

THE Dispatch

A PUBLICATION OF DISCOVERY LIVING, INC. 

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 *Discovery Living*

40

Changing Lives Since 1981

*In Recognition of
40 years of
Service to Our
Community*

*Our sincere thanks to our
faithful community partners
for their steadfast support*

ADVENTURELAND AND LOST ISLAND



USHER'S FERRY



HIAWATHA POLICE AND FIRE

"It's not about what I SEE for our future, or humanity; It's about what I DO for our future and humanity."
- Steve Maraboli



SAVE THE DATE

Discovery Living

40

Changing Lives Since 1981

DISCOVERY LIVING'S 40TH ANNIVERSARY CELEBRATION

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](#).

This summer and fall has been a time for getting into new, healthy habits. Discovery Living began offering a Healthy Lifestyles class that several members and staff have taken advantage of. Members and staff meet weekly in small groups to share resources and engage in activities related to good nutrition, exercise, and exploring ways to be physically active in our community. Relaxation and mindfulness strategies for healthy minds

IN OUR COLLECTIVE PURSUIT OF HEALTHIER HABITS

Submitted by Laura Lerch

are also an area of focus. Each group ends with a visit from Cassi Zimmerman, doctor of nursing practice, who answers health questions from the members and staff.

Discovery Living also recently began a partnership with SPIRIT Club (<https://www.spirit-club.com/>). SPIRIT Club is a virtual physical fitness company designed especially for those with intellectual disabilities. They offer several live online fitness classes each week as well as over 600 on-demand videos. Staff and members in the homes now have access to many such resources, and our Rec Center is hosting several watch parties each month. Members can virtually join the watch parties from home, or come to the Rec Center to enjoy SPIRIT Club videos together, allowing us to work out with our friends!

And last but not least, Chef Joey Berdecia has partnered with Discovery Living to offer a series of "Food for Better Living" cooking classes. Members and staff come together to learn and prepare new healthy recipes. Classes in October included a dinner preparation (Chicken Philly Cheesecake Stuffed Peppers and Greek Salad) and a class on gluten-free snacks.





Many photos courtesy of the sharp eye and quick trigger-finger of Jim Messina. Thank you, Jim!

Prairie Wings
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ANNUAL APPEAL 2021



Keep an eye out. These three will be coming soon to a mailbox or inbox near you. Our **Annual Appeal** is one of our most important campaigns of the year, and it's because of the generous support of people like you that we can do the work we do for these remarkable and exceptional human beings.



Humbled once again by the extraordinary generosity of the Knights of Columbus. Pictured above, Tony Schmidt of Council 5677, and below, a district meeting at Council 5390.



Discovery Living's new sensory center is filled with items that challenge the mind and stimulate the senses. We were recently honored to receive funds from a grant through Gordon Flesch Company, Inc. that purchased some modular, touch-sensitive LED motor aids. As you can see, they are already being put to good use and are a favorite attraction for many of those who visit.

"What you do makes a difference, and you have to decide what kind of difference you want to make." - Jane Goodall

Thanks to valued local businesses...

Members have community jobs!



Tips for Protecting Your Information on Social Media

Several times a day, many of us check our social media accounts, such as Facebook, Instagram, and Twitter. These are easy-to-use sites to access news, connect with our friends, and get the latest trends on where to eat, recipes, and other hot topics. Unfortunately, these sites are also of prime interest to hackers, as it can be extremely easy to obtain your identifying information.

Hackers want quick, viable information such as your Social Security Number and bank account number(s). With this information, they can steal your identity and access your money.

Fortunately, there is a lot you can do to protect yourself.

- Never save passwords on public devices.
- Always log out of your devices.
- Opt for two-way verification.
- Clean up your browser.
- Protect yourself by using spyware and malware.
- Be careful who you share your identity information with (do not share your last name, date of birth, address, phone number, passwords, insurance numbers, social security number, or bank account information with anyone over the phone, text, by email, or on social media sites. Ask yourself, “Do I

really ‘know’ this person?” “Why do they want this information?”

- Do not have discussions outside of social media, e.g. text, video and/or phone, unless you ‘know’ the person.
- Never carry your social security card with you.
- Never share your bank account information with others.

Facebook has this additional guidance for their users (<https://www.hongkiat.com/blog/facebook-account-security/>)

- Create strong passwords
- Confirm your mobile phone
- Activate secure browsing
- Activate ‘Login Approvals’
- Disconnect from previous active sessions
- Activate private browsing
- Don’t ‘Keep me logged in’
- Avoid clicking on spam links
- Sign out after each use

“Tell me and I forget. Teach me and I remember. Involve me and I learn.”

