

THE Dispatch

A PUBLICATION OF DISCOVERY LIVING, INC. 

BOARD OF DIRECTORS

PRESIDENT

Ralph Savoy

VICE PRESIDENT

James Nelson

TREASURER

Craig Clark

SECRETARY

Leigh Murdoch

Tom Auterman

Dan Banyas

Anne Cunningham

Denis Duppong

Jeff Gibney

Elmer Haverly

William Knapp

Terry Moran

Bob Mowry

Stephanie Neff

John Negro

Scott Olson

Pat Ryan

Mike Stallman

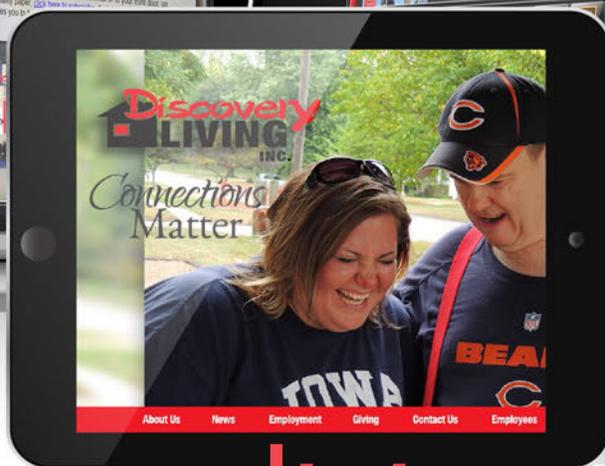
Lynne Strabala

Frank Varvaris

Karen Volz

Dianna Young

Presenting...



discoveryliving.org 2.0



Venture Crew
Holiday Dinner

Snapshots of the Season



Discovery Living
Holiday Staff Recognition Dinner





...where dreams become reality.

When Discovery Living member Chris Johnson decides to tackle a new task, he does it whole heartedly. If you have ever had the pleasure to speak with Chris, you are familiar with his love of real estate. He researches homes on his computer, attends Open Houses on weekends and enjoys talking to realtors to learn as much as he can. Recently Chris decided he would like to volunteer in the community, especially at a local real estate agency. He took the initiative to contact agents he knew to ask about opportunities. When one agent put him in contact with Ben Wheeler at Coldwell Banker Hedges Realty, it was a perfect match.

Ben explained, "Chris has been a volunteer at Coldwell Banker Hedges Realty for just a few short weeks but has quickly become a delightful addition to the Coldwell Banker family. His positive attitude and infectious smile light up the office." Chris's enthusiasm to help and learn is reflected in his eagerness to dive into any task Ben gives him. Ben reports, "Chris is especially good at compiling statistics on the computer and his recall of particular properties is astounding!"

In describing his work at Coldwell Banker, Chris said, "I really like talking to Realtors and learning about their listings. I loved going to Brandon to look at a house and got to see the big skillet!"



"Opportunities are usually disguised as hard work, so most people don't recognize them."

- Ann Landers



discoveryliving.org 2.0: Change Matters



Think about it. There are many, many things in our lives that matter – I mean TRULY matter – and some of them we rarely give a second thought. Connections matter. Community matters. Choice matters. But one day, what if those things were gone? You bet we'd notice. For some people, some of those things are harder to come by. Some of those things you need to work for – to fight for. To hope for.

Discovery Living is pleased to announce an overhaul of our website. And this time, to tie it all together, we chose a theme, "Things that matter," – a reminder of everything we hope, work, and fight for, for our members. A reminder of the things we, as an agency, actively prioritize in our mission of service.

Look for the new website to debut on your desktop, tablet and phone sometime over the next few weeks. In it, you'll find many of the things you've come to expect, plus some upgrades we're excited for you to discover. Thank you, as always, for your support. Never forget – It matters!





PRESIDENT - RALPH SAVOY



VICE PRESIDENT - JAMES NELSON



TREASURER - CRAIG CLARK

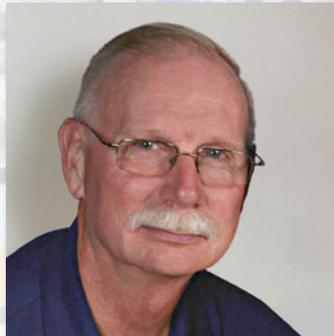


SECRETARY - LEIGH MURDOCH



TOM AUTERMAN

Discovery Living is blessed to have such a steadfast and caring group of individuals, committed to the success and advancement of our services and the extraordinary people we serve. Our most sincere thanks goes out to each and every one of you.



