

THE Dispatch

Winter 2022-23

A PUBLICATION OF DISCOVERY LIVING, INC. 



A SEASON OF Recognition





CAROLERS A-CALLIN'

The Discovery Living office team was thrilled to get a visit from a choir of angels. With just five days until Christmas, many of the folks who attend one or more of our life centers warmed us all with the comforting, familiar melodies of the season. The concert brought joy to all who came to listen or sing along.



Fun Times Finishing Out The Fall!! Luke Bryan!



Winter Craft!!

BOARD OF DIRECTORS

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- Mike Stallman
- Frank Varvaris

A Very Valleyview Holiday DIY!!



On December 9, one hundred Discovery Living employees gathered at the Hilton Garden Convention Center in Cedar Rapids. This annual event provides us an opportunity to come together, share stories, a great meal, and - most importantly - thank and recognize our dedicated workforce. Discovery Living would not be where we are today if not for our experienced and dedicated workforce. Thank you for changing lives each and every day.

In Recognition...

Almost half of our employees have been a part of the organization over five years. In fact, the median tenure for a DSP is 6.6 years. We are incredibly grateful for the commitment and dedication shown by these extraordinary individuals. Please join us in recognizing those members of our team who have been with us five or more years:

- | | | | |
|-----------------------|----------------------------|--------------------------|-------------------------|
| Kimberly Burnside (5) | Caroline Adams-Postley (8) | Melinda Collingwood (10) | Tracy Tichy (16) |
| Nate Eckhardt (5) | Terri Cushing (8) | Kelly Cornell (10) | Kimberly Carr (17) |
| Lisa Engle (5) | Heather Darrow (8) | Sean Irish (10) | Brittany Hanson (17) |
| Angela Fisher (5) | Melissa Garthwaite (8) | Marcie Wells (10) | Tommi Karma (17) |
| Jerri Herring (5) | Koffi Glambo-Akpalo (8) | Jennifer Johnson (11) | Jennifer Lovesmith (17) |
| Malinda King (5) | Danielle Hunt (8) | Lindsey Chally (12) | Jamie Wheat (18) |
| Cierra Montgomery (5) | Winston Jamison (8) | Michelle Ellingson (12) | Laurie Church (19) |
| Jason Wheeler (5) | Timi Johnson (8) | Jason Feight (12) | Brooke Kriegel (19) |
| Stacy Bennett (6) | Kimberly Kelly (8) | Erick Heiserman (12) | Paul Newman (19) |
| Dixie Bogard (6) | Cathy Mattox (8) | Kristina Kaltenbach (12) | Randy Schultz (20) |
| Sarah Bruce (6) | Callissa Norton (8) | Debara Katcher (12) | Michael Klein (20) |
| Shunta Bryant (6) | Theodocious Parwon (8) | Linda Klocke (12) | Krista Brady (21) |
| Barbara Burge (6) | Jill Rooney (8) | Melissa Miller (12) | Jennifer Rockwell (21) |
| Tyler Davis (6) | Cynthia Sanchez (8) | Dawn Taylor (12) | Edward Bents (22) |
| Brad Jacobson (6) | Theresa Staton (8) | Lauri Becker (13) | Jetti Babcock (25) |
| Paula McCullough (6) | Krystl Verrengia (8) | LaTonya Christopher (13) | Joanne Frasher (26) |
| Aby Moore (6) | Mary Kay Brandt (9) | Robert Hebl (13) | Kevin Gearhart (26) |
| Kelsey Olsen (6) | Sheniqua Murdo (9) | Lynette Vozenilek (13) | Stephanie Orozco (26) |
| Mary Ratchford (6) | Lynda Gallagher (9) | Lynn McVey (14) | Windy Keller (28) |
| Monica Ravn (6) | Ellen Healey (9) | Angela Wright (15) | Carolyn Rundle (29) |
| Teena Schaffer (6) | William Kolf (9) | Lindsay Fox (15) | Raul Salazar (29) |
| Aubrey Verrengia (6) | Kimberly Larimer (9) | Joanie Hedlund (15) | Katherine Hersom (31) |
| Josiah Coder (7) | Taufau O'Meara (9) | Khalil Laghrifi (15) | Megan Irish-Foster (31) |
| Brent Fuller (7) | Toni Overton (9) | Emily Sibley (15) | Tim Kirkes (32) |
| Kimberly Lerch (7) | Joann Sebetka (9) | Amanda Tomlinson (15) | Cindy Norton (32) |
| Dineatris Lloyd (7) | Janell Wickman (9) | Linda Christiansen (16) | Jean Aldrich (33) |
| Deanna Schmidt (7) | Leon Bohn (10) | Laura Crow (16) | Mary Hand (34) |
| Jessica Shaw (7) | Hanna Clendenen (10) | Julie Magorian (16) | Rhonda Jackson (34) |

