



Winter
2011
issue
+
2010
Report
to the
Community

Your Donation Helps Fill the Gaps

Our economy continues to struggle and rebound from the largest downturn since the great depression. All publicly funded organizations, like EPI, have been evaluating critical services and absorbing funding cuts.

As funding becomes more limited, we are concerned vulnerable people will go without critical support needed for them to live successfully - like help finding a job, support to live independently in the community, support to participate in meaningful activities and much more.

We know you share a common desire with us to make a positive difference in the lives of individuals with disabilities. That's why we brought this need to you last fall and asked for your help in raising \$100,000 to begin filling these gaps.

Right away Mike Peterson of Peterson Genetics, Inc., volunteered a matching gift pledge of \$25,000 for new or increased gifts to jump start the giving.

Hundreds followed wasting no time stepping in with a

donation or pledge lending their strength to the fight to see that individuals with disabilities continue to receive the valuable support they need.

Thankfully this year's goal to raise \$100,000 has been met. These dollars will go to the programs individuals with disabilities rely on which are most in need of a boost to remain financially healthy and available.

In other words, you've just helped an individual with a disability feel like "someone special." This is how having a job makes one individual with a disability feel. A feeling made possible because donors helped fill the gap left when funding ran short in the supported employment program.

Words fail when we try to express our gratitude so we simply say "thank you" for investing in persons with disabilities and helping them realize their dreams.

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UNI

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UNI

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Correll, Sheerer, Benson,
et.al., PLC



A Creative Partnership Benefits Youth with Autism.

EPI partners with UNI to create a dramatic exploration environment

Exceptional Persons, Inc. (EPI) is partnering with UNI Professor of Youth Theatre/Drama Education, Gretta Berghammer, in a creative drama pilot program specific to youth with autism.

With the support of a grant from both the University of Northern Iowa and the Community Foundation, the program will provide a low-risk environment for dramatic exploration.

The focus is to provide youth with autism opportunities to explore their creative impulse, exercise their imaginations, and engage in role play.

Drama activities focus on verbal and non-verbal communication (pantomime), movement (repetitive and free form), story drama, role-play, improvisation and includes both individual and group work opportunities.

The program runs after school through April and will culminate in a sharing of activities and dramas by participants.

Contact EPI's Children's Services for more information.

Durable Medical Equipment Needed

EPI's durable medical equipment lending program is in need of donated items.

The need is great and unfortunately, we are having to turn away community members in need.

EPI's durable medical equipment lending program relies on donations to lend walkers, wheelchairs, manual hospital beds, canes and commodes to those in need.

Equipment is loaned at no cost for as long as needed -- two months or two years.

Equipment is loaned to families who do not have health insurance, and who are faced with purchasing needed health equipment.

The availability of this equipment often allows people to remain in or return to their own homes rather than move into a more expensive or

restrictive setting such as a nursing home.

Items in high demand include:

- Shower chairs
- Wheelchairs
- Tub transfer chairs
- Grab rails
- Commodes
- Stool risers

If you have items you'd like to donate to this program, please contact us.



A 5K Run, Walk and Roll Makes a Mark for EPI

What a great time we had at our annual 5K Run, Walk and Roll fundraiser this last September. Cloudy skies greeted us that morning, but fortunately the rain held off just long enough for us to enjoy the event.

Over 115 registered for the event and helped raise over \$12,000 to benefit three EPI programs: Children's, Employment and Multiple Sclerosis (MS) Services.

Each of these programs has been impacted by funding cuts making these raised funds even more important this year.

EPI Gives Back

As a non-profit we have the good fortune of being the recipient of many wonderful gifts. What you may not know is the emphasis EPI places on giving back and the ways we contribute.

In fact, it's a focus of our CHOICE Day Habilitation program. Individuals attending CHOICE sent care packages to our service men and women, have made collars for the animals at the Humane Society and have delivered personal care emergency kits to local

hospitals for families to use when needing to make unexpected stays.

EPI buses and bus drivers support many causes throughout the Cedar Valley. Most recently the buses helped the Waterloo Jaycees in their "Gift of Giving" project by transporting children experiencing challenges within their family to local stores to purchase holiday/ Christmas gifts for their family.

The staff of EPI contribute time and money to many

We couldn't begin to hold an event like this annually if it weren't for our faithful volunteers. We'd like to extend a huge thank you to all of our volunteers and especially to the MS Advisory Committee and the UNI Student Athletic Training Organization.

