

THE Dispatch

A PUBLICATION OF DISCOVERY LIVING, INC. 

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Monday, August 10

a day that would alter our lives in a dramatic way. A storm, called a derecho, hit many Iowa communities hard. Lives lost, destroyed buildings, damaged crops and no power were a few of the devastating outcomes of the storm.

In THE EYE of the STORM

(Continued on pg. 3)

DIRECT SUPPORT PROFESSIONALS WEEK 2020

Bob Hebl, Executive Director

Governor Reynolds declared the week of September 14, 2020, as Direct Support Professionals Week (see link below). It is wonderful to see the Governor and other state officials recognize the dedicated people who give of their time, energy, and love to ensure that people with disabilities are supported. Discovery Living employees have repeatedly jumped in to help out, especially as we have faced Covid and Derecho-related challenges. Our employees worked long hours and volunteered their time and energy, often while they were dealing with severe property damage and/or life disruptions at home. We are blessed, as are the people we serve, to be surrounded by so many dedicated people.

<https://theiacp.memberclicks.net/assets/GovProcDirect%20Support%20Professionals%20Recognition%202020%5B1%5D%20copy.pdf>



Summer's End

Submitted by Brittany Hanson

The Hamer ladies enjoyed the last bits of summer. First we started with some scavenger hunts at our local parks. Each park had about 8 hidden objects to find.

Then we went over to the **Indian Creek Nature Center** to try their self-guided tours.

Our most recent activity was at the **Field of Flowers** in Marion. The girls got to feed the goats and chickens. We also picked our own flowers to make bouquets. Sarah was excited to see all the butterfly signs. :)

RANDOM REC CENTER ROUNDUP OF REVELRIES

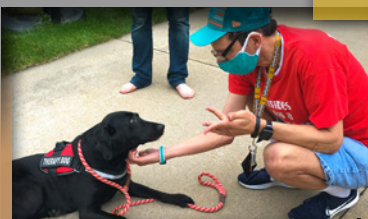


"Our greatest glory is not in never falling, but in rising every time we fall."

- Confucius



Tom Pike tends to the Grand Raised Gardens. Some beautiful color there, Tom!



Diamond, of Camp Courageous, bonds with Ryan

BAHARI HELPS PREPARE HIS HOUSE FOR THE DRIVE-BY TRICK-OR-TREATERS, AND STEVE WALLER?!...
LOOKIN' GOOD, BUB!!



In THE EYE of the STORM

Bob Hebl, Executive Director

(Continued from pg. 1)

Overall, Discovery Living homes fared better than most. Numerous homes had damage, and several others took on a considerable amount of water. One home was without power for more than two weeks. Most importantly, none of the people we support or employ were seriously injured.

Many of our employees and family members of the people we support suffered severe damage to their home, vehicles, and property. Our employees immediately offered to help, despite having more than a full plate dealing with the impact the storm had on their family. Employees worked long hours, took members into their homes, prepared and delivered meals, provided supplies and equipment, and went beyond the call of duty many times. Thank you to our dedicated employees for providing outstanding care in an incredibly difficult environment.

We also want to thank the people we support and their families, many of whom generously donated their time, energy and resources, even welcoming people into their homes to help see us through the storm aftermath.

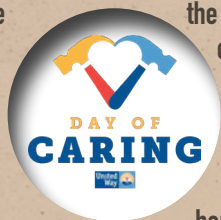
Many vendors were instrumental in supporting our storm recovery. While it is impossible to acknowledge every vendor who stepped up - Building Concepts, [House of Carpets](#), [Steve's Heating](#), [Clark's Pharmacy](#), and [Spotless Miracle](#) went far above the call of duty to help us get back on our feet. We cannot thank you enough.

Tragic events challenge us in so many ways, but they also demonstrate just how blessed we are to have a community of supporters who are ready to jump in and help during the most difficult of circumstances.

