

# THE Dispatch

A PUBLICATION OF DISCOVERY LIVING, INC. 

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# Winter Wonder





# Cookies & Cocoa

The ladies at Valley View planned a “Cookies & Cocoa” party and invited their friends. They sang Christmas carols and did Christmas word searches together. Comfort and Joy were had by all.



# Disney ON ICE FROZEN

On Thursday, November 29th, four of Discovery’s biggest fans of Disney’s Frozen, went to Moline to see ‘Disney’s Frozen on Ice’. Their front row seats were perfect! Not only did they have an unobstructed view, it also enabled them to interact with the actors and get covered in snow (with bubbles that looked like snow, that is.) At the end of the show, they all rated it a “2 thumbs up” performance!



## From shimmering sea to the Deserts of Zazz...

You’ll find one thing certain - something everyone has: Holiday heroes! They’ll tell you. It’s true. Be it Santa or Frosty... or Cindy Lou Who.

To Karen, the answer is, hands down, a cinch.

Her most favorite favorite’s no contest: “The Grinch.”

Sure he’s a stinker who outstinks them all.

Sure his cold heart is two sizes too small.

But while others insist that he’s up to no good,

Karen contends he’s just misunderstood.

She finds him silly, endearing and see,

The Grinch may have no fan more fan-ly than she.

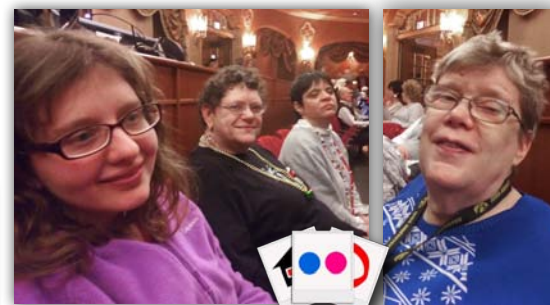


*Cedar Rapids Parks and Rec held a holiday dance at their rec center. It was a chance for many of the members to cut loose and enjoy each other’s company for one last night in 2018.*

*Some members got out to the Paramount Theatre for their “Holiday Spectacular” concert. Audience members were treated to holiday favorites performed by Orchestra Iowa and many other local groups.*



*Pictured here are some of the proud performers from this year’s holiday bell choir concert at West Music. The choir entertained their audience with such favorites as “Silent Night” and “We Wish You a Merry Christmas.”*







# We are Blessed

On Friday, December 14, over 90 Discovery Living employees gathered for our annual holiday party. This event provides an opportunity for us to thank our employees for the great work they do. We appreciate each employee for his or her dedicated service. We are fortunate to have

many staff members who have worked with us for many years. Below is a list of our 2018 years of service honorees:



## Three Years of Service

Tyler Stuck, Kimberly Harris, Josiah Coder, Dineatris Lloyd, Shelley Estes, Brent Fuller, Deanna Schmidt, Jessica Shaw, Kimberly Lerch, Jennifer Bohn, April Beckfield, and Molly O'Loughlin

## Five Years of Service

Joann Sebetka, Toni Overton, Kimberly Pasker, Jessica Hughes, Janell Wickman, Ellen Healey, Lynda Gallagher, Michaela Coder, Zadia Dague, Sara Hedlund, Kimberly Larminer, and William Kolf

## Ten Years of Service

Elisa Zach and Lynn McVey

## Fifteen Years of Service

Paul Newman, Laurie Church, and Brooke Kriegel

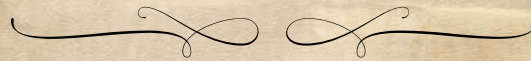
## Twenty-Five Years of Service

Raul Salazar and Carolyn Rundle

## 30 Years of Service

Rhonda Jackson and Mary Hand

As we look ahead to what we hope will be a great 2019, it is important for us to look back and thank our employees for a job well done!



# Giving Thanks

Many members gathered together, this Thanksgiving, to enjoy each other's company, give thanks, and partake in a bountiful meal hosted by the Discovery Crew. A number of folks even came forward to share what they were most grateful for, this year. It was an evening of warmth and fellowship, enjoyed by many.





# WHAT'S THE WORD ON THE BIRD?

Because of your support, the 2018 Birdies for Charity campaign was Discovery Living's best year to date, generating over \$10,000 in donations and another \$1,100 in matching funds from John Deere! Thank you to all who supported the 2018 campaign and to our friends at John Deere. Overall, the campaign generated a total of over 13 million dollars in donations that were distributed to 534 charities. We are honored to be a part of such a wonderful event and look forward to another record-breaking year in 2019!



Nothing to report here. Just a view askew of the Valleyview crew... and their brew.

## In Other News...

Our good friend, Chris Johnson, was recently featured in an article in the Gazette highlighting his personal journey toward independence. You can read the article [here](#), or search "Chris Johnson Making Strides" on the Gazette website.

