

THE Dispatch

July - September 2022

A PUBLICATION OF DISCOVERY LIVING, INC. 

 *Discovery Living*

40

Changing Lives Since 1981



Oh, What a Night...

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Special Olympics Rough Riders

Representing **Special Olympics**, Ashley and Taylor (Valleyview) brought their A-game to the ice in a game of corn hole against students from Coe, Kirkwood, and Mt. Mercy. In the end, both Mt. Mercy and Coe valiantly donated their points towards Team Special Olympics, putting the ladies at 7 points to win the competition! Ashley and Taylor walked away with an armload of treasure for their remarkable performance! Bells, foam fingers, helmets, and a \$60 gift certificate to Zio Johno's!



Becky McCrea - Track and Field

Becky (right) received two gold medals - 25M walk and tennis ball throw.



Feeling Blessed

"Earn your success based on service to others, not at the expense of others." - H. Jackson Brown Jr.



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Program

- 5:00 - 5:30 Appetizers & Socialization
- 5:30 Welcome
- 5:35 Board of Directors
- 5:40 Individuals Served
- 5:50 Employees
- 5:55 Community Champions
- 6:10 Knights of Columbus
- 6:15 Legacy Society
- 6:20 Founders' Award
- 6:30 Closing Remarks
- Appetizers & Socialization



Discovery Living's Board of Directors

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Feeling Blessed



This was a beautiful celebration. We are humbled by the support of our involved community members, the dedication of our exceptional employees/teammates, and especially by our members' faith in the care we provide.



Horsing around

"Give your hands to serve, and your hearts to love."

- Mother Teresa



...Some people bend over backward to care for their furry friends. Molly is one of those people.

It was a restless day at 25th Street. Jon and Steve just needed to get out of

the house on such a beautiful day, so DSPs Molly and Jeri offered to take them out to run errands. Steve had a couple of stores in mind that he wanted to visit in Marion.

While out, the conversation turned to Molly's horses and how they were getting ready to foal. Steve commented that he'd like to see those horses someday. So Mollie and Jeri thought "Why not today?" And so the group set a new course for Molly's stables.

Barely had the van come to a stop and Steve was out and running to the fence where the horses were waiting. They instantly became fast friends. Molly went in to the pasture

and brought her two horses, Splash and Ellie, to meet the guys.

Ellie and Steve instantly hit it off. She laid her head on his shoulder and the two just stood there hugging each other.

Jon, indicating he'd prefer staying in the car, seemed pleased when the horses were brought up to the van where they gave Jon some love, too. Jon petted the horses and talked soothingly to them.

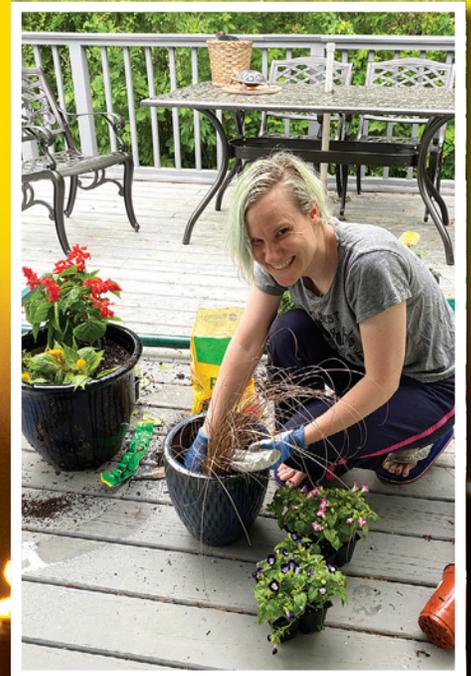
Jon shared that, although the chickens made him nervous, he enjoyed listening to the rooster crow and would like to see the ducks swim.

The group agreed that their new memory was a keeper, and Molly promised they could return after the mare had her baby.



Summer Time

The Valleyview ladies spent time beautifying their deck and garden! Felicia really has a green thumb and had a great time arranging the flowers that they all picked out.



"Small acts, when multiplied by millions of people, can transform the world."

- Howard Zinn



Camp Courageous Omelet Breakfast

Valleyview Grilling



Collins Casual for a Cause

A huge shout-out to employees at **Collins Community Credit Union** for their donation to Discovery Living!

Employees donate money from their paycheck to Collins "Casual for a Cause" program, then their Community Action Committee selects a local non-profit organization to donate 100% of the money collected.

The check was presented by Collins Community Credit Union employee Kim Harford to Bob Hebl and Monica Ravn.

"At Collins Community Credit Union, community is in our name."

A Life Well Lived

The disability community lost a relentless advocate with the passing of Julie Beckett. Julie spent decades shaping disability services, an effort inspired by her daughter, Katie, who contracted viral encephalitis five months after her March 9, 1978, birth in Cedar Rapids. She recovered after three years in pediatric intensive care, but the resulting respiratory condition required continued therapy and use of a respirator 12 hours a day. Katie faced numerous barriers due to the lack of community-based supports for people with disabilities.



