

# THE Dispatch

A PUBLICATION OF DISCOVERY LIVING, INC.

APRIL - JUNE 2022

*We are who we are...  
because you are who you are.  
In honor of our past, present,  
and future,  
Thank You!*

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# A Job Well Done



Carol Sadoris joined Discovery Living in 1987 and has faithfully supported our members, employees, and mission for 35 years. During her distinguished career, Carol worked as a direct support professional, house supervisor, director of training, and - for the past 20 years - director of residential services. Carol's advocacy, dedication, and comprehensive understanding of industry regulations have played a major role in shaping our organization. Carol has also served on numerous area boards and committees and was recognized as the Human Services

Professional of the Year by the [Arc of East Central Iowa](#) in 2003.

Carol is retiring in June of this year to focus on her health and expanding family. Carol's husband Steve recently retired, and we would be remiss if we did not acknowledge all the time and energy Steve generously devoted to assist with member moves, securing donations, and helping Carol whenever and wherever needed.

We will miss Carol a great deal but find comfort in knowing that she will always be a part of the Discovery Living family. Please take a moment in the coming weeks to give Carol a pat on the back for a job very well done.

“Remember, there is no such thing as a small act of kindness.

Every act creates a ripple, with no logical end.”

— Scott Adams

## Brandon enjoys Camp and Travel Program



Camper Brandon has been very active with [Camp Courageous](#), especially in the past few months. Brandon's first visit to Camp this year was with Imagine the Possibilities for a day camp in August. After such a long time away during the Pandemic,

it was great to see familiar campers like Brandon.

The first week of November Brandon returned for a three-day overnight camp. It was excellent to have him back at Camp and see him form new connections with fellow campers over a shared love of video games. Brandon excelled in Camp's new escape room where his skills really shone through.

To solve the puzzles in the escape room, Brandon worked and communicated with his fellow campers. Seeing him sit down and talk through one of the mysteries with another

camper captured the spirit of Camp Courageous perfectly.

Camp is a place where diverse people come together to overcome challenges in a safe environment where one can see much more of our likeness than our differences.

Brandon returned to Camp again for a travel trip to the Mall of America. While there, Brandon might as well have been leading our group, taking us straight to Gamestop. After buying several games, he got a picture with one of the Gamestop employees who had a similar “Naruto” headband to him.

The willingness to strike up friendly conversations with everyone and anyone is one of Brandon's best qualities.



**Perhaps we should all aspire to be as open as him.**

— Counselor Karl Paulson

*Article courtesy of Camp Courageous*



5 tips to help  
you boost your

# Heart Health

Cardiovascular disease is the leading cause of death among both men and women in the United States, according to the [CDC \(Centers for Disease Control and Prevention\)](#). Fortunately, about 80% of cardiovascular disease, including heart disease and stroke, are preventable.



## 1. PREVENTION IS THE KEY

- Schedule your annual physical, preventive labs, and preventive procedures
- Keep track of your numbers so you can compare them from year to year

## 2. GET MOVING

- Put your preferred exercise on your calendar with a reminder
- Schedule it with a friend or coworker

## 3. FUEL YOUR BODY/NUTRITION

- Pack a healthy lunch and snacks containing whole foods
- Pack enough healthy foods so that you aren't as easily tempted when you see nummy treats

## 4. DECREASE STRESS

- Cut out TV time and other screen time at least 2 hours before bedtime. This will help you get at least 7 hours of sleep each night
- Learn techniques such as meditation, breathing exercises, or yoga

## 5. ENGAGE YOURSELF

- Participate in your company's wellness program and activities
- Spirit Club's for all. Have you tried SPIRIT Club's Super Social Fitness Parties? SPIRIT Club's Healthy Cooking is back!
- Discovery Living remains committed to your wellbeing. Our benefit program, [Careots/Happify](#) is for full and part-time employees. This benefit is being offered to allow access to a multitude of resources to support wellbeing. Resources like wellness assessments, mediation, monthly wellness topics, as well as fun gaming options that promote a positive and healthy lifestyle are available.

<https://my.careots.com>

XBenefits Digest - February 2022 Edition



*“The severity of one’s disability does not determine their level of potential. The greatest barriers that persons with disabilities have to overcome are not steps or curbs, it’s expectations.”*

– Karen Clay





A NIGHT OF  
*beautiful  
memories!*





# Picture it

Friday, February 11th in Cedar Rapids, Iowa.

Half past 5, you're adding the finishing touches to your Sunday best, and temps are a balmy 37 degrees. Your excitement is on "10" because tonight is a...