More photos are available on our website from the event. **Make plans to join us this year for the sixth annual 5K Run, Walk and Roll to be held on Saturday, September 17, 2011.**

worthy causes. Annually staff participate in the United Way fund drive making pledges and holding fundraising events.

The staff also created a "Giving Tree." This year 175 gifts were donated to 50 children and adults served who might not otherwise have had a gift to open during this holiday season.

Exceptional Persons Foundation (EPF) Board of Directors

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ALLEN RICKS
Black Hawk County
Extension

FLOYD G. WINTER
Volunteer



MS Matters: Multiple Sclerosis (MS) Research Moves Forward.

by Diane Holmes, LMSW
MS Services Director

In recent years relatively few new treatments have been approved to treat MS. However, recently two new medications, an disease modifying drug, Gilenya, and Ampyra used to treat walking problems were approved by the FDA.

In addition, a “Think Tank” has been convened to study Progressive MS (visit www.fastforward.org for more information).

Meanwhile, Professor Paolo Zamboni has taken a different perspective theorizing “Chronic Cerebral Spinal Venous Insufficiency” (CCSVI), blood flow abnormalities may be associated with MS.

As long as 170 years ago, researchers noted a relationship between abnormal blood flow and neurological diseases. Dr. Charcot, the physician who identified

Multiple Sclerosis in 1863, described obstruction in the blood vessels in MS.

Using medical imaging technology, Zamboni and others found constricted blood flow through the jugular and other veins causes blood to collect and back up into the basal ganglia, the nerve cells at the base of the brain, also affecting white matter in the brain, the optic nerve and tract, the thalamus and may be related to fatigue.

It is theorized this process leads to inflammatory lesions. Thirty percent or more of MS lesions have an increased iron content which may relate to MS and trigger subsequent inflammation and injury to the Central Nervous System.

Treatment of CCSVI is to open the constricted

blood vessels with balloon angioplasty or stent. Dr. Zamboni followed 65 people with MS who had this procedure for up to 18 months after the procedure.

People with relapsing-remitting MS showed the most improvement in their symptoms following the procedure. All the participants remained on disease modifying drugs. In some cases the constriction returned.

This theory differs from most current beliefs about the cause of MS and is controversial. With renewed interest in the relationship between abnormal blood flow and neurological disorders new research is underway.

Sources: www.medscape.com; R. M. Haacke; “Chronic Cerebral Spinal Venous Insufficiency in Multiple Sclerosis”, Dec. 2010. Khan.O.M.D. et.al; “Point of View: Chronic Cerebrospinal Venous Insufficiency and Multiple Sclerosis”; American Neurological Association; Vol. 67, No.3

* See back page
for MS Support
Group Meeting
dates.

2010 Report to the Community



Defining Courage

Here we are - fiscal year 2010 now behind us. As we pause to evaluate we can see the well worn road we climbed through challenging financial times. While the fiscal year is behind us, the challenges persist.

In the last fiscal year we faced a significant and lasting Medicaid rate cut coupled with a lean economy. Unfortunately, in response, services such as our Exceptional Bargains training center closed and wages for staff were frozen.

Today, traditional funding sources remain uncertain. We know the enhanced Federal Medicaid Assistance Program (FMAP) will end June 30, 2011 - as will other funding avenues. As the legislature meets, we keep a watchful eye on the bills being presented and the reach these will have on our current service delivery structure.

Through it all we remain motivated to support persons with disabilities to fully participate in life.

In doing so, we draw strength from a modest word - courage. A word which embodies a world of different meanings: faith, conviction, spirit,

tenacity and, yes, even an element of defiance.

Defiant in that we won't let these challenges stand in our way of making a positive difference in the lives of persons with disabilities. Instead, we face them head on and actively seek ways to overcome.

Therefore, we are currently arming ourselves with tools we believe we'll need to do just that. We are staying well informed and creating an environment of nimbleness - keeping us flexible and ready to move our organization quickly once funding direction becomes clear and new opportunities form.

We've *re-committed* ourselves to our mission. Please join with us - commit yourself to being that positive difference persons with disabilities need.



