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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 Monica Ravn at (319) 378-7470.

# THE DISCOVERY LIVING DISPATCH

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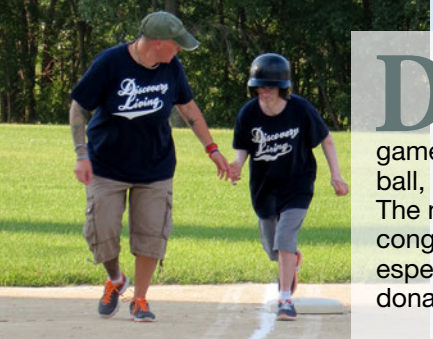
53 Years of  
Discovery

**"The Original Three"**

Charlie Cummins, Al Ropa, and Nancy Ryan



# DISTRICT and STATE CHAMPIONS!



**D**iscovery Living's unified softball team closed out an outstanding season in style, this August, with a celebratory game and picnic. It was a gorgeous night for ball, and just about everyone made it out. The mood was light, with lots of laughter and congratulatory back-patting. The group was especially grateful to the local Hy-Vee, who donated stacks of delicious victory cookies!

**T**his is Becky's and my 5th year of Special Olympics Miniature Golf, as a team. We golfed against our friends Mike Reilly and Chris Bradley, who were supported by Discovery Living staff member, Khalil Laghrifi. Mike won gold, and Chris won silver, while Becky and I won bronze. It was fun to get to spend time with our friends. Becky even got a hole in one!  
- Submitted by Cindy Norton, Community Living Assistant



## UNIFIED SOFTBALL ENDS FOR THE SEASON



## ADA KERNELS GAME

**M**any baseball fans cheered on the Kernels while celebrating the Americans with Disabilities Act, on July 23rd, 2016. The celebration included a picnic, the game, and fireworks.



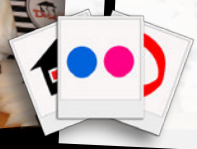
## BECKY TAKES A BRONZE



## Here's to the Next 35 Years of Discovery!

Thursday, August 11th was a historic night for all of us at Discovery Living. The people we serve, their family, friends and our employees gathered at the Longbranch Convention Center in Cedar Rapids to celebrate Discovery Living's 35-year anniversary. On behalf of the Discovery Living board of directors and our 200 employees, a heartfelt thanks to the over 300 people who took time to help us reflect on lives changed, goals achieved and dreams fulfilled. We look forward to the next 35 years.

...and "the Original 3" today, our guests of honor.





D-D-DINOSAURS!!!



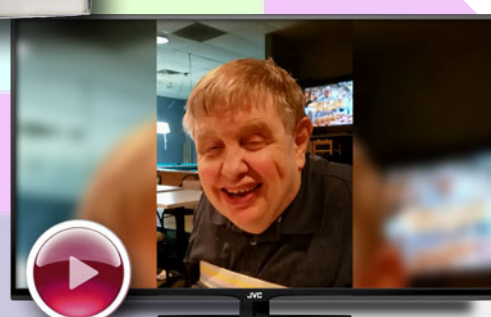
Adventureland



# VENTURE CREW PICNIC



Resident crooner, Bobby Close, demonstrates how he remembers his coordinator's name. ▶

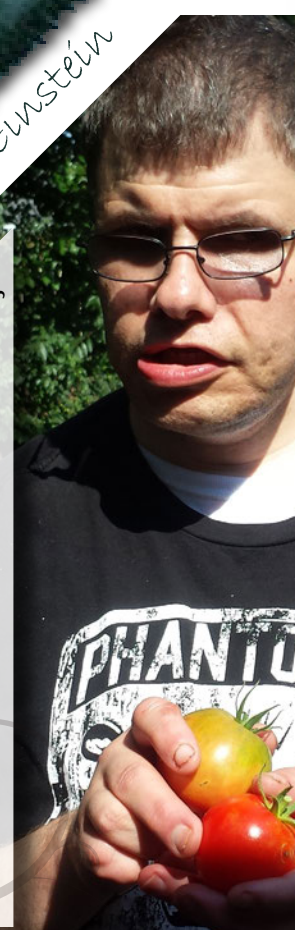


"It's not that I'm so smart, it's just that I stay with problems longer." - Albert Einstein

◀ Dance, Allie Vance, dance!