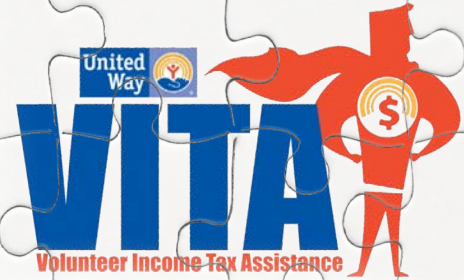


## Annual Appeal 2018

Thank you to all who have contributed to our Annual Appeal 2018. You are making a huge difference. There is still time to participate in this appeal and make it a great New Year.

## PUZZLING TAXES?

**Volunteer Income Tax Assistance (VITA)** is a national program sponsored by the IRS that offers free tax help to individuals and families whose household income is \$54,000 or less and



who need assistance in preparing their own tax returns. IRS-certified volunteers provide free income tax return preparation with electronic filing to qualified individuals. In the Cedar Rapids metropolitan area, **United Way of East Central Iowa** sponsors the VITA program. To schedule a tax appointment, in the Cedar Rapids area, individuals should call 2-1-1 from a landline or 319-739-4211 from a cell phone.



## Presenting...

Steve Waller was pleased to present the Employer of the Year award to his manager, Allen from Arby's on Collins Road, at the Systems Unlimited Awards Ceremony in Iowa City this fall.





# DONOR SPOTLIGHT BUILDING CONCEPTS

As our readers know, Discovery Living has made numerous renovations to our homes in recent

years. Completing bedroom build outs, installing egress windows, entrance ramps, grab bars, handrails, and walk in showers are just a few of the many adaptations we have made to make member homes more accessible.

Tim Jacobs and his team at Building Concepts have completed much of this work for us over the last 8 years.

Tim and his business partner, Scott Lown, own and operate Building Concepts, Inc., a local construction company that primarily serves the citizens of Greater Cedar Rapids and Center Point/Urbana. In addition to the

many projects described above, Building Concepts has replaced roofing, windows and responded with little or no advance notice when our homes experienced significant water damage. Their quick response allowed members to return to their home as quickly as possible.

Building Concepts sponsors our newsletter and supports our annual appeal, while providing us high quality work. Co-owner Tim Jacobs put it this way, "It is really great to see how Discovery Living members are treated like family, and I enjoy being part of that."

A big Discovery Living thank you goes out to Tim, Scott and the crew at Building Concepts. Their support has had a direct and positive impact on the lives of the people we support!



## THANK YOU, GOOD KNIGHTS

We are, as always, grateful to our dear friends, the **Knights of Columbus**, for their steadfast support. Pictured are Grand Knight Derek Jensen of **Council 909** and Grand Knight Tom Spartz, of **Council 5390** presenting donations to Discovery Living. Thank you, Knights!

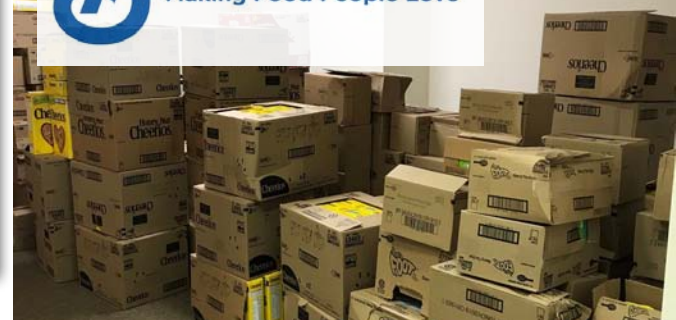


Members of the "Collins Aerospace - The Mod Center Fundraising Team" and just a few of the many thoughtful gifts donated to Discovery Living members for Christmas from their employee-supported Angel Tree. What a treat to meet these generous individuals. Thank you for your kindness!

We would like to extend a warm welcome and a hearty thank you to acumen, the most recent organization to join our pool of newsletter sponsors. **acumen** helps employees make informed, long term, cost effective decisions about their company-sponsored benefit plans, and we are grateful for their partnership. If you or your business would be interested in sponsoring our newsletter, contact Monica at [monicaravn@discoveryliving.org](mailto:monicaravn@discoveryliving.org).



the wise choice. | benefit advisors



Discovery Living would like to extend a huge "thank you" to **General Mills**, who donated two pallets of products ranging from cereal to fruit snacks, and to employee, Cathy Mattox, for her work securing this donation. The gift brought a great many smiles to member faces.

## Wrapping for a Cause



The ladies of Camelot volunteered some time to help the **ARC of East Central Iowa** at Lindale Mall with their annual "Wrapping for a Cause" event.

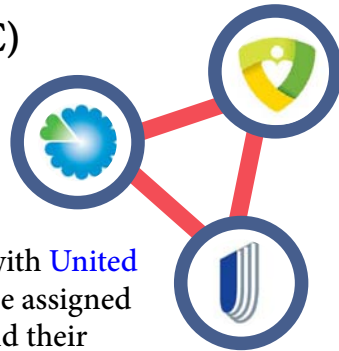




# Mark Your Calendars!

In 2018, the [Iowa Department of Human Services](#) awarded Iowa Total Care a contract to begin providing managed care support to Iowa citizens as of July 1, 2019. Over the next several months, [Iowa Total Care \(ITC\)](#) will be building their infrastructure so they are able to begin support services. With the addition of ITC, Iowa now has three managed care organizations (MCO's). They are:

- United Health Care (UHC)**
- Amerigroup (AG)**
- Iowa Total Care (ITC)**



The initial state plan calls for some members currently enrolled with [United Health](#) or [Amerigroup](#) to possibly be assigned to Iowa Total Care, but members and their representatives will have a choice in this matter.

