what the issue is. How do you know what the appropriate choice is? What are some of the advantages of each treatment option? Tune in next issue and find out!



## Mark Your Calendar!



### Watch the birdie!

Once again, it's almost time for the **2016 John Deere Classic**, at the TPC Deere Run Golf Course, in Silvis, IL. Through Birdies for Charity, John Deere is once again partnering with local non-profits, including Discovery Living, Inc. Each dollar generated in pledges will yield a bonus contribution from John Deere, and every dollar pledged on Discovery Living's behalf will go to support the mission of Discovery Living. The Classic itself will run from **August 8th through the 14th**. Pledge forms will be available soon, as well as information on due dates and contest rules, so keep your eyes open for emails and postings.



### Join us as we celebrate 35 years of changing lives!

Discovery Living is pleased to announce that we will be hosting a celebratory gathering at the **Longbranch Convention Center**. Festivities will begin at **5:30** on Thursday night, **August 11th**.

It will be a night to honor the scores of individuals who have made Discovery Living what it is today; it will be a night to reflect on our rich history of hope, perseverance, and accomplishment; and it will be a night to look forward to a future of promise and prosperity for those to whom we provide services. Look for more information soon.





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live successful,  
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