Chris Sparks
Executive Director



Katy Williams
Board Chairperson

Agency Management Team

DEB JUNGLING
Business Director

MARILYNN PIERCE
Children & Family
Services Director

SUSAN SEEHASE
Services Director

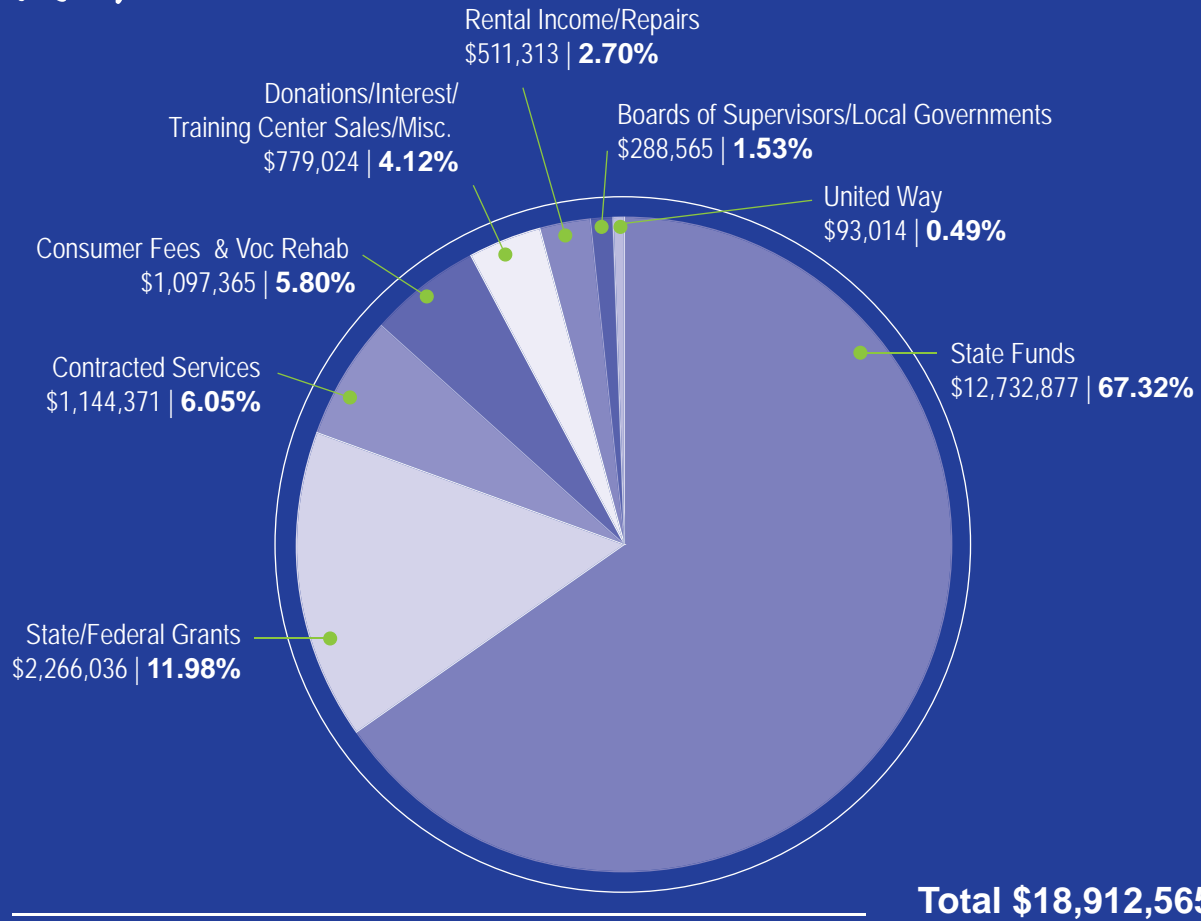
CHRIS SPARKS
Executive Director

ANGIE TYE
Human Resources
Director

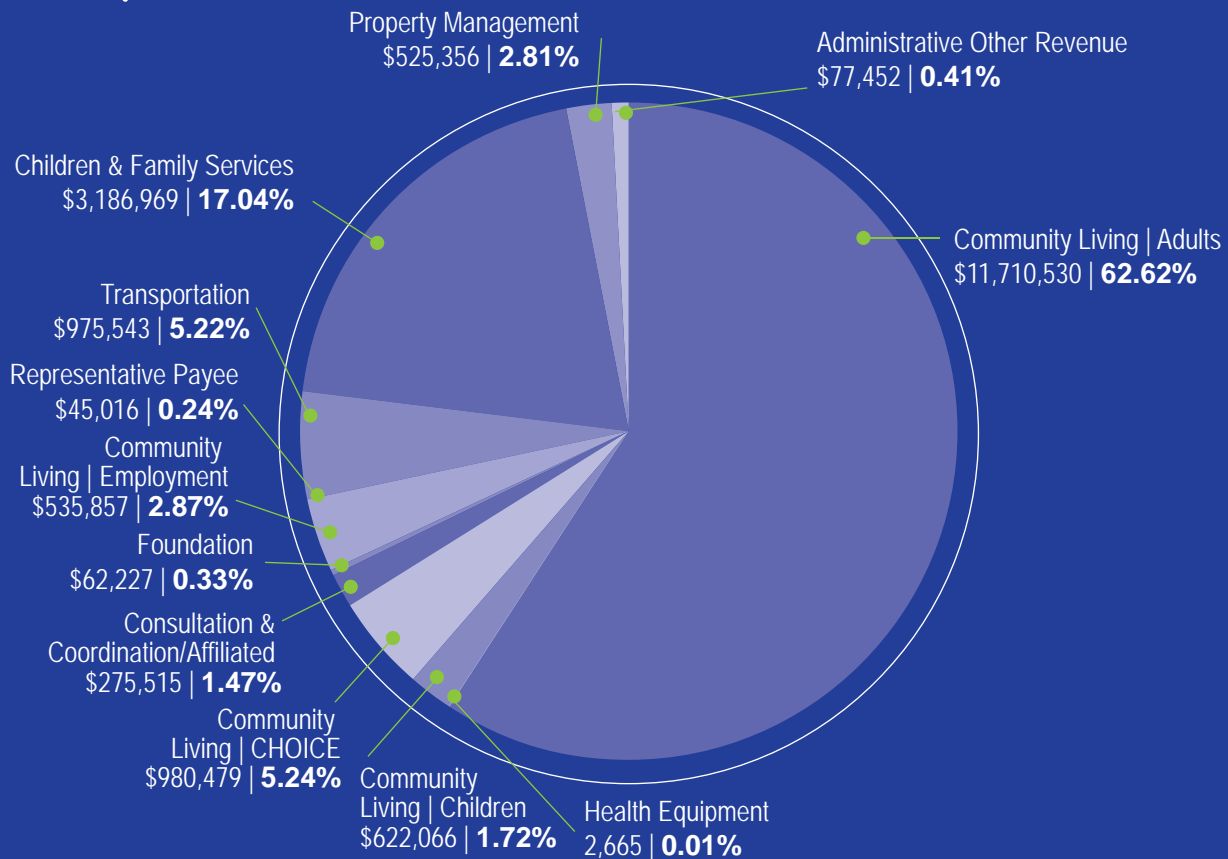
Contact with Questions:

KATIE SLADE
Communications &
Development Director

Revenue



Expenses

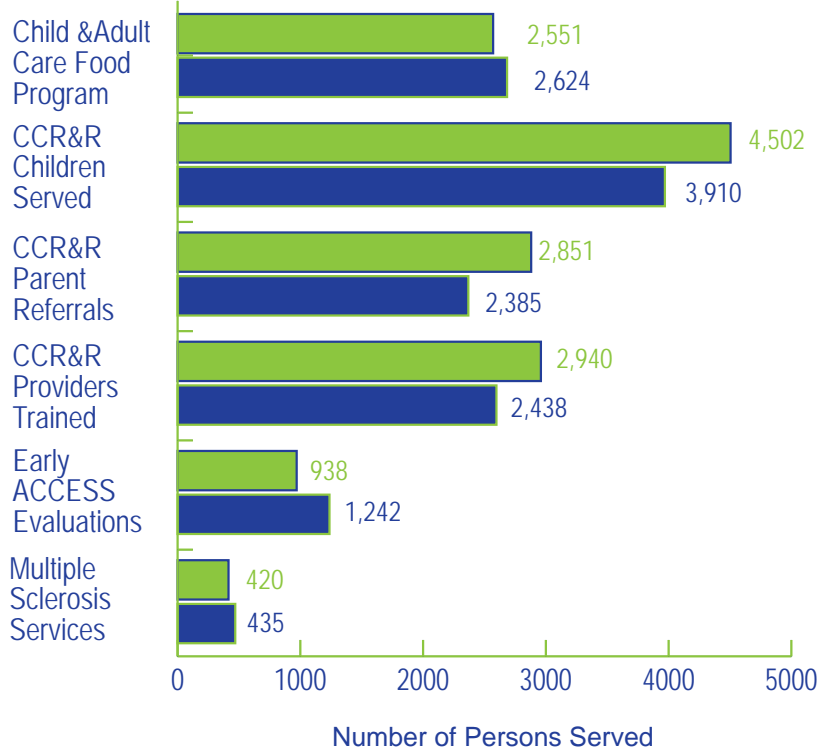


Net Administration is 6.18% of total expenses

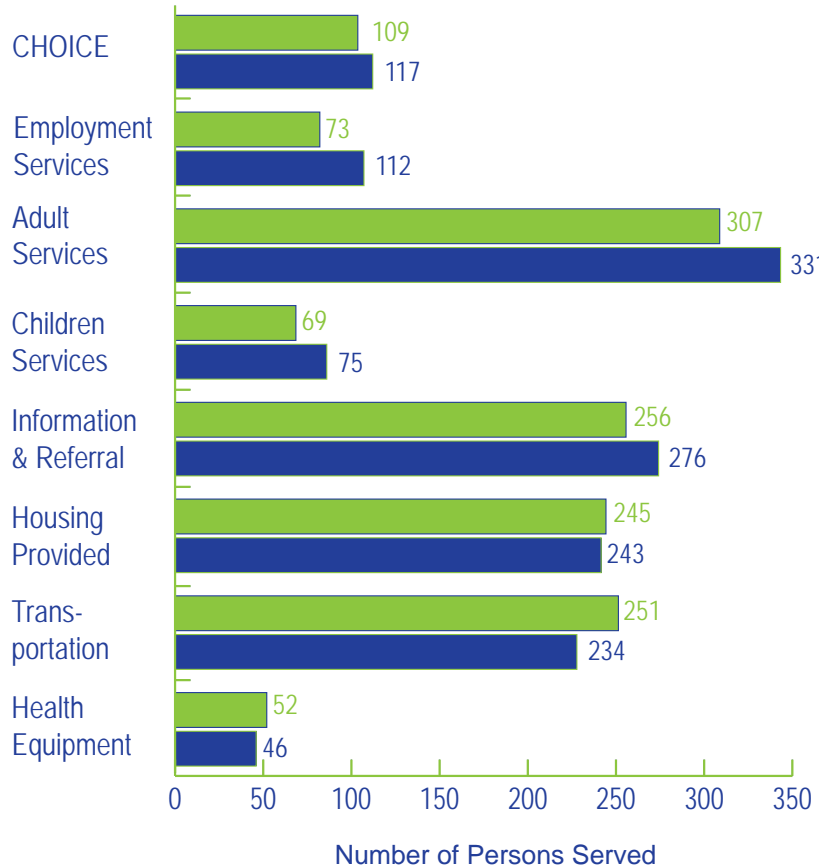
Total \$18,699,675

Serving the Need

Community Children & Family Services



Services for Persons with a Disability





Our Mission

Exceptional Persons, Inc. (EPI) makes a positive difference for people living with disabilities, enhances community child care and strengthens families.

EPI's Wish List

- Shower chairs
- Wheelchairs
- Tub transfer chairs
- Grab rails
- Commodes
- Stool risers

Bring donated items to our central office at 760 Ansbrough Avenue in Waterloo. Gift-in-kind donation form/receipt can be found online and at the central office.

MS Support Group Calendar

February:

- Bremer/Butler, 2/9 - 10:30 am

- Waterloo, 2/16 - 11:00 am
- Tama, 2/23 - 9:30 am

March:

- Bremer/Butler, 3/9 - 10:30 am
- Waterloo, 3/16 - 11:00 am
- Tama, 3/30 - 9:30 am

April:

- Bremer/Butler, 4/13 - 10:30 am
- Waterloo, 4/20 - 11:00 am
- Tama, 4/27 - 9:30 am

May:

- Bremer/Butler, 5/11 - 10:30 am
- Waterloo, 5/18 - 11:00 am
- Tama, 5/25 - 9:30 am

June:

- Bremer/Butler, 6/8 - 10:30 am
- Waterloo, 6/15 - 11:00 am
- Tama, 6/29 - 9:30 am

Locations:

- Bremer/Butler - Redeemer Luther Church, 2001 W Bremer, Waverly
- Waterloo - EPI, 760 Ansbrough Ave, Waterloo
- Tama - Senior Ctr, Comm.Bldg, 103 S. Church, Toldeo

(319) 232-6671 | www.episervice.org



760 Ansbrough Ave
PO Box 4090
Waterloo, IA 50704-4090

CHANGE SERVICE REQUESTED





Best Wishes For a Bright Future

Recognizing the
achievements of Janet
Shelton.