Aaron Swanson is a man of many talents, not the least of which is gardening. Pictured here is some of his homegrown fruits and vegetables, but today he is especially proud of his tomatoes. Well done, Aaron. When do we eat?!



## DONOR SPOTLIGHT



Jason Feight of [Feight Club Productions](#) organized a terrific fundraiser for Discovery Living. The night of May 21 included a dance with live bands as well as pizza and photo opportunities. Everyone in attendance had a great time. Thank you to Jason and the following for a job well done:

[The Church on Northland](#) and [Brooke Kriegel](#) • [Seth Reineke](#) • [Naomi & Casey](#) • [Mark Allen](#) • [Hunter Dumped Us Here](#) • [Layton White](#) • [Live Broadcast](#) • [Four Star Fate](#)

## Spring Fling Fundraiser, May 21, 2016



### Discovery Living, Inc. Launches a 401K Plan!

At a time when most employers are cutting back on employee benefits, we are pleased to announce that, as of 1/1/17, Discovery Living will be sponsoring a 401K plan. The plan will be managed by [Steele Capital Management](#), a well-respected wealth management agency. We will be working with Steele Capital in the weeks ahead to provide our employees with the training and resources needed to take advantage of this wonderful benefit. More details are on the way.



Frankie Krotz chooses some healthy food with the \$10 Hy-Vee gift card he received from AmeriHealth Caritas of Iowa for completing the Health Risk Assessment!



# 'Tis the Political Season

Numerous political races are in full swing, and we Iowans are once again engaged in, or at least exposed to, the political process in one way or another. As citizens, each of us are entitled to engage in political activities and vote as we see fit. It is important that we remember to encourage the people we support to vote or engage in the political process any way they desire. It is also critical that, as a trusted care giver, you refrain from trying to influence a member to support your particular political views or candidate(s). Providing members with assistance and resources is a great way to support them in the process, but attempts to influence a member to vote a particular way is not appropriate. If you ever have questions regarding this issue, feel free to contact [Bob Hebl](#) or [Carol Saddoris](#) at the Discovery Living office.



*"You must not lose faith in humanity. Humanity is like an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty." - Mahatma Gandhi*

## Gratitude, Up Front...

Recently, we took great pride in installing two new plaques in the front lobby area of the main office. The two plaques are in honor of a pair of groups that are very close to our hearts, here at Discovery Living: [The Knights of Columbus](#) and the Discovery Living Legacy Society. The Knights, as many of you know, played a pivotal role in the founding of Discovery Living and have been our most faithful supporters to date. The Legacy Society has laid the groundwork for gifts that will continue to provide for the long-term security of Discovery Living by supporting Discovery Living-held funds at the [Greater Cedar Rapids Community Foundation](#). These plaques serve as a reminder of the outstanding sacrifices the members of these groups made, and continue to make, to further the mission of Discovery Living and ensure the stability of the organization well into the future.

If YOU would like to make a meaningful difference in the future of Discovery Living, contact [Bob Hebl](#), at (319) 378-7470, for information on how you can become a member of the Legacy Society or give in one of many other meaningful ways.



