

THE Dispatch

A PUBLICATION OF DISCOVERY LIVING, INC.



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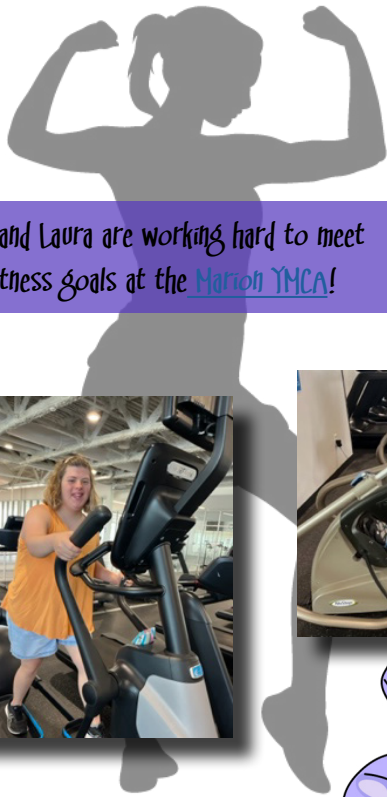
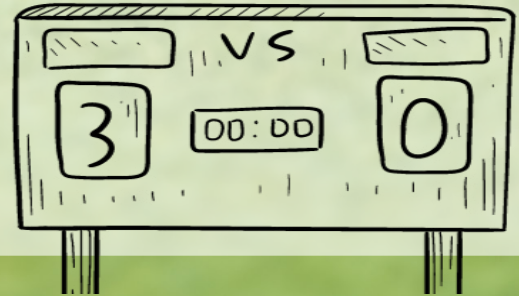
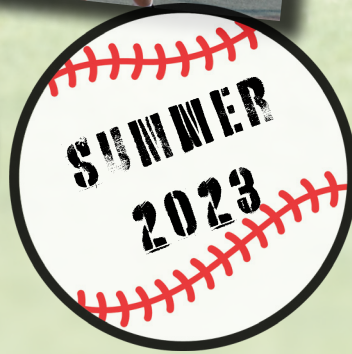
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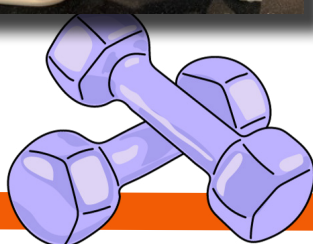
Frank Varvaris

Summertime Flights of Fancy

PLAY BALL



Taylor and Laura are working hard to meet their fitness goals at the [Marion YMCA](#)!



GO HAWKEYES!



"A life spent making ~~misstakes~~ ~~misteaks~~ mistakes is not only more honorable, but more useful than a life spent doing nothing." - George Bernhard Shaw

ROZ

CENTER SHENANIGANS SUMMER of IMAGINATION

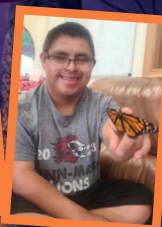


**Community
Integration
Simulation:
Movie Theater**

*We are skill-building steps towards
using the movie theater alongside our
fellow community members!*

Summer at the Centers

was filled not only with opportunities to build and practice skills, but with fun, friendship building, and flights of fancy. A night at the cinema. A tiki-filled, grass-skirted trip to Hawaii. A visit from migrating monarchs. An indoor campout, currency-counting classwork, and Christmas... in July!! An element of play can make one's day.



*"Everybody is a
genius. But if you
judge a fish by its
ability to climb a
tree, it will live its
whole life believing
that it is stupid."*

- Albert Einstein

LUAU

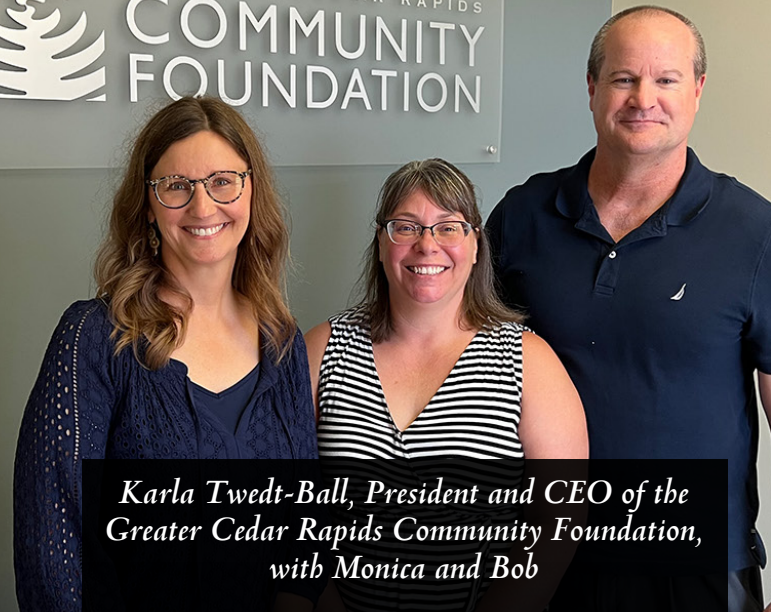
Party!!!



