

THE Dispatch

A PUBLICATION OF DISCOVERY LIVING, INC. 

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A GLASS HALF FULL

- Bob Hebl, Executive Director

2017 was an eventful year at Discovery Living. We navigated funding rate freezes and uncertainty regarding the future of Medicaid, while responding to increasing regulatory demands. We also worked to support a growing list of people wanting and needing our services. These were only a few of the challenges faced by our organization this past year. We are blessed to be supported by our wonderful members and their families, as well as our engaged volunteer board of directors, and numerous others who devote their time and resources in support of our mission. We appreciate each one of you but we want to take a moment to focus on the dedicated service of our employees. Because of our employees, we were able to:

- Welcome 15 new members to the Discovery Living Family in 2017
- Purchase two new homes to provide more living space and upgraded accessibility for the people we support
- Achieve Three Years with Excellence licensing certification from DHS, which is the highest certification possible
- Add a 401K program for our employees
- Provide employee wage increases
- Collaborate with Acumen to improve our employee insurance benefit offerings
- Achieve all-time highs in funds raised by our Annual Appeal and Birdies for Charity Fundraisers

There were, of course, many other accomplishments made in the year past, but I hope the above list serves as a reminder that - because of your hard work - the glass at Discovery Living is half-full. Thanks to each of you for helping to make these accomplishments possible.

B-Ballin' at the



...with the Jacolyn Crew



ZERO, MY HERO!

One of our champion flag football stars, Jake Steele, shows his stuff on the field.



ENTURE CREW'S HOLIDAY BULLETIN BOARD



THANKSGIVING

*

GAME NIGHT

*

CHRISTMAS PARTY

"It was ability that mattered, not disability, which is not a word I'm crazy about using." - Marlee Matlin

Cirque MUSICA

The ladies of Camelot spent an evening enjoying a glorious mash-up of circus and symphony, when they visited the US Cellular Center for a performance of Cirque Musica's holiday show, "Believe."



Happy Birthday, Suzanne!



Holiday Employee Luncheon



"Disability is the inability to see ability." - Vikas Khanna

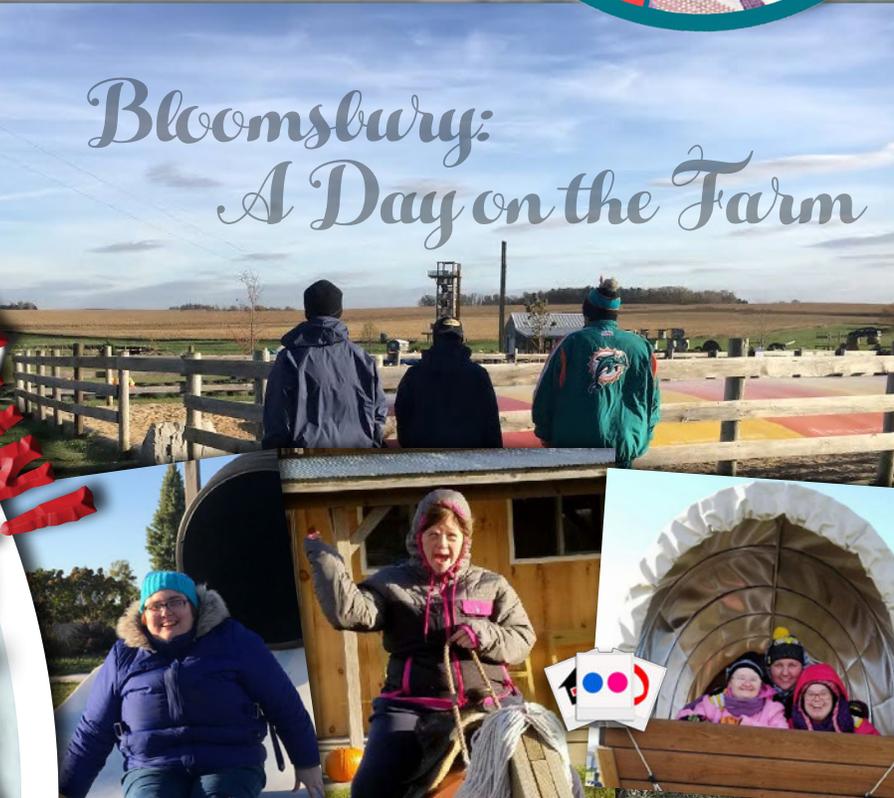
HALLOWEEN FUN!