The Iowa Department of Human Services intends to send notices regarding the transition to members and their representative in early March 2019.

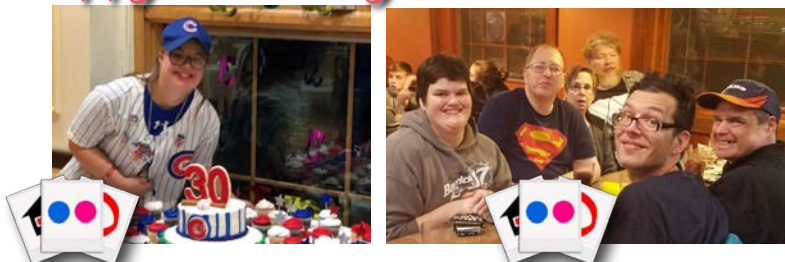
We will keep on top of this issue to minimize any confusion for members or their representatives. Please contact [Monica Ravn](#), [Carol Sadoris](#) or Bob Hebl with any questions you may have. We are here to support you and your loved ones.

## Managed Care Informational Meetings

- Where: Discovery Living Administrative Office:  
1015 Old Marion Road NE  
Cedar Rapids
- When: Monday, March 4 - 1:00-2:00 p.m.  
Monday, March 4 - 4:00-5:00 p.m.  
Tuesday, March 5 - 2:00-3:00 p.m.

We invite any person served, their family members, or other interested stakeholders to attend one of these informational meetings. We will be reviewing recent managed care developments and answer any questions you may have.

## Happy Birthday, Sarah and TJ!!!



## Saying "Hi!" to Hiawatha!



On Tuesday, December 4, members and employees at our new Recreation Center welcomed some special visitors from the City of Hiawatha. Mayor Bill Bennett and City Manager Kim Downs toured our rec center and welcomed us to the Hiawatha business community. We appreciate that these folks took time out of their busy schedules to better understand our business and help us feel at home. We look forward to a great working relationship with the City of Hiawatha for many years to come.

## Great Job, Cassie!

Cassandra Andrews recently completed a [Goodwill of the Heartland](#) work assessment at [Runts Munchies restaurant](#) in Cedar Rapids. She did a great job and we hope this will lead to bigger and better employment opportunities!



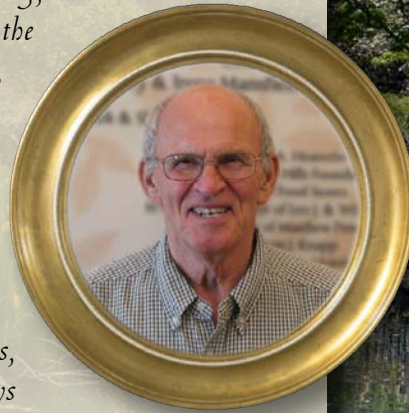
Some of the Rec Center crew took in the local culture at [CSPS Hall in Cedar Rapids](#). A couple even took the opportunity to become a part of the dynamic art on display.



*We will always  
remember...*

**D**iscovery Living lost a dear friend when Lynne Strabala passed away on Saturday, November 3, 2018.

Lynne served on our board of directors for the past 25 years, willingly donating his time, energy and resources to help the people we support. Lynne was also a long time member of Iowa Knights of Columbus Council 5390. Lynne donated hundreds of hours working on behalf of the Knights of Columbus. His work with the Knights benefited many wonderful charitable causes, but Lynne and his wife, Mary Ann, always held Discovery Living close to their hearts. We will miss our friend but take comfort in the knowledge that we were among the lucky people whose lives he touched.



## **Distracted Driving: Just Don't!**

### **HEALTH WELLNESS&YOU**



5 seconds is the minimum time required to look at your phone and absorb the information on the screen. During those five seconds, you will travel the length of a football field. This is why, on average, 9 people die and more than 1,000 are injured every day - due to distracted driving.

Reminders no matter what your age:

- Use your phone's "DO NOT DISTURB" feature while driving, turn it completely off, or place it somewhere out of reach.
- Avoid talking on your phone while driving.
- If someone is with you, let him or her handle the phone call.
- Keep pets and other items stowed away when driving.
- While driving do one thing at a time, and driving should be that one thing!

Source: [www.myvgh.org](http://www.myvgh.org) Virginia Gay Hospital Thrive Spring/Summer 2018

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.

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The Dispatch is a quarterly publication of Discovery Living, Inc., © 2019. If you are interested in receiving a copy of our newsletter by email or traditional post, please contact Leon Bohn at [leonbohn@discoveryliving.org](mailto:leonbohn@discoveryliving.org).





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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](mailto:Monica.Ravn@discoveryliving.org) at (319) 378-7470.