Discovery Living is proud to partner with the **Greater Cedar Rapids Community Foundation**. The GCRCF invests funds, including those from the Discovery Living endowment, while utilizing investment earnings and tax credits to provide grants, education, and other supports to further the work of hundreds of local non-profit organizations.

The GCRCF was founded in 1949 as the Community Welfare Fund in Cedar Rapids for the purpose of receiving gifts and bequests to provide support for charitable enterprises. In 2022 the Community Foundation distributed over \$21 million in grants to 515 nonprofit organizations. The GCRCF has nearly \$200 million in assets that it utilizes to help support local non-profit organizations, like Discovery Living. In the last three years, the GCRCF has awarded our organization grant funds that allowed us to install keyless entry pads on our homes, install five whole home generators, purchase a vehicle for our Community Center, and provide critical IT upgrades.

To learn more about the outstanding work being done at the GCRCF - or how you can support Discovery Living - go to www.gcrf.org or contact Monica Ravn or Bob Hebl at (319) 378 7470.



Karla Twedt-Ball, President and CEO of the Greater Cedar Rapids Community Foundation, with Monica and Bob

The **Greater Cedar Rapids Community Foundation** has added two new resources to their website for supporters of nonprofits in our community!

- **The Nonprofit Calendar** includes events, activities, and fundraisers for nonprofit organizations in Linn County. (In addition to receiving our appeal campaigns directly from Discovery Living, you will also be able to find them here.)
- **The Nonprofit Giving Center** allows you to search for an organization or cause to support. You can donate directly from this website to Discovery Living's endowment. Endowment gifts are an excellent way to make a lasting difference. You can become a Legacy Society member with Discovery Living when you donate a total \$3,000 to our endowment fund.

DID YOU KNOW?

Annual Appeal 2024

Discovery Living's history is full of extraordinary stories about how your donations have affected the daily journeys of so many individuals at different stages of their lives. Look for Jesse's story in the Discovery Living 2024 Annual Appeal, coming to your mailbox this November. And thank you for your ongoing support of Discovery Living in our constant efforts to earn the honor of being regarded as the 'provider for life' of the individuals whom we support.



Beep Beep!!

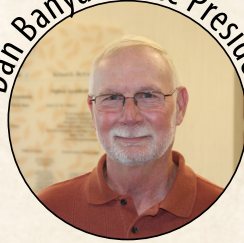
Cody's Grandpa Dan came to pick him up at the office to go to the Clear Lake Car Show in his hot rod. Cody and his grandpa go to various car shows in Iowa and Minnesota throughout the year. Nice ride, Grandpa Dan!



Pat Schmitt - President



Dan Banyas - Vice President



James Nelson - Treasurer



Karen Volz - Secretary



Craig Clark



Our board of directors is an invaluable asset to our organization, exemplifying unwavering dedication and support. A diverse group of accomplished individuals that bring a wealth of knowledge and experience to the table. What sets them apart is their genuine care and commitment to the individuals we support. This unwavering dedication, empathy, and tireless effort have been pivotal in our organization's development, creating a nurturing and empowering environment for all.

Anne Cunningham



Denis Duppong



Jeff Gibney



William Knapp



Scott Olson



Ralph Savoy



Mike Stallman



Frank Varvaris



BOARD OF DIRECTORS

Stroke Signals

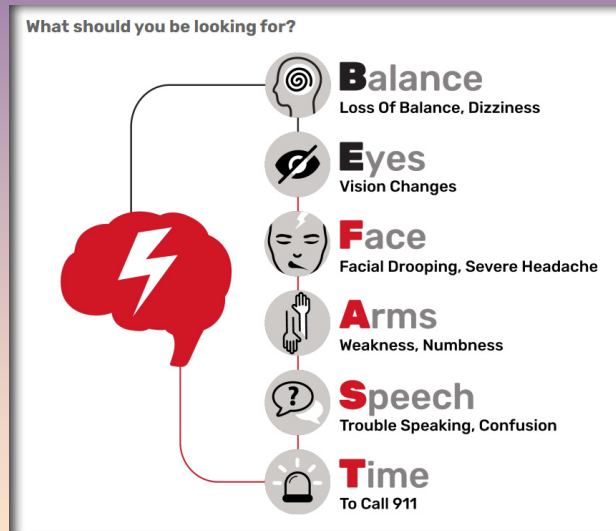
by Kim Larimer, Director of Nursing

The brain is under attack every second of a stroke. A stroke can happen to anyone at any time! Being prepared, recognizing the signs of a stroke, and taking immediate action can have a lasting impact on your life.