"We become what we want to be by consistently being what we want to become each day."

- Richard C. Scott



The Discovery Living family was saddened to hear that Claire Sharp left her earthly home on November 17, 2022. In April of 2022, Claire and her husband Larry received the first ever Discovery Living Founders Award in recognition of more than 40 years of relentless support of our organization.

Claire had a servant's heart and believed in volunteerism. In addition to her loyal support of Discovery living, Claire served as a eucharistic minister at St. Jude's Catholic Church, co-founded St. Jude's Sweet Corn Festival, volunteered at Grateful Grannies, was a funeral dinner assistant, volunteered for over 48 years with Mercy Hospital, and supported numerous other charitable causes.

As Claire looks down from her heavenly home, we know she can joyfully reflect on a life very well lived.

"Earn your success based on service to others, not at the expense of others."

- H. Jackson Brown Jr.

ANNUAL APPEAL 2022

A **HUGE** thank you from Hunter and the rest of us here at Discovery Living. The Annual Appeal is such an important part of our funding efforts, and so many of you have already shown your support! Haven't made your pledge yet? No worries; there's still time! We'd love to hear from you. Follow this link and make a true difference today!!

tinyurl.com/nr3yupfb



A Gift from Heaven

Tom Auterman, who served on our board of directors for over 25 years, painted the art that is proudly displayed in our large meeting room. A big thank you to Tom's wife Joan for donating the painting in Tom's memory.



Thank you, Cedar Rapids Bank & Trust!
(Missy with the CRBT "Spread the Love" team)



Thank you, Linn Area Credit Union!
(Krista with Andrea Brommelkamp and Ryne George)

Counting Our Blessings...

*"There is incredible value in being of service to others."
- Elizabeth Berg*



Thank you, West Plains Engineering!
(Bob with Chris & Krisa Haman)

You, our fellow community members, never cease to amaze us. We at Discovery Living are once again humbled by the remarkable volume of support shown by so many generous businesses, groups, and organizations across Linn County. Your kindness strengthens our mission and fuels the goals and dreams of the individuals we serve.

Thank you.



Thank you, Nimble Fingers Quilting Group!



Brooke with James Nelson of KC Council 909



Thank you, Knights of Columbus!

KC Council 5390



Monica with Denis Dupong of KC Council 5677



Bob with David Dalton of KC Council 12136

DID YOU KNOW

MEDICAID EDITION

Bob Hebl, executive director

July 30, 1965, President Lyndon B. Johnson signed into law legislation that established the Medicare and Medicaid programs. Originally designated to provide health care coverage for individuals with low incomes, Medicaid is now the single largest entitlement program in the United States. Here are a few Medicaid facts:

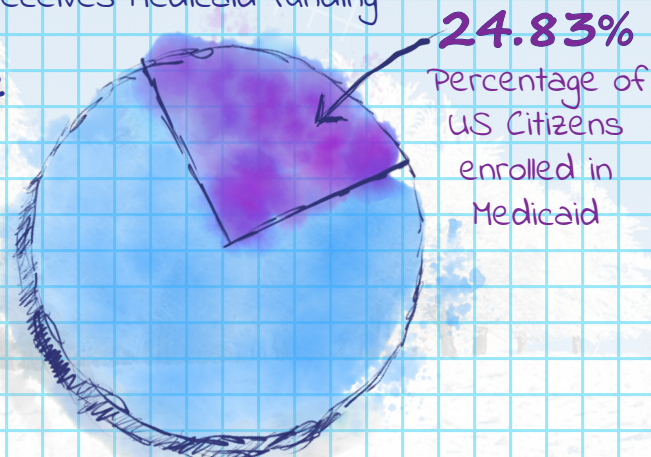
How Medicaid Impacts Discovery Living

- Medicaid accounts for over 90% of the operational funding Discovery Living receives to provide residential supports under the Home and Community Based Services Intellectual Disability waiver
- Every person served by Discovery Living receives Medicaid funding