DAN BANYAS



ANNE CUNNINGHAM



DENIS DUPPONG



JEFF GIBNEY



ELMER HAVERLY



WILLIAM KNAPP



TERRY MORAN



BOB MOWRY

OUR Devoted BOARD

"A dream doesn't become reality through magic; it takes sweat, determination and hard work."

- Colin Powell



STEPHANIE NEFF



JOHN NEGRO



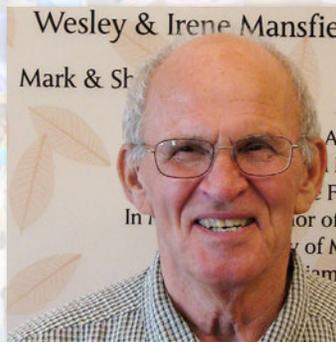
SCOTT OLSON



PAT RYAN



MIKE STALLMAN



LYNNE STRABALA



FRANK VARVARIS



KAREN VOLZ



DIANNA YOUNG

their lives. Here are a few things to consider regarding choice:

- Studies have consistently demonstrated that people with disabilities, regardless of the nature of those disabilities, can make choices.
- Providing choices takes time and depends on the person you are supporting trusting you as a caregiver.
- Choice must be presented in a real and meaningful way. In other words, understanding what is important to a person is key if we are to offer them meaningful choices.
- Choice can involve risk. The care giver must balance individual safety and choice, which can be very challenging.
- Choice requires active listening. Are services driven by what we feel is important or by member choice?

Remember that offering and respecting member choice is a critical component to providing quality care.

"When you make a choice, you change the future."

- Deepak Chopra

Choice Matters

By: Bob Hebl, Executive Director

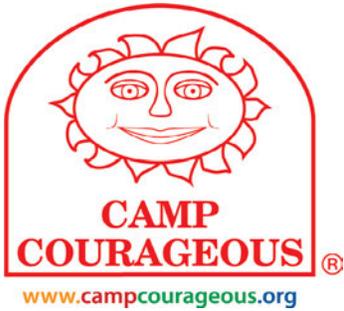
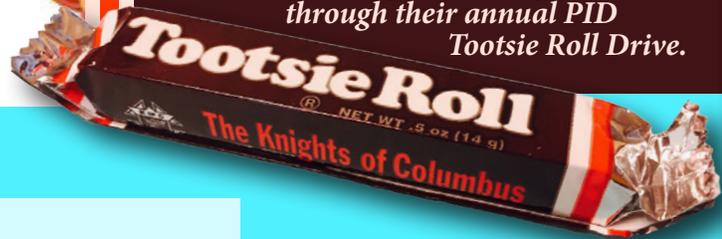
Discovery Living has long been committed to providing individualized, choice driven, services. But what does that really mean? Consider those times when we feel the most stressed. Often stress occurs when we feel that we have no choice or control over what is going on in our lives. Now consider people with disabilities, many of whom have historically been offered little to no opportunity to provide input regarding key decisions that impact

August 11-13

HAPPY BIRTHDAY TIM



Lonnie Curry and Ted Steger, of the Knights of Columbus council 5390, pause for a quick photo. Thank you, council 5390, and all of the other councils for their steadfast support, year after year, through their annual PID Tootsie Roll Drive.



The Camp Courageous Travel Program provides individuals with special needs, ages 18 and older, the opportunity to experience the thrill of traveling to exciting destinations both

domestic and abroad. Camp Courageous Travel offers day, weekend, and weeklong trips throughout the year. These trips range from Standard 3:1, Assisting 2:1, and Wheeling 1:1 ratios (Travelers who need a 1:1 ratio and are not in a wheelchair qualify for the wheeling trips).

The trip highlights for 2017 are Hawkeye Basketball, WrestleMania, Salt Lake City, UT, and a Hawaiian Cruise, just to name a few. We also schedule through 2018, ever thought about going on a Disney Cruise or visiting Ireland? The possibilities are endless and planning ahead for your VACATION is a must! We highlight all of our trips on our Camp Courageous "Travel Blog," and on our Facebook page so be sure to "LIKE" us to stay informed.

VOLUNTEERS NEEDED!! Have experience working with an individual(s) with disabilities and love to travel? Contact the Travel Program, to find out how to travel with us for FREE. To learn more about our program please visit www.campcourageous.org. You can also contact Rolando Morales or Melissa McGill by phone at 319-465-5916 ext 2330 or email us at Rolando@campcourageous.org or Melissa@campcourageous.org.