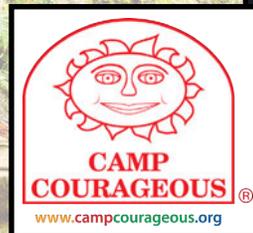
- Benjamin Franklin



*The 'Posse...
Paintin' Pumpkins and
Palling Around with a Pooch*

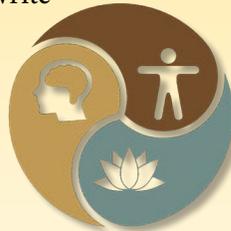


*...grateful
for the
Joy
of*



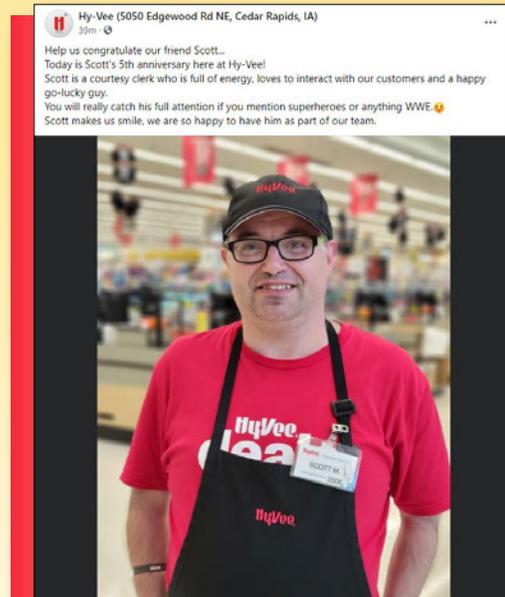
Do you ever feel anxious, a little sad, drained or stressed out? Mental health includes our emotional, psychological and social well-being – it affects how we think, feel, act and deal with everyday challenges. Making your mental health a priority can help your overall wellness.

1. Write down what you're grateful for. Write down three things that you're grateful for every day. Expressing gratitude regularly is linked to improved well-being and mental health.
2. Get some exercise. Whether it's outside, in the gym or at home, try to get 30 minutes of exercise daily. Our bodies release stress-relieving, mood-boosting endorphins when we exercise, which can help boost your mental health. When possible, try to enjoy some time outdoors – exposure to sunlight and nature boosts those “feel-good” endorphins.
3. Say something positive about yourself. Thinking negative thoughts about yourself can affect how you feel. Make positive statements that can help you overcome negative thoughts about yourself and help shift your outlook.
4. Fuel your body. Getting the right nutrition can help improve your mood. Try getting in a healthy balance of carbohydrates, protein-rich foods and fruits and vegetables.
5. Talk to a friend or loved one. Talking to a supportive friend or loved one can help improve your emotional well-being.
6. Write it down. Is something upsetting or bothering you? Write it down as studies have shown that journaling can help reduce symptoms of depression, boost your mood and enhance your sense of well-being.
7. Take a break. Sometimes stepping away from whatever is stressing you out is the best thing you can do. This allows you to take a breath and come back with a fresh mindset.
8. Get a good night's sleep. “Research has shown that lack of sleep can have a significant negative effect on our mood. Try going to bed at the same time each night and aim for seven to nine hours of sleep.



Just like we need routine checkups and wellness visits to look after our physical health, we need to monitor and maintain our mental health. It's okay to not be okay. Don't be afraid to seek help for your mental health.

<https://www.geisinger.org/health-and-wellness/wellness-articles> May 14, 2019



Edgewood Hy-Vee posts: “Help us congratulate our friend Scott. (It) is Scott's 5th anniversary here at Hy-Vee!

Scott is a courtesy clerk who is full of energy, loves to interact with our customers and a happy-go-lucky guy.

You will really catch his full attention if you mention superheroes or anything WWE-related.

Scott makes us smile, we are so happy to have him as part of our team.”

VERY Cool, Scott! Congrats!!

Happy Anniversary, Medicare and Medicaid!

On July 30, 1965, federal entitlement programs known as Medicaid and Medicare were signed into law by President Lyndon B. Johnson. For the past 56 years, these programs have helped to protect the health and well-being of millions of Americans. The U.S. Department of Health and Human Services reports that nearly 140 million Americans (74 million - Medicaid and 63 million - Medicare) currently benefit from these two programs. Medicaid is the largest public health insurance program in the U.S., providing support to children, women, families, people with disabilities, and seniors. 10 million Americans with disabilities qualify for Medicaid and 8.7 million qualify for Medicare.

All individuals served by Discovery Living rely on one or both programs. Medicare and/or Medicaid covers their health/medical needs such as doctor appointments and medications while Medicaid covers most of the cost of support services provided by Discovery Living.

For more information about this anniversary or Medicare/Medicaid, please visit

<https://www.hhs.gov/about/news/2021/07/29/hhs-secretary-xavier-becerra-cms-administrator-chiquita-brooks-lasure-56th-anniversary-medicare-medicaid.html>

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

www.discoveryliving.org
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for making
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of service
possible!*



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