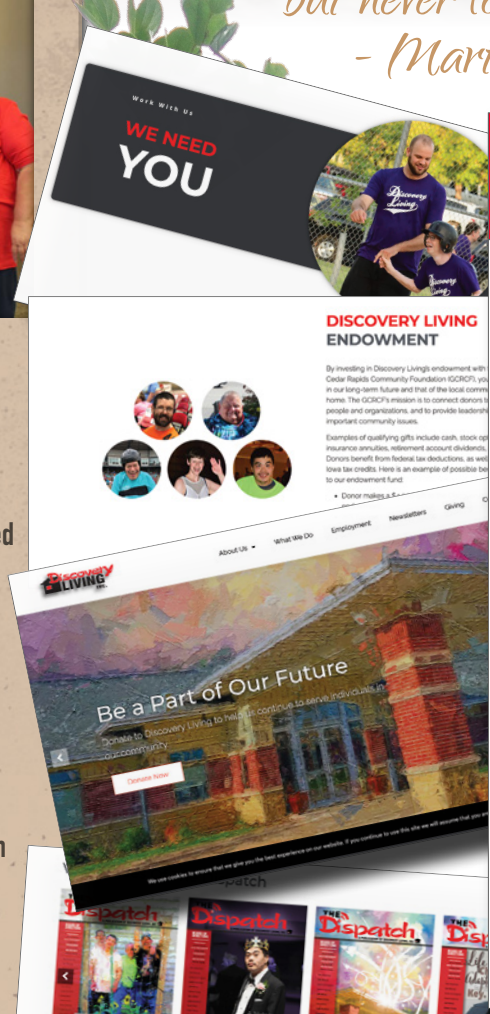
"We must accept finite disappointment, but never lose infinite hope"
- Martin Luther King Jr.



In the blistering heat on August 27th, eight volunteers from [Cedar Rapids Bank & Trust](#) proved we have a strong community, even during an unusual year like 2020. After the derecho hit on August 10th, like many others throughout the community, Discovery Living experienced downed trees and varying levels of property damage. CR Bank & Trust volunteers



(Marilyn Struchen, Ron Oltmann, Deb Gertsen, Melanie Pierce, Felicia Taylor, Madyson Sheriff, Sheryl Rottink, and Samantha Kaska) accepted the Day of Caring challenge. With rakes in hand, they tackled yard cleanup at three of our homes. Discovery Living is grateful for their contribution, especially on such a hot day, to help bring back a sense of normalcy for our members and staff.

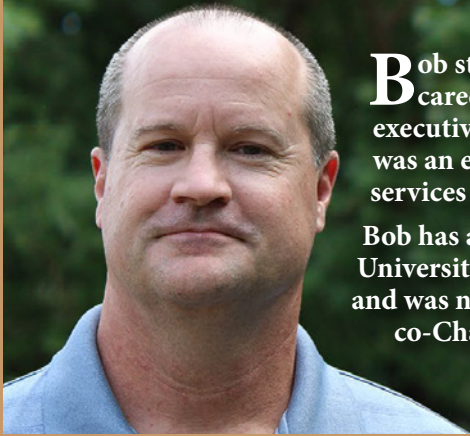


DISCOVER THE NEW DISCOVERYLIVING.ORG

We are excited to announce our new and improved Discovery Living website. Go to www.discoveryliving.org and check it out. We are very pleased to produce a website that is easy to use and allows viewers to quickly access information regarding how to support our mission, contact agency personnel, apply for employment, access our online newsletter – and a host of other useful items.

VISIT TODAY!

BOB HEBL
Executive Director



Bob started his career in the disability field in 1986 as an unpaid intern. During his career, he has worked as a direct care provider and held numerous mid, senior and executive-level management positions. Prior to joining Discovery Living in 2009, Bob was an executive director for the Mentor Network and was responsible for support services to 2,500 people with disabilities in four states.

Bob has a Bachelor of Arts degree in Sociology from Southwest Minnesota State University, a Master of Organizational Leadership degree from St. Ambrose University, and was named a Timmons Fellow by Babson College in Wellesley, Massachusetts. Bob is co-Chair of the Linn County Community Services Board of Directors, a member of the Iowa Association of Community Providers (IACP) Membership Committee, and Past President of the IACP Board of Directors.

CAROL SADDORIS
Director of Residential Services



Carol started her human services career in 1987 when she was hired as a direct care staff at Discovery Living. She worked as a live-in house manager, training specialist, and assumed the director of residential services position in 2004.

