

THE Dispatch

A PUBLICATION OF DISCOVERY LIVING, INC. 

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Knights of Columbus®

*At our side, every step of the way,
Discovery Living celebrates 40 years of
faithful friendship.*



BOWLING ALLIES

Al Ropa, assisted by friend, Emily Zimmerman, takes aim, and Jim Krall strikes a pose before posing a strike.



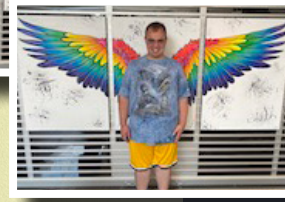
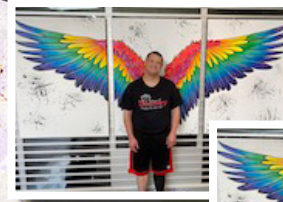
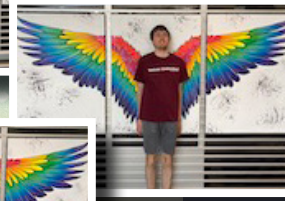
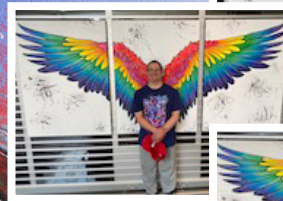
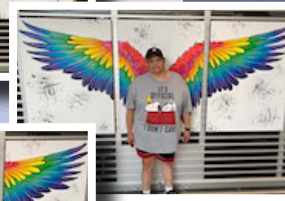
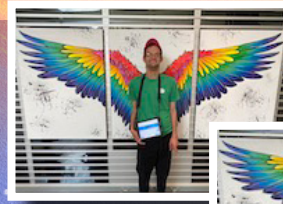
WHAT? YOU SAY YOU'D
LIKE US TO SING A
SONG?
KARAOKE-DOKEY!



THE EFFORTLESS EMPATHY

Our dear friend Vicki has a glorious, empathic nature that she shares so freely. Recently, her friend Sarah was feeling a little down, and Vicki "just knew" that she could restoke Sarah's joy with a little good, old-fashioned tickling.

It's truly a gift to witness a spontaneous, authentic expression of loving kindness. This is what life should be. How awesome and effortless it is to not only value another human but to also take the initiative to simply be a rainbow in somebody's cloud.



MALL ANGELS



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27	28
3	4
10	11
17	18
24	25
1	

Track & Field 2021

"Let me win. But if I cannot win, let me be brave in the attempt."



Over the last 40 years, many things have changed at Discovery Living. People served, employees, service delivery models, funding streams, housing, and individualized supports are just a few of the aspects of our work that have evolved in response to member need. Given this, it is nice to know that at least one thing has not changed: The steadfast support from our oldest and dearest supporters, the [Knights of Columbus](#).

The year past presented enormous challenges to the KC's as they were unable to lease space, host events, and generate income due to Covid related closures and restrictions. It is humbling to consider that, while struggling through derecho and Covid challenges, the KC's still devoted considerable time, energy, and resources to support Discovery Living. One area council supplemented their People with Intellectual Disabilities [PID] (tootsie roll drive) proceeds by selling drive up burritos, while another council is holding two PID drives this year. Our thanks go out to the following councils who have generously supported us:

[909 Cedar Rapids](#) • [5390 Marion](#) • [5544 Cedar Rapids](#) • [5677 Cedar Rapids](#) • [11942 Fairfax/Walford](#) • [12131 Center Point, Walker, Urbana](#) • [12136 North Linn - Central City, Alburnett](#) • [13426 Mechanicsville area](#) • [14952 Cedar Rapids](#) • [15921 Hiawatha](#)
Iowa Knights of Columbus

- The Knights of Columbus councils identified above have donated over \$130,000 to Discovery Living since 2018, and more than 1.25 million since the inception of the tootsie roll [PID] fund drive over 30 years ago!
- Numerous Knights of Columbus members have supported our [Annual Appeal](#), [Birdies for Charity](#), [Endowment](#), and other fund drives.



Knights of Columbus®

OUR FOUNDING FATHERS

- 5 of our current 15-member board of directors are Knights of Columbus members.
- The garden planters our members enjoy tending to at each home were constructed and donated by Knights of Columbus members.