Many of the persons we serve have a goal to one day live independently in the community.

As such, we work together to create a roadmap for reaching this goal.

Here we'd like to celebrate and honor those who have reached this milestone. We wish you the very best and much continued success!

Janet Shelton -

Janet has received hourly/SCL services with EPI since 2001. She worked on many things while receiving support, most recently cleaning and organizing her home.

Janet loves spending time with her nieces and nephews, as well as other family around the area. Congratulations, Janet! We wish you much success in your future.

Janet has exceeded all the goals she set for herself each year! She is an independent woman who likes to ride the bus, work, do crosswords, play on her computer and watch tv.

Janet takes pride in making her own phone calls for services as well as attending all medical appointments independently.

LISTEN



to the beating
of your heart.
The people
you love
are there inside...
Where all things
matter most,
They live on.

Nancy

(Jan. 16, 1953 - Nov. 3, 2010)

Nancy made a rapid transition from social worker serving people with disabilities to service recipient when she was diagnosed with MS 15 years ago. She used those social work skills to instruct her team of service providers and made friends with them at the same time. While MS presented many difficulties, Nancy bore them with determination and dignity while keeping her irrepressible spirit.

Jackie

(July 13, 1956 - Nov. 2, 2010)

Jackie was diagnosed with MS just out of college. She was an avid photographer and pursued her passion to take pictures - rain or shine. Once after falling she took pictures while lying on the ground exclaiming she had never taken pictures from that angle before! She joked about the difficulties she encountered and even on the last day of her life she did what she loved - she went outside and took pictures.

While both Nancy and Jackie were severely affected by the disease, they never gave MS the power to touch their spirits.



Becky Mysak

(Dec. 10, 1945 -
Sept. 7, 2010)

Becky will be remembered as a person who enjoyed life. She spoke fondly

and frequently of her granddaughter, Cassie, and about how proud she was of her attending high school.

Becky experienced many things while living at Paige group home - she went to Adventureland and rode rides with her house mates, attended a formal dance to which she arrived in a limousine. Among her favorite things were cooking, gardening, listening to music, watching movies, and going to Spicoli's to visit with her friends.

Becky was a very caring, nurturing, and willful woman. She had a great sense of humor and never failed to bring joy to those that knew her. Becky is greatly missed by her friends, family, and those that knew her and supported her during her time with EPI.

In Memory of Those We've Lost...

In Memory of Those We've Lost...



Julia (Jill) Bauch
(Oct. 28, 1930 - Oct. 7, 2010)
Julia has been a part of the EPI family since 1983 before recently moving to a nursing home.

During her time with EPI, Julia made many friends and built lifelong relationships with a number of people in the community. She was very close with her family and enjoyed spending time with them.

Julia also enjoyed receiving manicures, getting her hair done, going to movies and shopping. Julia was a sweet and caring woman who had a great sense of humor. She is missed by all who knew her.



Deb Huber
(May 12, 1957 - Oct. 29, 2010)
Deb resided at Lark group home and attended CHOICE on a daily basis. Deb will be remembered

as a person who enjoyed singing, dancing and spending time with friends. Deb's passion was living LIFE. She was a kind hearted woman who enjoyed joking around with others and making them laugh. Deb loved trips to McDonald's, going to the movies, out to eat, shopping and karaoke. She also enjoyed spending time watching her favorite TV shows and sipping her Diet Mountain Dew.

Deb made it a priority to make people smile and supported people with understanding the value of love and friendships. She is greatly missed.



Gayland Meester
(May 17, 1944 - Nov. 25, 2010)
Gayland resided at Fairway Group home and attended CHOICE on a daily basis. Gayland

enjoyed many things in life but one of his favorites was sweeping. He took great pride in keeping the patio of his home clean and would spend hours sweeping until every leaf and blade of grass was cleared.

Gayland knew what he wanted in life and was respected and admired by many. Gayland had a good sense of humor and brought joy to many people. He also enjoyed shredding paper, watching Lawrence Welk and spending time with his sister, Rosie, when she visited on Sundays. Rest in peace, Gayland.