Carol has a Bachelor of Social Work degree from Mt. Mercy University and serves on the Options of Linn County Advisory Board. She was previously named the Professional of the Year by the ARC of East Central Iowa and the State ARC. Carol also volunteers her time to support Special Olympics.

BROOKE KRIEGEL
Director of Human Resources

Brooke began her human services career in 2002 when she worked as a direct caregiver for RISE, Ltd. She joined Discovery Living in 2003 as a direct care worker. She worked as a community services coordinator, direct care staff, and the associate director of planning, until accepting the director of human resources position in 2017.

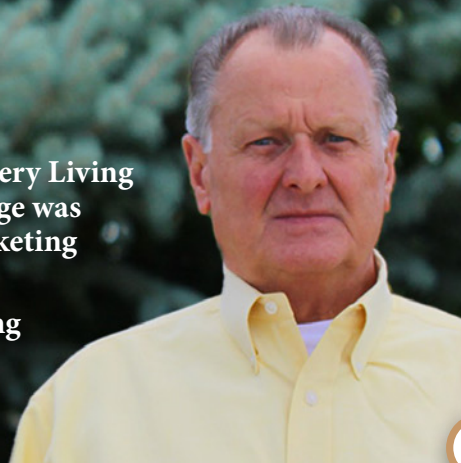
Brooke has an associate degree in human services from Northeast Iowa Community College and is a mind-body medicine facilitator. She has helped coordinate several ADA celebrations and Abilities in Action conferences.



GEORGE CARPENTER
Director of Finance

George was hired as the finance director at Discovery Living in 1999. Prior to joining Discovery Living, George was employed as assistant controller and director of marketing services at Universal Gym for over 20 years.

George has a Bachelor of Science degree in accounting from Illinois State University and has extensive experience with Medicaid billing and cost reporting policies and processes.



MEET OUR
Leadership Team

STEPHANIE OROZCO
Director of Planning & Training

Stephanie began her disability services career in 1994 as a direct caregiver for Crest Services, where she worked for ten years. At the time of her departure, Stephanie was the assistant program director for the hourly support program.

Stephanie started her career with Discovery Living in 1996 as a direct caregiver. In 2004, she assumed the role of Director of Planning and Training.

Stephanie has a Bachelor of Science degree in nursing, from Mt. Mercy College, and currently serves on the Options of Linn County Advisory Board.



Monica Ravn
Member Advocate

Monica joined Discovery Living in April 2016 as the member advocate. Prior to this, she worked at The MENTOR Network for 17½ years in a variety of roles. She oversaw three states as regional quality assurance manager and then went on to launch the company's Host Home program in Iowa. Monica also worked at Centers for Disabilities and Development as a nursing assistant and at Systems Unlimited as a direct support professional.

Monica received her Bachelor of Arts degree in Social Work with a specialization in Special Education from the University of Iowa.



Over the next three issues, we thought it would be nice to introduce ourselves and help you all put some faces to the names you occasionally see and hear associated with Discovery Living. It is our distinct honor to do the work we do, and we are grateful for your steadfast trust and support.

KIM LARIMER
Health Services Coordinator

Kim's experience supporting people with intellectual disabilities begins with her two sisters. In fact, having a sister who is diagnosed with a mild intellectual disability and another sister with autism is one of the main reasons for her continued passion and desire to work in this field.

Kim received her Bachelor of Science Degree in nursing from Mount Mercy College. After experiencing many different areas of nursing, she took a position at REM Iowa as a program nurse in an 8-bed ICF for the intellectually disabled. 10 years later, she was promoted to the director of nursing overseeing nine 8-bed ICF/ID facilities. In 2005, Kim was honored to receive the Ripple of Hope award from The MENTOR Network for her service and dedication to the people she believes are responsible for shaping her life and career.

Since 1996 Kim has been a member of IDDNA (Iowa Developmental Disabilities Nursing Association) and is a past board president.

