

THE Dispatch

A PUBLICATION OF DISCOVERY LIVING, INC. 

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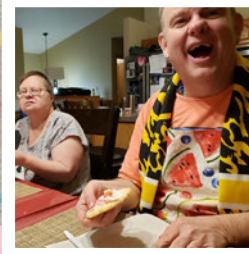
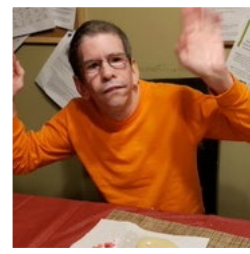
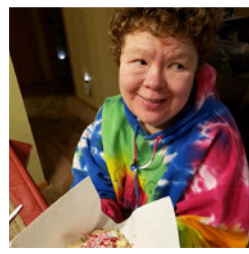


*Peace
requires
everyone
to be in
the circle
- wholeness,
inclusion.*

- Isabel Allende

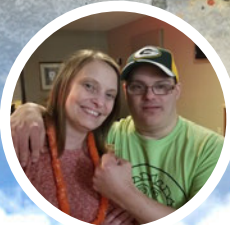


Barrington Valentine's Party



The Cookie Crew at 48th

Valentine's Day Fun!



Discovery Crew Valentine's Dance



ROUGH RIDERS ICE ARENA TOUR

VISIT FROM K-9 UNIT



CHAIR YOGA



Members are wasting NO time getting their recreation on at the new rec center. Take a look...

NIGHT to Shine

SPONSORED BY THE **TIM TEBOW** FOUNDATION

Once again, the *Tim Tebow Foundation* and *St. Mark's Church* hosted an evening of great music, a feast of fine foods and treats, and dozens of magical experiences for scores of individuals at all levels of ability. This has become an event individuals from all over the county look forward to with great anticipation. It's a night where each attendee is king or queen of the dance, and every moment is theirs. Here are a few highlights. Many of the photos were provided by *Photography by Rebecca and Jennifer Weinman Photography*.



"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." -- Leo Buscaglia

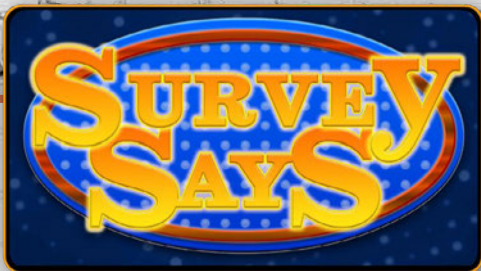


At right, the lucky ladies of Camelot creatively express the things that make them feel lucky.



At left, members at the rec center help with seasonal onsite pest control, competing in groups to see who can build the better leprechaun trap.

St. Patty's Day Shenanigans



The Results Are In!

Late last year Discovery Living requested feedback from employees, member families, and case managers.

The satisfaction survey assessment asked respondents a series of questions about Discovery Living using a scale from 1 (not satisfied) to 5 (completely satisfied). The results are as follows:

- **Family Members: Average Performance Rating: 4.70**
- **Employees: Average Performance Rating: 4.21**
- **Case Managers: Average Performance Rating: 4.71**

We are very pleased with the results and grateful to each person who took time to provide us with positive feedback and constructive criticism. We will use this information as part of our ongoing quality improvement initiative.

Click on [this link](#) to see a detailed summary of respondent feedback. As always, your feedback is welcome and appreciated.

FEIGHT CLUB PRODUCTIONS PRESENTS

SPRING FLING 2019

PROM & FUNDRAISER

FEATURING

THE UNINCORPORATED
ANDERSEN COATES
TIM RIVEN
KIDS UNDER BLEACHERS
GRACIE SHAW

SATURDAY, APRIL 13, 2019

WILD HOGS SALOON & EATERY

350 COMMERCIAL DR, WALFORD, IOWA
ALL AGES 5PM - 10PM - AFTER PARTY 10PM- 12AM - ADV \$8 / DOS \$10

PROCEEDS GO TO NON-PROFITS

SPONSORED IN PART BY: HAMES HOMES

Bed bug infestations have become more common in recent years, and are of particular concern in congregate living situations like our supervised homes. Please review the list below and take every precaution so that you can avoid an infestation in your home - or spreading bed bugs to other locations. We ask that anyone who wishes to donate or transfer any of the below mentioned items to a Discovery Living operated home, notify the home supervisor to ensure a thorough inspection prior to bringing the items into the home. Remember that bed bug infestations can and do occur in any home.

Bed Bug Prevention Tips:

- Vacuum suitcases after returning from a vacation.
- Check your sheets for tell-tale blood spots.
- Consider bringing a large plastic trashbag to keep your suitcase in during hotel stays.
- Carry a small flashlight to assist you with quick visual inspections.
- Never bring second-hand furniture, especially mattresses and box springs, into a home without thoroughly examining for signs of a bed bug infestation. You might consider having a pest control professional inspect the furniture as it is difficult to detect an infestation without training.
- Regularly inspect areas where pets sleep for signs of bed bugs.
- Bed bugs are elusive creatures, so it is imperative to seek professional pest control assistance to address an infestation.