To say that the Knights of Columbus have supported us is an understatement. As most of you know, in 1977 it was four local Knights of Columbus Councils who incorporated the organization we now know as Discovery Living. Dozens of KC's have served on our board of directors, donated supplies, and materials, provided us with free or low-cost meeting space, made in kind gifts - and stepped up whenever the people we support have been in need. As we celebrate 40 years of service, it is only fitting to honor our founding fathers, who have been with us from the start.



SAVE THE DATE

Come one, come all! Discovery Living is turning 40, and we would love nothing more than if you would join us

as we take some time to honor the numerous individuals who have made Discovery Living what it is today. It will be a night of reflection. A night of memories. And it will be a night to look forward to the promise and prosperity of the road ahead.



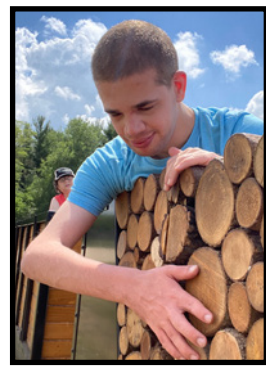
Festivities will commence on April 19th, 2022 - from 5-7pm at [The Hotel at Kirkwood Center](#).



The gentlemen of Twin Pine take their dinner on deck.



...a RIVER CITY RETREAT with the REC-ING CREW...



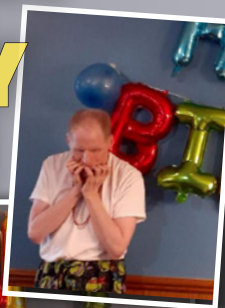
...grateful for the Joy of



"Be a first-rate version of yourself, rather than a second rate version of someone else." - Judy Garland



HAPPY BIRTHDAY to the AOSSEY POSSE



GETTIN' OUR GEEK ON...





HAPPY ANNIVERSARY AMERICANS WITH DISABILITIES ACT!

Bob Hebl, executive director

2020 marked the 30-year anniversary of President George H.W. Bush signing into the law the Americans with Disabilities Act (ADA). This landmark law guaranteed equal opportunity for people with disabilities in public accommodations, commercial facilities, employment, transportation, schools, state and local government services, and telecommunications. Much progress has been made over the past three decades, and there is certainly more work to be done.

During the 2021 Iowa legislative session, Adalynn’s Law was introduced. The law, named after 7-year-old Adalynn Milham of Grimes, sought to require adult changing stations in Iowa rest areas and other public locations. The bill did not make it off the House Floor because Adalynn and her mom, Amanda, worked with the lead sponsor of the bill on another solution. House file 492 was enacted when officials at the Iowa Department of Transportation (DOT) agreed to install adult changing tables in 19 modern interstate bathrooms in the months ahead, thus eliminating the need for legislative action. Adalynn and her mom are great examples of the power of advocacy and collaboration.

As we reflect on all that has been accomplished over the past three decades, it is important to stay focused on the future. We cannot become complacent, as the people we support depend on our advocacy to ensure that they have equal access to community resources, supports, and opportunities.

ADA2020

CELEBRATING **30** YEARS OF THE AMERICANS WITH DISABILITIES ACT

”When the world is silent, even one voice becomes powerful.” - Malala Yousafzai.

**IOWANS WITH DISABILITIES
2020 BY THE NUMBERS**

61,575 Iowans over the age of 5 reported that their disability made it difficult for them to complete self-care tasks.

120,249 Iowans reported that their disability made it difficult to access the community alone.

54,449 Iowans are blind or have a serious visual limitation.

140,016 Iowans report limits in cognitive functioning, emotional, or brain health issues (including Alzheimer’s and intellectual disability) that make it difficult to complete daily tasks, concentrate, and deal with anxiety.

368,548 Iowans - or just under 12% of the state population - reports having one or more disabilities.

31% of Iowans over the age of 65 have a disability.

3.7% (26,587) of children under the age of 18 have a disability.

23.2% of grandparents in Iowa are responsible for a child, under the age of 18, with disabilities.

There are **51,819** veterans living in Iowa, **28.7%** of whom have a disability.

* Data is courtesy of the State Data Center of Iowa and Office of Persons with Disabilities.



Get out and support **The Unincorporated** (featuring our own Jason Feight!) – 08/27/21 **Uptown Friday Nights** @ McGrath Amphitheater.

Gates open at 5:30 PM, first band around 6:15/6:30p and Jason's band around 8p – 10p. A number of the bands performing plan to donate some of the proceeds to Discovery Living!