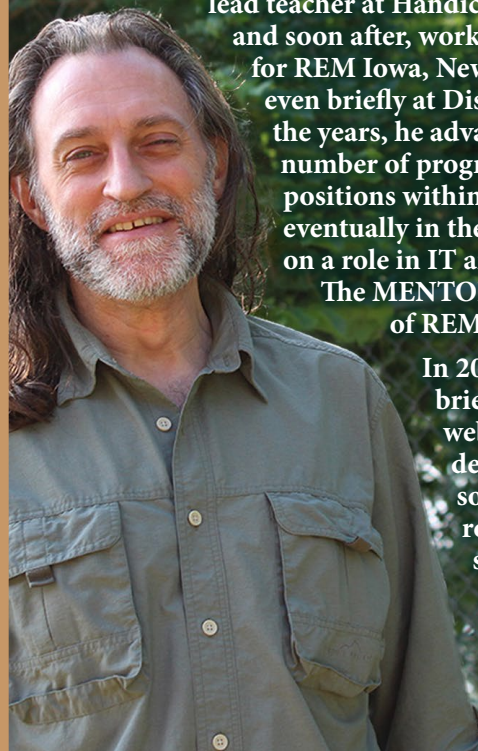
Kim joined Discovery Living in 2013 as the health services coordinator, where she serves as a nurse consultant.



LEON BOHN
Information Services Coordinator

Leon embarked on his journey into human services, following the completion of his degree at Luther College in 1991. He found himself instantly engaged with disability services while working as a lead teacher at Handicare, in Coralville, and soon after, working in direct care for REM Iowa, New Horizons, and even briefly at Discovery Living. Over the years, he advanced through a number of program management positions within REM Iowa, and eventually in the mid-2000s, took on a role in IT and marketing for The MENTOR Network, owners of REM Iowa.

In 2010, he took a brief hiatus to pursue web and application development, but soon returned to his roots in the human services, joining the Discovery Living Team in 2012.





Pictured are Scott Olson (left) and Mike Stallman

Discovery Living has been blessed by the volunteer service of many board members over our four decades of service to people with disabilities. Board members give freely of their time, energy and resources to help us achieve our mission. We are pleased to recognize the following board members for over thirty years of support.

Mike Stallman has served on our board of directors for 35 years. During his long and distinguished tenure, Mike has used his background as a Certified Public Accountant to assist our organization with many audits and financial transactions. Mike is a past board president who currently chairs our board Finance Committee. Mike also serves on our Fundraising Committee and has served on numerous other board committees. Mike is a member of our Legacy Society due to his ongoing support of our endowment. Mike and his late wife Dorothy were both steadfast supports of our annual appeal, Birdies for Charity, and other fundraising campaigns.

In It for the Long Haul

Tom Auterman has served on our board for over 30 years. Tom is a past board president who has utilized his extensive experience as an Insurance Agent to help guide our organization through numerous insurance related issues. Tom has served on many board committees, currently serves on our Facility Committee, and is the Chair of our Insurance Committee. Tom and his wife Joan are Legacy Society members due to their strong support of our endowment. Tom and Joan have also generously supported our annual appeal, Birdies for Charity, as well as numerous other fundraising endeavors. Tom's long service on our board has helped shape the organization we are today.



Tom Auterman

Scott Olson has served on our board for over 30 years. Scott is a past board president and currently serves on our Corporate Compliance Committee. Scott has utilized his decades of experience as a Realtor and architect to assist Discovery Living in designing and purchasing homes, leasing office space, and executing contracts. His considerable experience serving as an elected official provides Scott with valuable perspective regarding local governance issues. Scott and his wife Penny are members of our Legacy Society in recognition of their steadfast support of our endowment. Scott and Penny have also generously supported our annual appeal, Birdies for Charity, and many other fundraising efforts.



Teamwork makes the Dream work!

Pictured here is Mike Harford, **Conagra** employee and sibling of DL employee Susie Horn, with members Brian and Elbie. The group from our Lansing home picked up 1000 pounds of food donations to assist **HACAP** with their derecho relief efforts.

“GREAT WORKS ARE PERFORMED, NOT BY STRENGTH, BUT BY PERSEVERANCE.”

- Samuel Johnson



This is Melissa. Melissa has been making great use of our pandemic-imposed time at home. Recently she donated 200 colorful rubber band bracelets she'd created to **Mission of Hope** – a local ministry service organization that helps to feed and clothe the community in need. Mission of Hope distributed the bracelets along with several meals, bringing extra smiles to all who received them.



Our Everyday Hero!



