

THE Dispatch

A PUBLICATION OF DISCOVERY LIVING, INC. 

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3 Years

...with Excellence!

We are honored to report that Discovery Living recently had an onsite review conducted by Iowa Medicaid Enterprise, HCBS Quality Oversight staff, and were awarded a "3-year with excellence" certification. The review is part of our credentialing process with Iowa DHS and includes a thorough audit of documentation from multiple sources within the agency. Obtaining a "3-year with excellence" outcome is rare and only occurs when all sixteen core standards are met, and the organization is not required to submit a corrective action plan. This accomplishment is most certainly a team effort – a cooperative achievement between the members we serve and all employees of the organization. This also would not have been possible without the incredible support of our board of directors, families, and all of Discovery Living's friends and supporters. Thank you, one and all!



THE 2017 WINTER GAMES

Kevin Baldwin medals on the slopes!



*"The difference between the difficult and the impossible is that the impossible takes a little longer time."
- Lady Aberdeen*

HAWKI JOE



Joe Mashek has become a bit of a hero around here. However, those that know him may not know him by that name. They are more likely to know him as HAWKIJOE – “The #1 Hawkeye Fan in all the land.” And this season, HAWKIJOE meant something very special: Hawkeye tickets!! Joe knows trips to the stadium can be a rarity for some of the members working with a tight budget, and though raised in Cyclone country, he is a lifelong [Hawkeye](#)

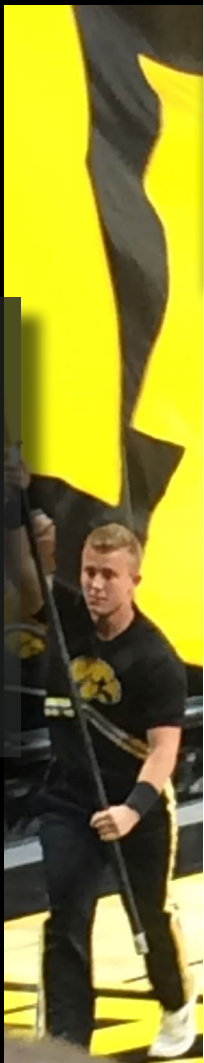


fan, who happens to have held season passes since the early 70s! Recently, it occurred to him that he was in a position to pass along some of the joy he’s experienced with the Hawks over the years, and Joe donated basketball tickets to several Discovery Living members. “The smile on their face is worth it!” he reports. The seats are great and can typically attract a visit from Herky.

A former Grand Knight of the [Knights of Columbus](#), Joe is no stranger to supporting individuals with intellectual disabilities. Still an active member, he continues to take part in the Knights’ annual [PID fundraiser](#), known to many as the “tootsie roll” drive – an important fundraiser that regularly benefits local non-profit agencies providing services for people with intellectual disabilities, including Discovery Living. Thank you, HAWKIJOE!!



Tyler, Adam and John had a blast at the Iowa-Maryland game. John was getting his dancin’ groove on, and provided a lot of cheer to our section - particularly during “Cotton Eye John.” Thanks to HAWKIJOE for the awesome tickets!



The Unhesitant Presidents...



The Discovery Venture Crew got into the Presidential spirit in January by having Presidential-themed activities. Our crew chose their favorite president in the photo booth, and then shared their ideas about what they would do as President. We had our own parade while marching to "Hail to the Chief" and made our own fireworks show with festive beach balls. Everyone had so much fun that we may have some new candidates for office in the 2020 elections!



"People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them."

- G.B. Shaw



Also, in "Crew News": The Venture Crew enjoys a tour of Central Fire.



John Larkin, of White Ivy, cheering on his ISU Cyclones to a Double OT victory over Oklahoma!!



Gary's cheering squad surprised him at his recent basketball tournament, showing up with "bobble-head" likenesses of him to show their support and spirit.

Spring is in the air, and it is time to launch our annual Birdies for Charity Campaign.



The annual **John Deere Classic** is scheduled at **TPC Deere Run** in Silvis, IL, from July 10-16, 2017. John Deere is again partnering with local non-profits, including Discovery Living, Inc.

Each dollar generated in pledges will yield a bonus contribution from John Deere. Every dollar pledged, plus the John Deere contribution, goes to Discovery Living. Our organization pays no expenses to participate in this program.

How it works: Simply make a one-time flat donation or pledge one cent or more per birdie. After the tournament, you'll be mailed a notice of your pledge amount due. For more information - or to receive a pledge form - you can contact the Discovery Living office at (319) 378-7470. Tournament rules and additional information are available at: www.birdiesforcharity.com.

Everyone who pledges can guess the number of birdies that will be shot during the Classic and have a chance to win one of more than 100 prizes.