Medicaid by the Numbers - as of July 2022

*Source: Medicaid.gov

- Almost **83,000,000** U.S. citizens were enrolled in the Medicaid program, including **825,000** Iowans
- Total U.S. Medicaid spending in Fiscal Year **2021** was **748 billion**, with Iowa accounting for nearly **5.7 billion** of that expense
- The federal government paid for more than **4.1 billion** of Iowa's Medicaid expense, and the State of Iowa paid the remaining **1.6 billion**



As you can see, Medicaid is a critical lifeline that helps ensure that tens of millions of Americans - including every person supported by our agency - receive the essential supports and services they need. Protecting the integrity of Medicaid will continue to be an area of focused advocacy as we interact with our elected officials in the years to come.



Be on the lookout. Molina Healthcare, a Medicaid Managed Care Organization (MCO), will soon be joining Iowa

Total Care and Amerigroup as a third MCO option here in the state of Iowa. Medicaid members currently receiving services from Iowa Total Care or Amerigroup MAY receive a letter early this spring indicating they've been automatically reassigned to Molina in order to evenly redistribute caseloads. If, at this time, you choose to switch back, you will have that option. More information to come.



True friends in time begin to rub off on one another. Some days they even find themselves twinning without even trying. ...This is the way.



Cognitive Health

Health, Wellness, and You

Did you know cognitive health plays a major role in longevity? Our bodies change as we age, but did you know that your brain changes too?

It may take longer to learn new things or remember information as you get older. It's normal to experience some memory loss as you age, but there are things you can do to help improve our cognitive health.

Here are ten tips and activities that can help you improve your memory and help your mind stay sharp!



- 1. Eat healthy foods** - vegetables, fruits, whole grains, blueberries, spinach, and some spices can help keep your cognitive health strong, protect your brain from damage, and improve memory.
- 2. Get moving** - studies have shown people who exercise regularly have a lower risk of cognitive decline as they age.
- 3. Stay social** - social activities can help keep your mind active and engaged.
- 4. Play cognitive games/puzzles** - games like crossword puzzles, Sudoku, playing cards, and online cognitive games can help keep the mind active and challenged.
- 5. Get quality sleep** - sleep is vital for cognitive health and also helps with stress levels. Strive for at least 7-8 hours of sleep nightly.
- 6. Manage stress** - if you're feeling stressed take some time out of the day to practice distressing (yoga, medication, etc.)
- 7. Stay hydrated** - dehydration can cause many health problems including cognitive impairment. Try to drink at least 8-12 glasses of water a day.
- 8. Supplement with omega-three fatty acids** - you can get omega-three fatty acids by eating salmon, flaxseed, walnuts, or fish oil. Studies have found these may help prevent cognitive decline.
- 9. Avoid smoking and excessive alcohol consumption** - these items can actually cause memory loss and dementia.
- 10. Schedule annual checkups with your physician** - regular medical care can detect and treat cognitive decline early. If you're worried about memory loss, cognitive decline, or cognitive impairment, or you'd like to improve your memory and cognitive health, it's essential to talk with your doctor right away!

Source: <https://neuronup.us/cognitive-stimulation-news/cognitive-functions/memory/10-tips-and-activities-to-improve-memory-and-cognitive-health/>

"It's perfectly okay to want to quit, as long as you don't." - Fran Tarkenton

In the State of Iowa, Help is 3 Numbers Away

Who do you call in a mental health emergency?

911 - Always call 911 first if you or someone you've encountered is experiencing a life-threatening medical emergency or may be a danger to someone else.

988 - This is your number if you are having suicidal thoughts or worry you are a danger to yourself.

211 - If you don't feel you are an immediate danger to yourself or someone else but are struggling with mental health challenges, 211 will help you with locating long-term mental health resources, talking through a problem, or exploring mental health treatment options.

If you are still unsure, call any of these numbers and someone will connect you to the appropriate resource.



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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*Helping adults with
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community.*

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