

# THE Dispatch

A PUBLICATION OF DISCOVERY LIVING, INC.

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# EDDIES SPORTS PAGE



Unified Softball 2018

CHEER! SCORE! RUN! Discovery Living

THE ORIGINAL  
★ HARLEM ★  
GLOBETROTTERS®



Adam and John - making friends wherever they go. (Globetrotter, Hammer Harrison)

**Tailgate TOUR**

In April 11, 2018, the Green Bay Packers visited Camp Courageous to celebrate the 100th anniversary of the Pack.

John Raaz Jr. donned his Packer attire and joined a crowd of 500 Packer Backers at the Tailgate Tour in Monticello, IA. After dining on cheese curds, brats, chips and cookies, John personally met retired tight end Bubba Franks.

After the cookout, Packers CEO Mark Murphy introduced 3 retired Packers and 3 current players. A question and answer session took place, followed by an autograph session. John got to meet all 6 Packers (including Antonio Freeman, Ty Montgomery and Blake Martinez) and got his hat and poster autographed.

It was a once in a lifetime experience for a loyal Packer fan! Go Pack Go!

- Submitted by Bill Kolf, CLA

John and Bill, "PACK" Pals

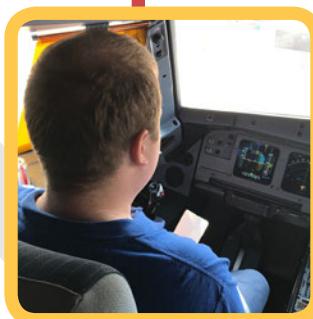
Throwing one up with Bubba Franks.

# Pennington and Probst Visit the Amana Colonies

The ladies of Pennington get their shop on in beautiful Amana and later meet up for dinner with the gentlemen of Probst at Happy Joe's.



This past May, [The Arc of East Central Iowa](#) joined forces with [Allegiant Airlines](#) and the [TSA](#) to stage an opportunity for individuals with disabilities to experience what it's like to go through the process of navigating an airport and boarding a real airplane. The event is part of a national program, known as "[Wings for All](#)". Shelly and Mark made the trek to the [Eastern Iowa Airport](#), acquired their "tickets", and spent the afternoon preparing for a mock trip – including a visit with airport security, boarding the plane, and learning about safe air travel. They even got to meet a pilot and sit up in the cockpit! Both appeared to thoroughly enjoy the event.



## Chalk the Walk



SCOTT AND THE TWO AARONS HIT THE ROAD TO SUPPORT THE EFFORTS OF CHALK THE WALK ON MAY 6TH, IN MT. VERNON.

## Did you KNOW?

- OVER HALF OF THE PEOPLE SUPPORTED BY DISCOVERY LIVING ARE 40 YEARS OF AGE OR OLDER, AND OVER ONE THIRD ARE 50 OR OLDER
- 25% OF PEOPLE WE SUPPORT HAVE RECEIVED OUR SERVICES FOR MORE THAN 15 YEARS
- WE PROVIDE DAILY RESIDENTIAL SUPPORT SERVICES IN 29 HOMES, ALL OF WHICH ARE LOCATED IN LINN COUNTY
- DISCOVERY LIVING IS THE ONLY ORGANIZATION OF ITS KIND THAT WAS FOUNDED BY THE IOWA KNIGHTS OF COLUMBUS



*"Giving is not just about making a donation. It is about making a difference."*

- Kathy Calvin

**M**embers and employees of Discovery Living recently gave a BIG Thank You (literally) to Joe Mashek. More likely known as HAWKIJOE, the "#1 Hawkeye Fan in the Land," Joe has routinely given tickets to Iowa men's basketball games and to Lenten fish fries at the [Knights of Columbus Council 909](#) for members and accompanying staff to enjoy. World's Finest Chocolate treats have also arrived for members and staff at Easter and other special events over at least the last three years. Thank you, HAWKIJOE; your generosity is greatly appreciated!