Amber and the Saddleback Crew get into the spirit...



Bloomsbury: A Day on the Farm



A SCOUT IS... HELPFUL!



Connor Haines earned his **Eagle Scout award** by leading a group of volunteers at our home on Country Club in Marion. Conner and friends removed the covering from the Country Club deck floor, scraped and sanded the deck boards, put on new deck paint, cleaned up the flower bed, and donated new rocks and plants/shrubs. Thanks Connor & Company!



Here's Destiny Swalley and Jesse Sturtz at **Bart's Pumpkin Farm**. Bart's gave some free pumpkins (and some big smiles!) to a number of Discovery Living members this year. Thank you, Bart's!

Thanks to the generosity of game ticket donors, Larry Sharp and HAWKIJOE, several of the members, like this smiley group from Sunburst, enjoyed action at the courts, this season!



"Disability is a matter of perception. If you can do just one thing well, you're needed by someone."

- Martina Navratilova

Friends of Nature

Members of the Venture Crew volunteered recently at the Indian Creek Nature Center, clearing trash and collecting rare grass seeds to help preserve the dwindling species. After their work was through, they built a nice warm fire and enjoyed some toasty s'mores.



A Season of Giving...

ANONYMOUS DONORS



Every organization has unsung heroes. These people quietly show their support behind the scenes. Discovery Living has been blessed by many of these unsung heroes, they are our anonymous donors.

Throughout the year, Discovery Living receives many wonderful gifts from individuals who chose to remain anonymous. Although these individuals choose to remain anonymous, we want them to know that we truly appreciate their support.

While we want anonymous donors to know how much we appreciate them, rest assured that we would never identify you in any way, unless you authorize us to do so. So, on behalf of all of us here at Discovery Living, THANK YOU for making a difference!



We are continuously thankful for our faithful friends, the [Knights of Columbus](#). Pictured above, Discovery Living receives donation checks from funds

generated by 2017's PID (Tootsie Roll) campaign from councils 909 (represented by James Nelson, at far left) and 12136 (represented by Merle Akers, at far right). Once again, councils, thank you for your steadfast support!

ANNUAL APPEAL UNDERWAY!

Thanks to those of you who have supported our 2017 [annual appeal campaign](#). Your gift helps ensure that we can continue to provide the best quality of services to the members we support. If you have not had the opportunity to donate, there is still time to do so. You can make a gift by check or an electronic donation via [PayPal](#). We promise that your gift will be put to good use!



THAT'S A WRAP!

Norman gave 3 hours of his time to wrap presents at Lindale as a fundraiser for [the ARC](#).

In mid-October, the [Iowa Department of Human Services](#) announced funding changes to Home and Community Based Supported Community Living Services (HCBS/SCL) for persons with intellectual disabilities, like those served by [Discovery Living](#).

- Daily HCBS SCL services for persons with intellectual disabilities are now funded via a tiered reimbursement methodology that is based on each member's assessed service needs. This reimbursement methodology started December 1, 2017.

MEDICAID REIMBURSEMENT UPDATE

- There are 6 tiers, with 2 levels; one level is for persons who are involved in day habilitation, pre-vocational, employment services (i.e., work activity, sheltered work), or supported employment, for more than 40 hours a month. The second level is for persons who are not involved with these services or at a level less than 40 hours per month.

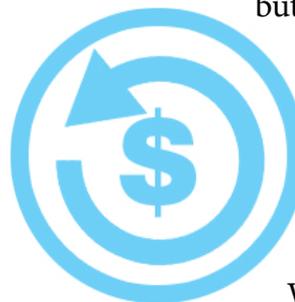
We are still evaluating the overall economic impact this change will have on our agency. While this

is a significant change in the way we do business, please know that we are actively preparing for these changes. You should see little impact in the manner in which services are delivered to your loved one.

You can contact [Monica Ravn](#), [Carol Saddoris](#) or [me](#) if you have any questions regarding this or any other issues.