DONOR SPOTLIGHT



Discovery Living has been blessed over the years to have the support of a volunteer board of directors. Each board member gives their time, resources, and energy to keep us focused on fulfilling our mission - but there is much more to the story. Board members attend monthly meetings; participate on at least one board committee, and provide support and assistance to our administrative staff in a variety of areas, including; fundraising, finance, insurance, personnel, facility management and governance. Our board of directors donate hundreds of hours annually to help us change lives.

Last, but certainly not least, our board members make donations to support our [Annual Appeal](#), [Birdies for Charity](#) and [endowment funds](#). Many board members also work on our behalf during the annual [Knights of Columbus Persons with Intellectual Disabilities \(tootsie roll\) Drive](#). Look for photos of our board of directors in our next Dispatch, and, if you get a chance, please tell them thanks for a job well done.

“We are a nation of communities... a brilliant diversity spread like stars, like a thousand points of light in a broad and peaceful sky.”

- President George H.W. Bush

Annual Appeal

A big Discovery Living Thank You goes to each of our friends who supported the 2018 [Annual Appeal](#). As you know, the Annual Appeal is critical if we are to cover unfunded costs related to home and vehicle purchases and modifications. To date, our 2018 appeal has generated close to \$40,000 in donations, making it our most successful appeal ever! Thank you for your ongoing commitment and support of Chris and the other 140 adults with disabilities supported by Discovery Living.



2018



Our founders and faithful friends, the Knights of Columbus, have outdone themselves once again. Ten local Knights of Columbus councils donated over \$46,000 to Discovery Living from their 2018 PID (Tootsie Roll) Drive. Please keep our faithful friends and their generous work in your prayers.

A Closer Look at Our State's Budget

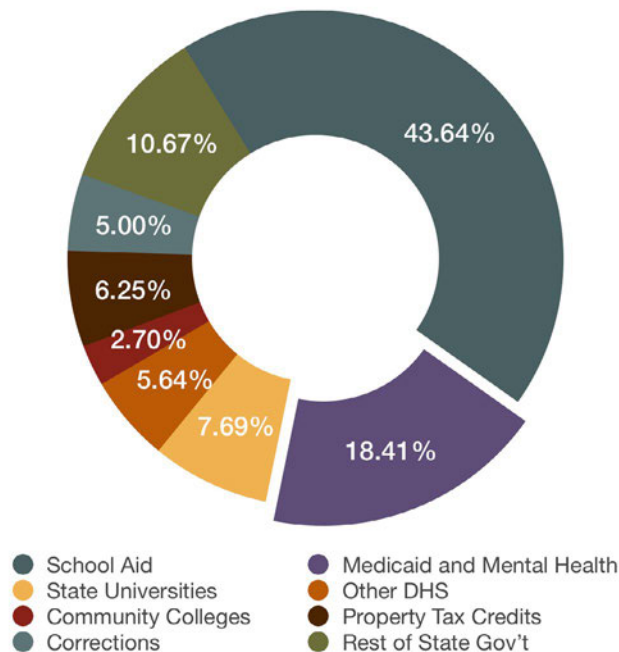
The chart at right breaks down Governor Reynolds' proposed \$7,658,480,492 FY 2020 budget. This proposal would call for Iowa to spend 97.4% of available funds in the year ahead, with the remainder serving as an operational reserve. While these numbers are not finalized, they do provide an overview of how state monies are spent. Here are a few budget highlights:

- **93 million projected increase in K-12 spending**
- **144.5 in additional Medicaid funding in the year ahead**
- **6 million allocated to Medicaid for new members with complex needs**
- **1.2 million to reduce the Children's Mental Health Waiting List**

I will continue to interact with our elected officials to ensure that Medicaid is fully funded, people with disabilities and their representatives are able to exercise choice in all areas that affect their daily lives, and Iowa continues to create more community based opportunities for people with disabilities. Please contact me any time you have questions regarding legislative or operational issues.

- **Bob Hebl, Executive Director, bhebl@discoveryliving.org**

FY 2020 Iowa General Fund Budget





In a bid to lure the sun out, after so many days of gloomy cold, the Valleyview ladies dusted off their hippest shades and demanded the arrival of spring.

*"Compassion is the basis of morality."
- Arthur Schopenhauer*

MANAGED CARE UPDATE



On March 4th and 5th we hosted three informational meetings regarding managed care. Thanks to each of you who attended and/or watched a video recording of this meeting. Please follow this link (<https://youtu.be/wO7xAvBRWe0>), if you have not yet viewed the video and would like to do so. You can also access the

PowerPoint materials used during these sessions by clicking here: <http://www.discoveryliving.org/mco2019.pdf>.