Medicaid took over Katie's care after her parents' private insurance reached the \$1 million benefit limit. At the time, Medicaid policy required a hospital stay for coverage of the respirator, even though the device could be used at home. Julie Beckett convinced Tom Tauke, then a Republican congressman from Dubuque, that it would be cheaper and easier to provide Katie's needed care and services at home.

Tauke sponsored legislation creating what became known as the "Katie Beckett waiver," which made in-home and community health care a matter of policy. President Ronald Reagan cited the Becketts' situation as an example of unreasonable Medicaid regulations. Senator Tom Harkin, Democrat, Iowa, said in a statement issued by his office, "Katie and her mother Julie made America a more welcoming place for children and adults with disabilities, and hundreds of thousands of children and families have benefited from the Medicaid waiver that bears Katie's name." Katie Beckett passed away in 2012, but Julie's advocacy continued. She made numerous trips to visit elected officials and partnered with the Arc of Iowa on advocacy efforts.

"I'm amazed at the number of parents of children with disabilities who don't expect their children to get jobs and don't expect them to go to college," Julie said in 2000. "I want to help the parents understand that children with disabilities can be productive members of society." Julie's efforts have made a positive and lasting impact on thousands of people with disabilities, and those of us who love and care for them.

- Bob Hebl, executive director



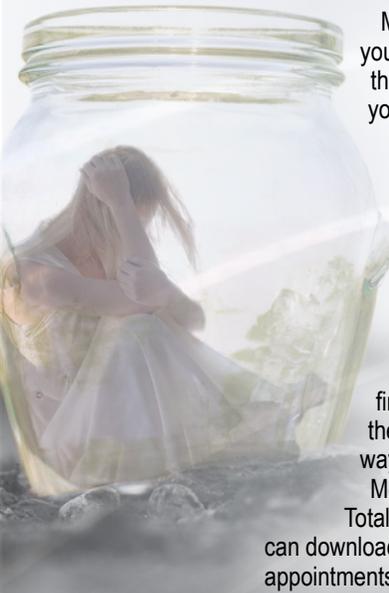
United Way 2022 Day of Caring

To welcome warmer weather, our members love to purchase new things to spiff up their homes, but – much to their dismay – these fun new things often arrive unassembled. Seven volunteers from the ESCO Group tackled these and other much-needed projects for **United Way's Day of Caring** on Thursday, May 12.

Thanks to their assembly skills, the Discovery Living Community Center now has two new picnic tables for member use, Beringer guys have a new basketball hoop, and Valleyview ladies can enjoy their new patio table. Yard work, flower planting, and other sprucing up rounded out the morning for our volunteers. Thank you to the ESCO Group for your hard work!



Health, Wellness, and You! Mental Health Awareness



Mental illness is not a personal failure. Check in with your emotional well-being. Relax, learn ways to reduce the stress that we all face-and practice what works for you: meditate, run, knit, dance, sing, write, love...

Sometimes the people around you won't understand your journey, they don't need to, and it's not for them.

May was Mental Health Awareness Month, and it's important we provide behavioral health support to those we serve and ourselves.

Iowa Total Care offers an online tool for our adult members called [myStrength](#), which can be found on their website ([IowaTotalCare.com](#))

This tool can help members build emotional strength, find inspiration and stories of hope, receive support for their mind/body/spirit and track their progress along the way.

Mental health services are also available for Iowa Total Care members via the Babylon app. Members can download the [Babylon Health](#) app and schedule video appointments to meet with behavioral health providers Monday

through Friday, 7:00 a.m. to 7:00 p.m.

Iowa Total Care also provides social-emotional support for kids on the [Doc's Kids Club](#) page. Here, a section called Doc & Friends houses links to [Sesame Street in Communities](#). These resources help kids develop skills like managing emotions and making good choices.

If a member has a behavioral health concern, Iowa Total Care can help through our FREE crisis support line to assist with depression, mental illness, substance use and other behavioral health needs. The toll-free phone number is 1-833-404-1061 (TTY: 711). The line can also help members locate a provider in their area.

Additional mental health resources can be found on the [National Alliance on Mental Illness](#) website, [Your Life in Iowa](#) website, [Mental Health America](#) website and the [Iowa Healthiest State](#) website.

"What mental health needs is more sunlight, more candor, and more unashamed conversation."

— Glenn Close

Marion by Moonlight



Lowe Park was the place to be on Thursday, June 23. Members from all over town were spotted throughout the crowd, hopping and bopping to the sizzling dance/"man, that drummer looks familiar" vibe of ["The Mixtape"](#) under the twilight sky.



Happy Birthday Vicki!

Bingo! with the Shriners



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.





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