AmeriHealth Caritas

In late October, [AmeriHealth Caritas \(AHC\)](#) announced that they would leave the [Iowa Medicaid managed care program](#) as of 12/1/17. All



but a handful of the people we serve were enrolled with AHC as their managed care provider. Transitioning over 130 members to a different managed care provider in 30 days was a major undertaking.

We certainly experienced many challenges during this process, but the people we support, their families and the Discovery Living team worked hard to minimize service disruptions during this chaotic time. I want to express my sincere thanks to each of you who helped us through this transition. Your hard work is very much appreciated.



Bob Hebl, Executive Director of Discovery Living

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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

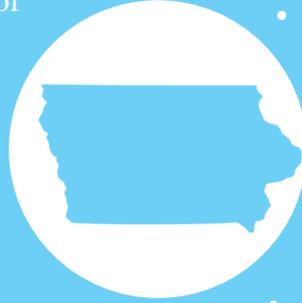
SADDLEBACK CHAMPS

WHAT YOU DO!

IA MEDICAID

With the ongoing transition of Iowa Medicaid supports to managed care, the Iowa Medicaid program has been in the news a great deal, as of late. Medicaid is a critically important lifeline for over 62 million Americans, and 600,000 Iowans. Medicaid (Title XIX (19) of the Social Security Act) was enacted in 1965. Title 19 of the Social Security Act established regulations for the Medicaid program, which provides funding for medical and health-related services for persons with limited income. Persons covered include people with disabilities, financially limited children and their parents, the elderly - and pregnant women.

Medicaid accounts for over 90% of Discovery Living's operational funding. Here are a few



more facts about Medicaid:

- 1 in 5 Americans accesses Medicaid benefits
- 1 in 3 children under the age of 18 access Medicaid
- 40% of births in our country are covered by Medicaid
- 58% of Medicaid recipients are children
- 19% of Medicaid recipients are people with disabilities
- The Iowa Medicaid budget is more than 4 billion dollars annually, when you factor in matching federal dollars

Medicaid remains a critical lifeline for millions of citizens. We pledge to use Medicaid funding to continue providing the highest quality supports, in the most cost effective manner possible.

Habits of Perpetually Positive People

*"A negative mind will never give you a positive life."
- Unknown*

They have calming rituals. Activities like exercise and meditation are definitely helpful in keeping a positive attitude but they also help you think more clearly,

They tap into their positivity during challenging times...But they also embrace the negative. Cultivating an optimistic mindset can help you tackle life's challenges with resiliency. The key is staying positive but keeping yourself grounded in reality.

HEALTHWELLNESS & YOU

They don't bully themselves. Many of us are often our own worst critics, but positive individuals have learned to embrace themselves exactly as they are.

They rid themselves of toxic relationships.

Who you are is partly a reflection of who you choose to surround yourself with.

They celebrate the little victories. Positive people hold big accomplishments and small victories with the same weight. Research shows that thankfulness can lead to increased optimism, and it's a habit positive people make a point to practice.

They don't let their optimism hinder their goals. Everyone experiences setbacks in the pursuit of success. Optimally, positive people recognize those speed bumps and proceed to problem-solve their way around them in order to reach their goals.

They plan ahead. Optimists believe they had more control over their relationships and circumstances. "Every time they face an issue or a challenge or a problem, they won't say 'I have no choice and this is the only thing I can do,'" They will be creative and they will have a plan A, plan B, and plan C."

www.huffingtonpost.com/2015/04/09/habits-of-optimists_n_7020016.html





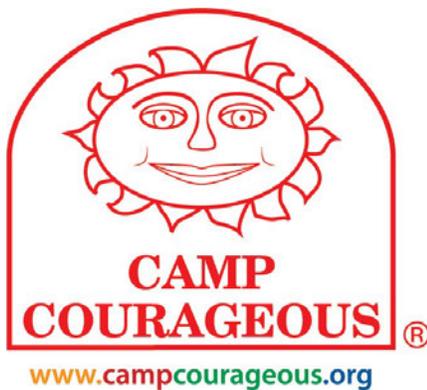
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Place
Stamp
Here

*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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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.