UPDATE: Effective 06/30/19, UnitedHealthcare will be leaving the Iowa LTSS (long term support services) market. Your loved one may continue to see their providers as usual until this date. In the near future, members will receive notices providing a choice between Amerigroup and Iowa Total Care for coverage effective 07/01/19. We will be in contact with you when these notices arrive to discuss your choice. Please trust that we will stay on top of this to ensure your loved one continues to receive the support and services they need.

As always, feel free to contact Monica Ravn monicaravn@discoveryliving.org, Carol Saddoris carolsaddoris@discoveryliving.org or Bob Hebl bhebl@discoveryliving.org with any questions you may have.



the case for

Inclusion

The Case for Inclusion 2019 Report is the result of the efforts of three influential national advocacy organizations for people with disabilities: United Cerebral Palsy (UCP), Included Supported Employment, and the American Network of Community Options and Resources (ANCOR) Foundation.

This report captures data relating to services for people with disabilities in the United States from 2005-2016. Here are few statistics of note:

- The number of people with disabilities receiving Home and Community Based Services (HCBS) has increased from 433,000 to 807,000.
- Spending on HCBS services has doubled, from 17.2 billion to 35.4 billion, while spending on large, institutional based services has decreased from 12.1 to 10.5 billion.
- The number of large institutions serving people with disabilities has decreased from 176 to 140, and the number of people living in institutions has been cut in half, from 39,000 to 19,000. Fifteen states no longer have any large residential institutions.
- The number of people served in their own home has increased from 101,000 to 147,000, while people receiving services in a family member home has increased from 533,000 to 714,000.

What these numbers tell us is that we are making progress in our efforts to serve more people with disabilities in community-based settings, but there is still some work to do. Not all of the news in this report is positive:

- From 2005-2016 waiting lists for services have tripled, from 138,000 to 424,000. As most of our readers know, our waiting list at Discovery Living has more than doubled in the past several years, and we now have over 100 people waiting to receive our services.
- Competitive employment participation has decreased from 24 to 19 percent.
- The national turnover rate for direct care workers in the disabilities field is 46%. We feel very fortunate that Discovery Living's annualized rate of employee turnover in 2018 was 21%, less than half the national average.
- Only 40.8% of direct care workers who start a job in the disability field stay employed more than 12 months. The average hourly wage for direct care workers in private settings ranges from \$10.48 to \$11.00 an hour.

If any of our readers are interested in viewing more of this report, you can go to ancor.org and click on the Case for Inclusion link. We also have copies of the report available at our administrative office.



Our dear friend, Lynnette Gerhold, passed away on March 6, 2019, at the **Oldorf Hospice House** in Hiawatha. She spent her final days on Earth surrounded by family and staff members. Lynnette had been part of our Discovery Living family since 2002 and was 61 years old.

Lynnette enjoyed her 4th of July birthday and seemed to think that the fireworks were just for her! She also enjoyed pizza, coffee, and her beloved stuffed animals - along with a wide array of community activities. Lynnette will be reunited with her pal, Val Mowry, in Heaven. We are honored to have been a part of her life and will miss Lynnette a great deal.



Did You Know...?

Linn County has numerous programs designed to assist citizens with support in many areas, including:

- Homelessness - Transitional Housing - Substance Abuse**
- Mental Health - Food Assistance**
- Transportation - Child Development - Prescription Medications - Domestic Abuse**
- Parenting Classes - Early Childhood - General Assistance**
- Home Health - AIDS/HIV**
- Juvenile Services - Disorderly Conduct Diversion Program**

If you or someone you know is interested in learning more about support services provided by Linn County, stop by the Discovery Living Administrative Office. Susan Hollrah, Carol Sadoris, and Bob Hebl each have contact information regarding Linn County support services.



We will always remember...
LYNNETTE GERHOLD

Gesundheit!!!

It's definitely spring. If you have a pollen allergy and experience itchy throat, red, irritated, watery eyes, runny or stuffy nose, sneezing, wheezing, or coughing, you're not alone. More than 25 million Americans are allergic to pollen.



Here are a few things that might help:

- Take your shoes off to avoid carrying pollen into your home.
- Keep windows and doors closed.
- Shower as soon as you get home from work, after doing yard work, or running errands.
- Use HEPA filters.
- Wash bedding every week.

- Use over-the-counter (OTC) medications such as antihistamines, decongestants, and/or nasal sprays.
- Visit your physician if the OTC medications don't work and the physician may prescribe something stronger.
- If you do not have any luck with medications, allergy shots may help.

Sources:

<https://www.webmd.com/allergies/pollen>

AAA.com/AAALiving Mar/Apr 2019



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, 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.

HEALTHWELLNESS & YOU





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

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

www.discoveryliving.org
(319) 378-7470



www.campcourageous.org
(Paid for by Friends of Camp Courageous)

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service possible!*



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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.