Did you? KNOW?

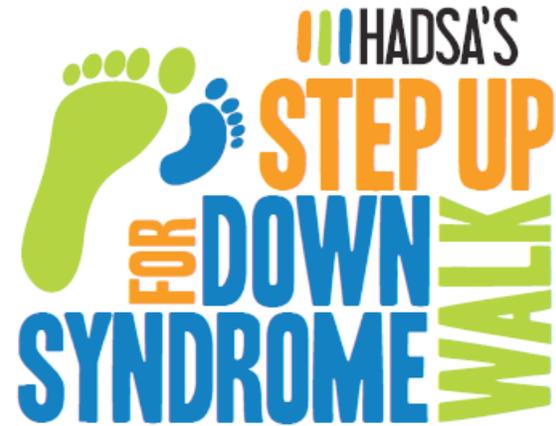
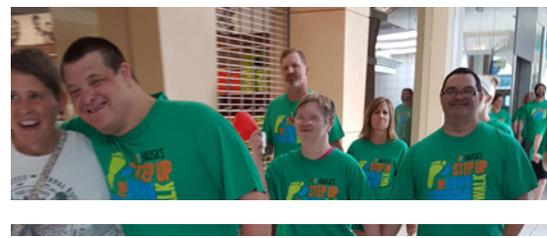
Many employers offer matching programs in which an employer will either match a certain percentage of an employee's donation - or make an outright gift to a charity of your choice. We hope that you will consider supporting Discovery Living when making charitable donations, and also hope you will remember to check with your employer regarding possible matching gift programs they may offer.

"All life demands struggle. Those who have everything given to them become lazy, selfish, and insensitive to the real values of life. The very striving and hard work that we so constantly try to avoid is the major building block in the person we are today."
Pope Paul VI



In Tribute...

Discovery Living lost a member of the family when Kara LuGrain passed away on Monday, Sept. 19, 2016, at the age of 31. Kara was born Sept. 7, 1985, in Dubuque, Iowa, the daughter of Dixie (Meana) Vosberg and was employed by Discovery Living in Cedar Rapids. She also had just passed courses to become an EMT and was going to become a paramedic.



Kara had a big heart; always wanting to help others and often put their care before her own. She greatly enjoyed kayaking, snowboarding and horseback riding. She also enjoyed spending time with her Grandma Meana and her dog and companion, Jackson. Kara will be missed by all of us here at Discovery Living.

Safely Home

*I am home in heaven, dear ones; oh, so happy and so bright!
There is a perfect joy and beauty in the everlasting light.
All the pain and grief is over, every restless tossing passed;
I am now at peace forever, safely home in heaven at last. There is work still waiting for you, so you must not idly stand, do it now, while life remaineth— you shall rest in God's own land. When that work is all completed, He will gently call you home; oh, the rapture of that meeting; oh, the joy to see you come!*



FALL PREVENTION

CAUTION CAUTION CAUTION CAUTION CAUTION CAUTION CAUTION CAUTION

Many falls can be prevented. By making some changes, you can lower your chances of falling. Four things YOU can do to prevent falls:

1. Begin a regular exercise program. Exercise is one of the most important ways to lower your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination are the most helpful. Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor or health care provider about the best type of exercise program for you.
2. Have your health care provider review your medicines. Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall.
3. Have your vision checked. Have your eyes checked by an eye doctor at least once a year. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.
4. Make your home safe. About half of all falls happen at



home. To make your home safer:

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to your toilet and in the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.
 - Improve the lighting in your home. As you get older, you need brighter lights to see well.
 - Hang light-weight curtains or shades to reduce glare.
 - Have handrails and lights put in on all staircases.
 - Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

http://www.cdc.gov/homeandrecreationsafety/pubs/English/brochure_Eng_desktop-a.pdf

The Dispatch is a quarterly publication of Discovery Living, Inc., © 2017. If you are interested in receiving a copy of our newsletter by email or traditional post, please contact **Leon Bohn** at leonbohn@discoveryliving.org.



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

Place
Stamp
Here

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

www.discoveryliving.org
(319) 378-7470

***A very special "Thank you!" to our sponsors for
making our mission of service possible!***



***The Arc of East Central Iowa - Bob Mickey Collision Center - Five Seasons Tire
Home Appliance Center - House of Carpets - Mike Stallman
Molyneaux Insurance - Options of Linn County - Toyota of Iowa City***

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.