Remember this acronym:

BE FAST!

Source: www.strokeawareness.com



Signs you may be having a stroke include:

- » Dizziness
- » Weakness
- » Trouble speaking
- » Vision changes
- » Loss of balance
- » Headache
- » Confusion
- » Difficulty understanding
- » Numbness
- » Trouble walking

Medicaid Waste Fraud and Abuse

Medicaid is a federal entitlement program that accounts for over 90% of Discovery Living's operational funding. In fact, 94 million U.S. citizens, and more than 800,000 Iowans, rely on Medicaid to pay for expenses related to essential services such as support services (like those provided by Discovery Living), prescription drugs, case management, physical therapy, and occupational therapy.

Given the size of the Medicaid program, all of us here at Discovery Living, and all other Medicaid recipients, are expected to ensure that Medicaid funds are appropriately utilized - and fully accounted for. Unfortunately, theft and misuse of Medicaid funds does occur. Below is data from an Office of Inspector General (OIG) report for Fiscal Year 2022 that summarizes OIG's fraud prevention efforts.

In FY 22:

- There were 1,327 convictions related to Medicaid fraud
- 1.1 billion in misused Medicaid resources were recovered
- 2,332 individuals or entities were added to the Medicaid exclusion list
- There were 533 civil settlements and recoveries related to Medicaid misuse
- 171 people were convicted of improper diversion of Medicaid provided medications

The Centers for Medicare and Medicaid Services 2022 data estimates that the federal government issued 247 billion in 'improper' payments in 2022, over \$80 billion of which was from Medicaid

Each of us plays a key role in ensuring that Medicaid resources are appropriately utilized and carefully accounted for. If you have questions or concerns regarding how we utilize **Medicaid** or any other resource, please contact your designated Discovery Living supervisor or **Monica Ravn**, Compliance Officer.

"We think sometimes that poverty is only being hungry, naked, and homeless. The poverty of being unwanted, unloved, and uncared for is the greatest poverty." - Mother Teresa

the **MARION**
PARADE



The ladies of Valleyview were eager to line up in hopes of catching some candy at the "Fall Into Marion" parade. Little did they know that the janitorial float would be throwing rolls of toilet paper. Thankfully they also got plenty of candy.

Sarah

Submitted by Dixie Bogard

We are devastated by the recent passing of Sarah Wilharm. Sarah has been part of the Discovery Living family since 2017, and though she had a short life, it was filled with endless amounts of love, excitement, and laughs. Sarah enjoyed attending Camp Courageous, Special Olympics cheer, Night to Shine prom, dances, going to the YMCA, attending church with her family, and weekly dinners with her dad. Sarah will be remembered for her big heart, quick wit, and sense of humor. Her legacy of helpfulness and her selfless nature live on as she was an organ donor. Her sweet smile will never be forgotten, and her contagious laugh will always be heard.



Diamond

The Discovery Living family recently lost our good girl, Diamond.

Diamond was our support dog, and everywhere she went, she brought comfort and joy. And an insatiable curiosity about what treasures might have been stashed in each and every wastebasket, just for her to find. She was a calming presence for even the most stressed of us.



Diamond is survived by her loving mothers, Carol and Shannon; her lawfully-wedded husband, Frank; and the scores of hearts she'd won over the years. Diamond, we wish you greener pastures, a never-ending abundance of treats, and the company of angels whose spirits might have room to be lifted just a little higher as you so lifted ours here on earth.

Good girl.

We will
ALWAYS
remember...

Richard "Dick" Dvorak passed away on June 30, 2023. Dick actively supported numerous charities and was one of the original supporters of Discovery Living. Dick was a proud member of **Knights of Columbus Council 909**, and played a key role in the founding of our company. For many years Dick organized the Council 909 tootsie roll drive, proceeds of which were donated to Discovery Living. We were recently honored when Phyllis Dvorak, Dick's wife of 68 years, son Craig and wife Laurie stopped by the office to visit. True to their giving nature, the Dvorak family generously provided Discovery Living with memorial gifts in Dick's honor. Our heartfelt thanks to the Dvorak family and to Dick for touching so many lives during his time here on earth.



Photo of Bob Hebl, Phyllis Dvorak (Wife) and Craig Dvorak (son) of Richard who recently passed away. Check presentation of memorial donations made in his memory.



Dick Dvorak

Donate Today

The Dispatch is a quarterly publication of Discovery Living, Inc., © 2023. 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

Providing
individualized,
life-long **support** to
adults with developmental
disabilities in the setting
of their choice by
promoting personal
growth, success, and
satisfaction through life
experiences.

www.discoveryliving.org
(319) 378-7470



www.campcourageous.org
(Paid for by Friends of Camp Courageous)



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City**

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