THE UNINCORPORATED



<https://www.facebook.com/Theunincorporated>

Breathe Easily



Now, more than ever, quality indoor air is a huge focus. We have always known that air quality is important - and are proud that we recently invested over \$33,000 to keep the people we serve and employ as healthy as possible.

Air scrubbers have been installed in all our homes, the recreation/sensory centers - and our main office.

These air scrubbers/purifiers will reduce or eliminate viruses, bacteria, mold, odors, allergens (pollen) and dust, which will improve the quality of indoor air for members and employees. It is expected that members who experience allergies, chronic sinusitis, bronchitis, pneumonia, respiratory or heart failure will experience a higher quality of life due to this initiative.

Each air scrubber/purifier is installed into the current furnace and duct work system.

This project was 100% funded through grants and the property owners of our rental properties. We are thankful for the generous grant awards from:

- Iowa Total Care - \$1,200
- The P&G Fund of The Greater Cincinnati Foundation - \$5,000
- United Way of East Central Iowa - 2020 COVID-19 CARE fund - \$10,000
- Mental Health /Disability Services of East Central Region - Funding of Mental Health and Disability Services for COVID-19 Relief - \$17,111



United Way of East Central Iowa



“Success is usually the culmination of controlling failure.” - Sylvester Stallone



Attention Discovery Living Employees:

Have you assessed your wellbeing lately?
Log into Careots and Happify today!

The Science of HAPPINESS

Created by
happify
health

WHAT IS HAPPINESS, ANYWAY?

40%

of your happiness is controlled by your thoughts, actions, and behaviors

It varies from person to person, but approximately ...



50%

is genetically determined

10%

is determined by your circumstances



Contrary to popular belief, we get used to our circumstances over time, so they don't play as large of a role in our happiness level as we might think!



Happiness is a skill that you can build with consistent practice.
You have the ability to control how fulfilling your life is!

<https://www.careots.com/>

“However difficult life may seem, there is always something you can do and succeed at.”

Stephen Hawking

DID YOU KNOW

The following well-known entertainers have one or more diagnosed disability:

Keira Knightly - Rose to fame after her reoccurring role in the Pirates of Caribbean movies. She has appeared in 50 movies and become a multi award-winning actress, all while working to overcome dyslexia.

Daniel Radcliff - who famously portrayed Harry Potter, has starred in numerous movies and is an award-winning Broadway performer. Daniel has dyspraxia, a neurological condition that interferes with motor skills, memory, judgment, mental processing, and other cognitive skills. When asked about his disability, Radcliff's advice to others is, "Do not let it stop you, it has never held me back, and some of the smartest people I know are people who have learning disabilities. The fact that some things are more of a struggle will only make you more determined, harder working and more imaginative in the solutions you find to problems."

Howie Mandel - Comedian and television host of America's Got Talent - and dozens of other shows - struggled with Obsessive Compulsive Disorder and depression for years, before discussing it publicly.

Dan Ackroyd - The Saturday Night Live, Blues Brothers, and Ghostbusters Alum, has written, produced, and performed in dozens of movies and television shows. Dan was diagnosed with Tourette's Syndrome at 12 years old - and later Asperger's Syndrome.

Danny Glover - Award winning actor and civil rights activist, who is perhaps best known for his role in the Lethal Weapon movies, has dyslexia, which has not slowed him down one bit. Danny has appeared in over 100 movies.

Magic Johnson - Five-time NBA champion, three-time NBA Most Valuable Player, twelve- time NBA all-star, gold medalist and NCAA champion was diagnosed with dyslexia at a young age.

Sunshine: Have you had your daily dose?

It's time to get outside and enjoy some sunshine after another long Iowa winter and the isolation forced upon many of us due to the coronavirus. Remember, it's very important to always try and avoid damaging exposure to the sun's rays, but did you know:

- Waking up and getting early morning exposure to the sun can help people who have sleep disorders.
- Being outside can lead to more exercise, increased hormone production, and brain cell growth.
- Exposure to green spaces has been shown to reduce the risk of some ailments such as high blood pressure and cardiovascular disease.
- Some skin issues such as acne, psoriasis, and dermatitis can actually benefit from controlled exposure to the sun's rays.
- Vitamin D can lessen the chance of having a heart attack.



Donate Today

The Dispatch is a quarterly publication of Discovery Living, Inc., © 2021. 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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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



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to our sponsors
for making
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of service
possible!*



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