Discovery Living is pleased to announce that one of our very own “everyday heroes” was recognized by the Iowa Association of Community Providers (IACP) as one of this year’s IACP DSP Award winners. Rhonda is a wonderful example of all of the great staff we have here at Discovery Living that make miracles on a daily basis! Throughout Rhonda’s 32 years of service with Discovery Living she has worked with many members, however, still finds new and creative ways to work with each person individually. She takes time out of her own schedule to look for opportunities that are in line with each member’s interests and helps them pursue their goals. During COVID, Rhonda listened to the members she works with and noticed that they were missing going to parks and movies. She decided to bring supplies from home and did an “at home drive-in movie” where she hooked up a projector and had an outdoor movie on the garage door! It made their month! Rhonda also brought meals and filled in for others during the derecho!

Thank you, Rhonda and all staff, for what you do every day for our members! To learn more about Rhonda’s IACP honor, click the following link or enter the address into your computer’s web browser: <https://www.iowaproviders.org/dsp-awards>

Submitted by: Krista Sigel, Community Living Coordinator



You are Not Alone

Fear and anxiety in these unprecedented pandemic times can be overwhelming. Quarantines, imposed lockdowns, and social distancing can make people feel isolated, lonely and depressed. Don’t go it alone. Help is available. All services are free, confidential, and available 24/7, all year long.

COVIDRecoveryIowa.org (1-844-755-WARM) Counseling available via video conferencing, chat, or phone for all Iowans affected by COVID-19.

IowaCrisisChat.org (1-855-325-4296) Phone and online resources for emotional support, operated by CommUnity out of Iowa City.

Disaster Distress Helpline (1-800-985-5990) Immediate crisis counseling for people who are experiencing emotional distress related to natural or human-caused disaster. Call or text TalkWithUs to 66746 to connect with a trained crisis counselor.

SAMHSA’s National Helpline (1-800-662 HELP) For individuals and families facing mental health and/or substance use challenges. Provides referrals to local support groups, treatment facilities, and community-based organizations. Callers can also order free publications and other information.



Health, Wellness,
and You

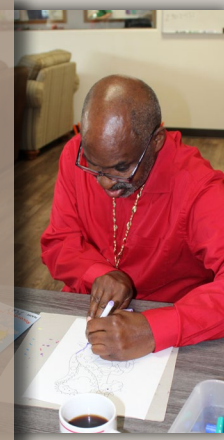
An Ounce of (Pandemic) Prevention...

1. Fiber feeds the “good” bacteria in your gut. When you keep the “good” bacteria happy they will keep the immune system ready when needed. Start each day with a breakfast of unsweetened bran cereal topped with blueberries.
2. Immune cells circulate in the body during exercise so try and work in a brisk walk for 30-60 minutes each day.
3. Include 10 servings of fruits and vegetables every day. Variety is the important thing!
4. Stress is a high powered immune system suppressant. Consider taking up yoga, medication, tai chi, or a new hands on hobby.
5. Loneliness and social isolation can increase inflammation throughout your body. Visit friends virtually or outdoors.
6. Try including oily fish like mackerel, fresh tuna, sardines, and salmon in your diet to decrease inflammation and boost your immune system.
7. Sleep is critical for immune health. Begin screen-free wind down three hours before bedtime.

Source: AARP.ORG/BULLETIN September 2020 Vol.61 No. 7

2020 ANNUAL APPEAL

How did you fare? What a year. What a set of experiences like no other. We hope each of you have managed your way through the many storms of 2020 and find yourself heading into more peaceful times. As the skies clear, we, like many of you, are circling the wagons and accounting for our own - watchful of everyone’s health and wellbeing. We hope, as we consider you “our own”, you will consider the members needs during this period of recovery and support our 2020 Annual Appeal. Remember that while Medicaid accounts for much of Discovery Living’s operational funding, we, especially in times of crisis, 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. That said, take care of yourselves and consider the self-healing properties of caring for others in times of need. Please check out the “Giving” tab at www.discoveryliving.org, or contact our office at (319) 378-7470.



The Dispatch is a quarterly publication of Discovery Living, Inc., © 2020. If you are interested in receiving a copy of our newsletter by email or traditional post, please contact **Leon Bohn** at leonbohn@discoveryliving.org.





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

www.discoveryliving.org
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