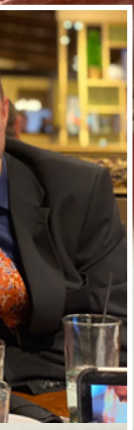
# Night to Shine

This is a social event designed specifically for members. Doors opened at 6 p.m. and the party didn't stop until 8 pm. Corsages and boutonnieres. Painted nails and polished shoes. The members were ready to wind down the week in the company of awesome staff and amazing friends.

Now given that COVID is still figuring itself out this year, the event was hosted at four Discovery Living locations. Members were divvied up between the main conference room and the Community, Rec, and Sensory Centers. Pictures were taken and music played all night long. Each member chose his/her own crown and enjoyed dry, sugar-free, dairy-free, starburst Jell-O shots.

All in all, the members made some incredible memories! I would personally like to thank the amazing staff who helped decorate, chaperoned, took pictures, painted nails, took members shopping, taxied members out to eat before, and chauffeured members to and fro over the highways and byways. This could not have happened without all of you.

-Uriel "Mr. U" Moorer





## Iowa Legislative Update



- Bob Hebl, Executive Director

The Iowa legislature convened on January 10th and hopes to complete their work by mid-April. Please go to this link to learn more about legislative

protocols and timelines:

<https://www.legis.iowa.gov/docs/>

Below are a number of legislative actions that will impact people with disabilities.:

**House budget** - \$14.6 million increase in HCBS provider rates and \$7.4 million to help reduce the service wait list.

**HF2167** - Defines autism spectrum as a mental health condition for insurance coverage.

**SF522** - Makes assault, theft, and financial exploitation of an elder a criminal offense.

**HF2546** - Establishes a tiered rate reimbursement system for inpatient psychiatric care.

**ARC6237 & 6195C** - Establishes

incentive fund for regions to apply for performance-based incentive funds.

Bob Hebl and Leadership Intern Sara Becker, made a visit to the State Capitol on March 14 and want to **thank the following Iowa Representatives for taking time out of their busy schedules to discuss issues impacting individuals with disabilities:**

**Art Staed**

**Tom Gerhold**

**Charlie McClintock**

**Molly Donahue**

**Liz Bennett**

We also want to thank **State Senator Liz Mathis** for taking time to visit with Bob at the Arc March, and **U.S. Representative Ashley Hinson** for calling to congratulate us on our 40-year anniversary!

## Our Most Deere-iffic Fundraiser, By Par!

**Y**ep - It's that time of year again. One of our most highly anticipated campaigns, **Birdies for Charity**, is only a couple of months away. You know who would REALLY love this fundraiser? **You!**

- You could win prizes, including a two-year lease on a Lexus NX – courtesy of Lexus of Quad Cities (when you guess the correct number of birdies scored).
- 100% of all monies collected go to your designated organization. This is made possible by the John Deere Foundation's promise to pay all administrative costs for the Birdies program.

- The tournament adds a second "bonus" check of 5-10% of total donations to each organization. So, for every \$1.00 pledged and collected, Discovery Living receives between \$1.05 and \$1.10. What a great deal!
- Your donation makes a difference in the lives of the people that we support!

Keep your eyes on the mail. Your pledge card should arrive in early May. Be sure to indicate that your charity of choice is **Discovery Living, Inc.** and our "Bird Number" is **1022**.



**JOHN DEERE**  
CLASSIC

**JUNE 27-JULY 3, 2022**



**JOHN DEERE**

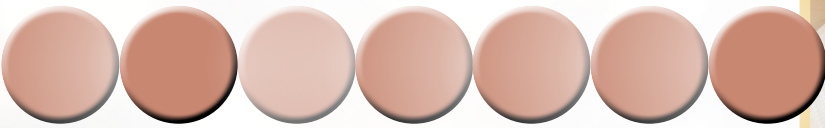
## Chip in for your chance to win

When you chip in to help area charities, you could win! But your favorite charity will be the *real* winner. That's because participating charities receive **100% of the donations** pledged to them in this program, plus a bonus from the Birdies for Charity Bonus Fund which is a **guaranteed 5% match**.





# Seuss day afternoon, rock painting & coloring



*“A hero is an ordinary person who finds the strength to persevere and endure in spite of overwhelming obstacles.”*

– Christopher Reeves

Deanna B performing her new Braille/raised lines paint activity! She loves it and was so excited that she was able to interact more with an activity like this!



Miss Cassandra enjoying rock painting.



**THANK YOU ST. JUDE'S COUNCIL 5544!** Member Advocate Monica Ravn receives a donation from Grand Knight Dale Felton from their 2021 PID (“Tootsie Roll”) campaign.”

Donate Today

The Dispatch is a quarterly publication of Discovery Living, Inc., © 2022. 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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*Helping adults with  
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community.*

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