*Jim told us one day, when he went to visit his sister in Wisconsin, he was going to ride a horse. A WHITE horse. Jim promised. ...Jim delivered.*



The 2018 Day of Caring was another tremendous success. Day of Caring is an annual event organized by the United Way of East Central Iowa to help non-profits tackle projects that can be difficult to manage without help. This year, the event was held on May 10th, and the volunteers were out in full force. Employees of Aerotek Recruiting and Talent, for example, repaired the fence in the back yard at Douglas, while in the front yard, volunteers from ImOn buried drain tile from the garage to the road and planted a row of hostas along the driveway. At Probst, volunteers from StoneRiver Software planted trees in the backyard and cleaned up around the bushes in the front yard. Finishing with time to spare, they continued over at Grand Avenue to assist a team of volunteers from the Cedar Rapids DCMA. Together, they planted bushes and put down a layer of rock over

the garden in the front yard. Many thanks to all for helping beautify our homes, and especially to Tony and Nancy Schmidt, of [Fairfax Greenhouse & Landscaping](#), who helped select the trees and plants for the projects.



*Fairy Gardens 2.0*

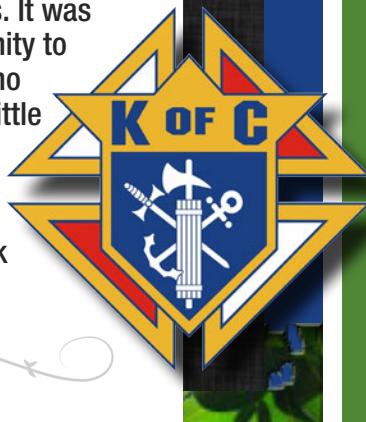


# DONOR SPOTLIGHT

Submitted by: Bob Hebl, Executive Director



On May 21, I was honored to speak at the Marion Knights of Columbus Council 5390 Ladies Appreciation Night. As you know, the Knights of Columbus continue to be our staunchest community supporters. It was wonderful to be given an opportunity to thank some of the many ladies who work so hard to support us, with little or no fanfare. To the ladies of KC Council 5390, and the 10 other area councils that give so much to help us fulfill our mission, thank you for changing lives!



*The  
Gift that keeps  
on living...*

Thank you to Denis Duppong for coordinating the building and delivery of raised planter boxes to 4 of our homes. The boxes are well-built and large enough for the homes to enjoy planting and harvesting many fresh vegetables or growing flowers to bring color to the summer.

Thank you also to Fairfax Greenhouse and Landscaping for donating 71 cubic feet of potting soil and inviting members to come pick out plants for their boxes.



# Grant does Good

Our thanks go out to the Linn County Board of Supervisors for awarding Discovery Living a \$31,200 grant. The Linn County Mental Health and Disability Service grant funds are being used to make accessibility modifications at two of our new Discovery Living homes. Thanks to our friends at Linn County for their ongoing support!



LINN COUNTY, IOWA



# HAVE YOU CONSIDERED A ROLLOVER?

## Fortify your Future Finances with a 401k!

*Are you contributing to the 401(k) plan offered at Discovery Living? If you are not participating, reconsider! Here are a few reasons why:*

- *Free Money. In 2017, Discovery Living was able to offer an employer match on a percentage of funds contributed by 401(k) participants.*
- *Tax Breaks. You can choose to contribute pre- or post-tax. You can decide what will be best for your retirement plan.*
- *Rollover. You can roll over funds from another qualifying retirement plan into Discovery's plan.*
- *It's Automatic. Once you set your contribution amount, Discovery Living takes care of the rest. The amounts are automatically withdrawn through payroll and invested according to your selections.*

*If you are already participating, take time to look at your contributions to ensure you have it set up the way you want. Discovery Living employees have collectively contributed and/or rolled over close to \$500,000 since April 1st, 2017! Let's keep saving for our future!*

*For eligibility requirements, please contact Brooke at  
[brookekriegel@discoveryliving.org](mailto:brookekriegel@discoveryliving.org).*



If you are 70.5 or older, you can benefit from an IRA charitable rollover this year and in the future years, if:

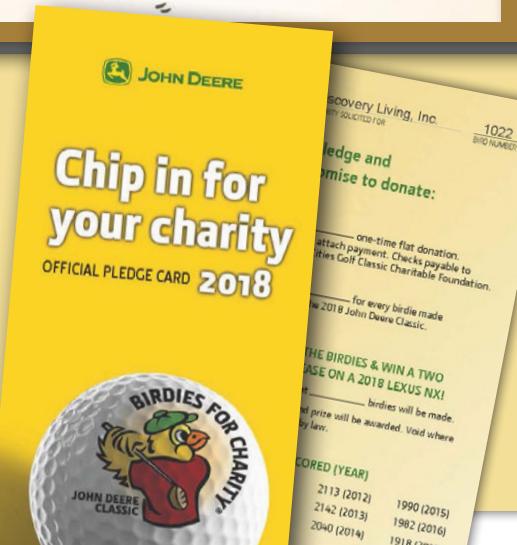
- You wish to make a significant gift without using cash or other assets.
- You do not need all or a portion of your IRA income.
- You are paying too much in taxes and are looking to reduce your income.
- You do not itemize deductions. Because a rollover gift reduces your income and taxes, you can still benefit from charitable giving without itemizing.
- You want to give over and above your normal giving. An IRA rollover gift does not count toward the 50% annual limitation of charitable gifts.