In recognition of our founding fathers and steadfast supporters, the Knights of Columbus



The Discovery Living Legacy Society recognizes contributors who have committed to support our mission by making a permanent endowment fund gift

Thomas & Joan Auterman  
Kelly & Rachelle Baier  
Melvin & Wanda Campbell  
Craig & Pam Clark  
John & Anne Cunningham  
Elmer Haverly  
In memory of Doris Haverly  
Bob & Laurie Hebl  
Mark & Sheryl Morgan  
Bob & Elaine Mowry  
In memory of Betty Mowry  
John J. & Donna Negro  
James Nelson

John & Nicole Raaz  
Parents of John Jr.  
Ralph & Yvonne Savoy  
Larry & Claire Sharp  
In memory of Alice L. Haynes  
Larry & Claire Sharp  
In memory of  
Leo J. & Wilma R. Sharp  
Mike & Dorothy Stallman  
Karen A. Volz  
Marguerite A. Wagner Estate  
Dick & Fran Whitters

**HOLD ON - I GOTTA TAKE THIS...**

"My most favorite part of my job is getting to do things with my folks that makes them smile from ear-to-ear and make their 'happy noises!' These gals were thrilled to get smart phones like everyone else! The coolest part was how happy (housemates) Sarah and Maggie were for them too! Miss Maggie started showing them all sorts of good tips!"

- Tammy Vangen, Coordinator



## don't forget to smile

Remember - Amazon will donate 0.5% of the price of all your Amazon purchases to Discovery Living, Inc., whenever you log in to <http://smile.amazon.com/ch/42-1082773>. AmazonSmile is the same Amazon you know and love, just with the added bonus of supporting Discovery Living! Bookmark <http://smile.amazon.com/ch/42-1082773> today!

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# We'll always remember....

Discovery Living lost a member of the family in July when Jayme Blomme unexpectedly passed away. Jayme was loved by many and distinguished herself as a dedicated and caring employee. Jayme's family is in our prayers and her memory will live on.

Jayme Bryce Blomme, a smart, funny, strong, 35 year old, of Cedar Rapids, Iowa passed away July 4, 2016 surrounded by family at St. Luke's Hospital in Cedar Rapids.

Jayme was born April 19, 1981 in Cedar Rapids, IA. The daughter of James Blomme and adopted mother Lisa Allen (Abbott) Blomme. She graduated from South Tama High School in 1999. Following high school, she graduated from Kirkwood Community College with her A.A. She enjoyed her career working with people with intellectual disabilities. Jayme loved her job, along with her quick-wittedness and practical jokes. She really knew how to take care of her guys and make everyone smile. She had met the love of her life and was set to be married September 4, 2016 to Jim Johnson.

Whether she was wearing mustaches and costumes, singing karaoke, camping, playing games, going to concerts or just spending time with friends, Jayme loved life and brought joy to all those around her. Jayme was very loyal to her beliefs and to her love for chocolate, peanut butter, and bacon. Along with being responsible, her stubbornness helped her succeed in life. She was particularly fond of and always made time for walks with her dogs, Stella and Maybelline.

Jayme has touched all who knew her and will be missed like crazy by her friends and family.

## Jayme Blomme



"God will not look you over for medals, degrees or diplomas but for scars."  
 ~ Elbert Hubbard



### HEALTH, WELLNESS, AND YOU

It's never too late to start leading a healthier lifestyle. Even well into their 60s and 70s, adults can take action to reduce their risk of developing chronic disease. Here are a few tips to help you stay healthier as you age.

- Amp up your fitness-If there's one step you should take for improving your health and helping you steer clear of chronic disease, it's exercise! It is never too late to start!
- Stay limber-Daily stretching is important. Your muscles tend to shorten and stiffen when you aren't active, but stretching activities such as yoga will improve your flexibility.
- Manage your weight-Sticking to a healthy weight by exercising and eating right can have multiple benefits.

- An ounce of prevention-Preventive measures, such as getting a yearly flu shot and getting screened for breast, cervical, and colorectal cancers, are also important for growing old gracefully.

• Stay spiritual or optimistic-Attending religious services and having a generally sunny outlook on life have been linked to longer, healthier lives.

• Volunteer to help others-Studies have shown that people who volunteer out of a desire to help others have lower mortality rates than people who did not volunteer at all.

Growing old doesn't have to bring on disability and disease. Use these tips to stay healthier, stronger, and happier in your golden years.

<http://www.livescience.com/35863-grow-old-gracefully-tips.html>







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