All forms are due back to our office no later than July 1st. Thank you for supporting the work we do at Discovery Living.

SADDLE UP!

The Saddleback ladies mosey on out for a night at the rodeo at the US Cellular Center.



New Friends



Dan Lind, Jr. is our newest member at 48th St. He just moved in on Monday during the ice storm. He is off to a great start, he and Jesse are getting along fantastically! Jesse is showing him his photos of

Adventureland and telling him that he goes in June. He then asked Dan if he liked Adventureland and wanted to go too!



Lisa Hegland gets some quality time with Whitney's baby. Neither seems to mind much.

Born to be wild



There are days. Days when a woman just needs to get away from it all - just Shelly, three wheels, and the open hallway.

DONOR SPOTLIGHT



ALLEGRA

All of us at Discovery Living, Inc., would like to express our gratitude to Allegra. Allegra has specialized in marketing, print and mail services for 35 years, and has long been a supporter of our organization. We are thrilled to have been selected to receive support from the 2017 Allegra Footprint

Fund, which helps local nonprofit companies enhance their image, expand their services, and extend their budgets.

This support helps us offset costs associated with the publication of our quarterly newsletter and annual

appeal mailings. You can learn more about Allegra by going to:

allegracr.com.

Thanks to Allegra for being a faithful community partner!

FOUNDING FATHERS, FAITHFUL FRIENDS

For forty years, the Iowa Knights of Columbus have faithfully worked behind the scenes to ensure that the people served by Discovery Living are given every opportunity to be an active part of their community. Once again, dozens of Knights donated hundreds of volunteer hours to support the annual Persons with Intellectual Disabilities (tootsie roll) fund drive. The results of their efforts were remarkable as Discovery Living received over \$45,000 in donations that will be used to directly support our members! We want to express our sincere thanks to the following Knights of Columbus Councils for their support during the 2016 PID campaign:

Knights of Columbus State Council

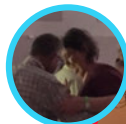
- 14952 - Cedar Rapids
- 909 - Cedar Rapids
- 12136 - N. Linn
- 5677 - Cedar Rapids
- 11942 - Fairfax
- 5390 - Marion
- 15921 - Hiawatha
- 12131 - Center Point Area
- 5544 - Cedar Rapids
- 13426 - Mechanicsville Area



Once again, the Knights of Columbus are our single biggest source of charitable contributions. God Bless our founding fathers and faithful friends.



Dust off those dancing duds, it's time for the 4th annual Spring Fling! Each year, Jason Feight, owner of Feight Club Productions and an employee of Discovery Living, hosts a "prom"-themed dance with live bands, a photo booth, and more! The event is open to the community, with proceeds benefiting Discovery Living and other local non-profit organizations. The event will be held on May 20th, from 5pm-



10pm, at The Church on Northland. Address and additional details can be found on their event page: <https://www.facebook.com/events/258396621253516/>

Bring your friends, bring your family; it's a great time! Jason reminds potential party-goers that this IS an event with live music, so individuals who would choose to do so are encouraged to bring hearing protection.

Hope to see you there! Save us a dance!





Advocacy Update

Changes continue to occur to the Iowa mental health and disability support system, following the implementation of a managed care reimbursement system on April 1, 2016. Most recently, **AmeriHealth Caritas Iowa** announced changes to our organization's reimbursement rate (floor rate versus our negotiated rate) and using internal case managers versus external case managers. If you are reading an electronic version of the newsletter, you may click [here](#) for more information. We have appealed this proposed reduction, and are scheduled to meet with AmeriHealth representatives on April 12th.

In addition, federal changes to Medicaid are in process. Proposed changes would move Medicaid away from an entitlement program for people with intellectual disabilities. **The American Health Care Act (AHCA)** is a proposed alternative to the current Medicaid matching funds formula which includes several key points of concern for our members and organization. Thanks to those of you who contacted members of the Iowa delegation. Because of your advocacy, provisions that may have been detrimental to our most vulnerable Iowans have been put on hold for now. Please see the attached [letter](#) for more information, if you get the newsletter electronically.

We will continue to try to update you as timely as possible with changes. Please feel free to contact Bob Hebl, Carol Sadoris and/or Monica Ravn with questions and concerns.

Sincerely,

Robert Hebl

"DON'T BE AFRAID TO GIVE YOUR BEST TO WHAT SEEMINGLY ARE SMALL JOBS. EVERY TIME YOU CONQUER ONE IT MAKES YOU THAT MUCH STRONGER. IF YOU DO THE LITTLE JOBS WELL, THE BIG ONES WILL TEND TO TAKE CARE OF THEMSELVES."
- DALE CARNEGIE

Qualified Charitable Distributions (QCDs)



Are you 70 ½ years 'young', need to satisfy required minimum distributions, and you want to give to Discovery Living?