## Watch the Birdies!

A reminder that the **John Deere Classic 2018 Birdies for Charity golf tournament** is scheduled for July 9 - 15, 2018.

Thank you to those that have already donated or pledged. We appreciate it. If you have not and want to, there is still time. You can obtain the pledge card by contacting Monica Ravn or Bob Hebl at (319) 378-7470 or pick one up at the main office. Or, if you are reading a digital copy of the newsletter, you can click [here](#) to download a pledge card. Complete the pledge card and return to the main office by July 10. Your donation makes a difference!



# We will always remember...

**E**rica Lewis, passed away peacefully on April 22, 2018. Erica was only 28 years old when she left this world, but she touched a lot of lives along the way. She had received services from Discovery Living since 2010 - and her big smile charmed everyone she came in contact with. Erica was challenged by a number of physical disabilities, but they did not let that stop her from living her life to the fullest. She loved people, especially her parents Jim and Diane Lewis. She also dearly loved her siblings, extended family, housemates and caregivers. Erica enjoyed music and music videos, especially those that featured Justin Bieber! Erica was an active member of her community and proved to be inspiration for all of us. We will miss her.



## Safe Fun in the Summer Sun!

Did you know the sun's ultraviolet (UV) rays can damage your skin in as little as 15 minutes? You can reduce your risk of skin damage and skin cancer by following a few simple recommendations:

### Find Shade

Finding some shade under an umbrella, tree, or other shelter can help protect your skin from damage and provide relief from the sun. Remember to still use sunscreen and wear protective clothing, even when you're in the shade.

### Wear Protective Clothing

Wearing long-sleeved shirts and long pants can provide protection from UV rays. For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. Avoid hats with holes that let sunlight through. Darker colored clothing and hats may offer more protection than lighter colored items.



### Wear Sunglasses

Sunglasses protect your eyes from UV rays, reduce the risk of cataracts, and protect

the tender skin around your eyes from sun exposure. Sunglasses that block both UVA and UVB rays offer the best protection.

### Use Sunscreen

Apply a thick layer of broad spectrum sunscreen to all exposed skin before you go outside - even on slightly cloudy or cool days. Higher sun protection factor (SPF) numbers indicate more protection. You should use a sunscreen with at least SPF 15. Sunscreen wears off, in time, so reapply if you stay out in the sun for more than two hours, after swimming, sweating, or toweling off. And don't forget to check the sunscreen's expiration date!

[https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)



DONATE

We hope you enjoyed this issue of The Dispatch. We couldn't be prouder of our members and staff or more thankful for the generosity of the kind folks who find so many ways to support Discovery Living's mission. If you found yourself engaged, moved, or inspired by these images and stories, perhaps you'd consider becoming a part of the narrative. While Medicaid accounts for much of Discovery Living's operational funding, we depend on regular donations to assist with the high costs of home and vehicle purchases and modifications – which add up to several hundred thousand dollars annually. Please check out the "Giving" tab at [www.discoveryliving.org](http://www.discoveryliving.org), or contact our office at (319) 378-7470 for a wide range of gift options. We are confident we can help you find one that can comfortably match your budget and level of commitment. It takes many hands and hearts to support a mission like ours. We'd be honored to consider you a member of our team.





1015 Old Marion Road, NE  
Cedar Rapids, Iowa 52402

*Helping adults with  
intellectual disabilities*

*live successful,  
satisfying lives in the  
mainstream of the  
community.*

[www.discoveryliving.org](http://www.discoveryliving.org)  
(319) 378-7470

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



[www.campcourageous.org](http://www.campcourageous.org)  
(Paid for by Friends of Camp Courageous)



*The Arc of East Central Iowa - Bob Mickey Collision Center - Bradley & Riley, PC  
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.