You are in luck! The Consolidated Appropriations Act of 2016 allows for a direct transfer of funds from your IRA, payable to a qualified charity. QCDs (qualified charitable donations) can be counted toward satisfying your minimum required distribution (MRDs) for the year, following certain rules:

- Must be 70 ½ years or older
- The maximum annual amount that can qualify for a QCD is \$100,000
- For a QCD to count towards your current year's MRD, the funds must come out of your IRA by our MRD deadline, generally December 31

To make a contribution, connect with your IRA trustee or custodian to make the transfer from the IRA directly to the charity. Many trustees and custodians already have forms and procedures in place to fulfill this request. Once received by the charity, a letter of acknowledgment should be received by you.

WHAT YOU DO!

Discovery Living Inc. Community Living Assistants

Looking for a truly fun and fulfilling change of pace on your current career path? Discovery Living provides support services to some of the best people you'll ever have the privilege of working with, and we're looking for qualified, enthusiastic individuals to assist in helping people with disabilities strengthen their independence and secure their rightful positions in their community.

Apply online at discoveryliving.org or at our administrative office: 1015 Old Marion Rd NE, Cedar Rapids, IA 52402 319-378-7470

Full and part-time positions currently available.

Background Check and Pre Employment Drug Screening Required

EOE

We will never forget...



Michelle will undoubtedly go down in history as the most loyal fan of the Dukes of Hazzard and Notre Dame football! Michelle had many accomplishments throughout her life, some of those included - going to Kirkwood Community College, working for Grant Wood AEA for 20 years, living independently in her own apartment, being part of the City of CR swim team, winning a gold and silver medal for downhill skiing in Nagano, Japan for the 2005 International Special Olympics, being an editor and writer for the Citizen Advocacy Press in Cincinnati, Ohio, and she also did a great job of speaking to groups and explaining what it was like to have Down Syndrome and to overcome the challenges that she faced in her lifetime. Michelle had an excellent sense of humor and loved to make those around her laugh. Michelle will be dearly missed by many friends whose lives she touched during her 48 years here on earth.

- Tammy Vangen



Valerie (Val) Mowry passed away from natural causes at the Dennis and Donna Oldorf Hospice House of Mercy in Hiawatha on December 30, 2016. Val was 48 and had been served by Discovery Living since 1997. Val was supported by many family and staff members in her final hours. Val was quite a character who loved the Iowa Hawkeyes, any and all parties, giving kisses, and most every sweet food item (especially ice cream). Val took numerous trips with her family and friends and became very dear to many people. Val loved life and was always looking for a reason to celebrate! All of us here at Discovery Living thank Val and her family for allowing us to be part of their lives for 20 years.



Arthur "Elmer" Haverly, a longtime friend and supporter of Discovery Living, passed away on January 15, 2017, at the age of 96. Elmer was a proud U.S. Navy World War II veteran, where he witnessed the raising of the flag at Iwo Jima. In 1947, he married the love of his life, Doris Marek, and they were married for over 63 years. Elmer was an active member of Knights of Columbus Council 5677 for 56 years, and was a member of the board for Discovery Living for 35 years. Elmer donated hundreds of hours of volunteer service to support Discovery Living. Elmer helped with everything from construction projects to advocating with the courts to get our organization off the ground in the early years. Most recently, Elmer volunteered at our Travel and Adventure movies and was named a member of the Legacy Society in 2015, due to his ongoing support of our endowment fund. We will miss his warm smile and generous heart.

HEALTHWELLNESS&YOU

Whether it is for work or play, many people spend hours a day in front of e-readers, laptops, computers, tablets, cell phones, or television screens. To the left are some common eye ailments that can arise from too much screen time.

To remedy these problems:

- Look away from the screen a few times an hour for at least 10 minutes to give your eye muscles a break and avoid strain.
- Walk away and blink to give your eyes time to lubricate and adjust.
- Increase the font size on your electronic device so you are not struggling to see the screen.
- There are certain types of protection you can put on screens, such as filters, to cut down on glare, which can also help reduce eye strain.

Here's to "opening your eyes" to a few simple and easy ways to help protect your eyesight!

EYE STRAIN

Spending hours on a computer or hand-held device keeps the eyes converged and strains the eye muscles to cause headaches.

TENSION HEADACHE

The longer you look at electronic devices, the more eye strain you tend to have, which can cause headaches.

DRY EYE

We also tend to blink a lot less when we are looking at a screen, and when we blink less, we dry out our eyes.





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!***



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***The Arc of East Central Iowa - Bob Mickey Collision Center - Five Seasons Tire
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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.