



Spring
2011

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EPI Transportation Marks 50th with Trolley

This year, we will celebrate our 50th year of providing transportation services. Formerly known as the “school agency transportation service,” EPI buses have delivered safe and reliable transportation to hundreds of adults and children with disabilities. Our transportation service offers rides to and from work, work training, day activities or school.

“At one time, we covered close to one million square miles a year,” said Ron Satterlee, EPI’s transportation manager. “Then we covered seven counties helping students with disabilities receive an education.” Over the years we’ve become more centralized with our transportation, as have opportunities for education.

Today, we continue to provide transportation for adults and children with disabilities but also for the community. “We’re in the people-helping people business,” explains Satterlee.

“We saw a need for safe, reliable, cost effective transportation available to any member of the community so about ten years ago we started offering our service to all community members.”

EPI transportation services are very popular with celebration oriented events - such as birthday parties, bachelorette and bachelor parties, as well as, day trips. “We’re proud to provide this safe alternative to the whole community.”

We’re excited to announce we’ve added a trolley to our line up of transportation services - just in time to commemorate our 50th anniversary.

The EPI Trolley is perfect for any event you want to make special. It’s air conditioned with comfortable, conversation style seating and comes with a licensed, experienced driver (more details found online for reserving - but hurry, it will book fast!)

Choosing EPI’s Community Transportation Services is just one more way you can support EPI. Proceeds from this service go directly back to EPI programs which help individuals with disabilities succeed.

EPI Transportation Services Turns 50!

You’re invited to join us for the celebration.

Wednesday, September 14

Pancake Breakfast

8:00 am - 11:00 am

Transportation Garage (2424 Falls Avenue)

The EPI Trolley will be there. We hope you can make it.





Legislative Corner

A proposal to convert Medicaid into a block grant fundamentally restructures program.

The legislative climate is changing at a rapid pace. So fast, we hesitate to write an update for fear it will be outdated. Nonetheless, we want you to be aware of discussions currently underway that have significant impacts for persons with disabilities.

Since Medicaid's inception in 1965, the federal government has helped states pay for the basic health care and long-term services/supports of low-income Americans in need.

A proposal adopted by the House fundamentally restructures Medicaid (a comparison is found below). As the comparison shows, instead of the federal government "picking up" a fixed share of each state's Medicaid costs as it does today,

the block grant would provide each state with a fixed dollar amount (based on the general population with no regard for changes in enrollment or specific segments of the population) —with states responsible for all remaining Medicaid costs.

The block grant plan would **cut the current Medicaid program by \$771 billion over the next 10 years (or 22.4 percent compared to current law)**. If the block grant had been in effect starting in 2000, Iowa would have seen cuts of 30% or more per year.

This and many other topics are before our legislators concerning individuals with disabilities. Please be aware and contact your legislators with your concerns.

Call to Action

Protect Medicaid and individuals with disabilities; Reject proposals that would drastically undermine Medicaid coverage.

What's at Stake?

- Among people with disabilities, 44.6% depend on Medicaid
- More than 2.8 million individuals with disabilities and the elderly receive Medicaid services that allow them to stay in their home or community

Please contact members of Congress and share your story today.

For more information on how to contact your Congressional Representatives and for related talking points, visit us online.

Under the Current Medicaid Structure

Medicaid provides an [entitlement to coverage](#) for individuals eligible for the program. States are not allowed to maintain waiting lists for mandatory services or enrollment caps on mandatory or optional beneficiaries.

The federal government shares with a defined and predictable rate the costs of medically necessary health and long-term services and supports for low-income individuals—whether those costs rise (or fall) due to state policy decisions.

Medicaid [guarantees to states federal matching](#) payments with no cap to meet program needs. Medicaid currently fulfills other vital roles in the health care system. Medicaid's guaranteed state financing with no caps supports state program choices.

Under the Proposed Block Grant Structure

The block grant proposal would be the [elimination of the entitlement](#) to coverage and the guaranteed federal matching payments to states.

A block grant with greatly reduced levels of federal financing would not reduce underlying program costs but would [shift costs and risk to states, localities, providers, and beneficiaries](#).

Since a block grant would provide greater flexibility, it is unknown if the state would have to provide a defined, guaranteed and comprehensive package of health care coverage and long-term services.

Converting to a block grant is a [permanent decision](#) by states. It is unlike approval of a time-limited waiver proposal by a state to redesign their programs. There is no going back with a block grant.



Donations Make the Difference

Pictured above is a resilient teen who attends EPI's Children's Group Respite Services. He's had a tough year, to say the least. It's been a year filled with such profound changes that any one of us would have a hard time finding a smile.

But, as you can see, he is smiling. That's because the services he receives and the staff he works with at EPI have been a constant in his life.

This constant might not have been without the support of our many generous donors. Put plainly, funding sources (such as Medicaid) do not fully cover the actual costs of providing group respite services.

When traditional funding runs out, these children and teens face going without this critical service.

This shortfall is where your donation comes in. **For each \$16 donated, a child was able to receive one hour of respite services.**

This year's 2010 annual fundraiser raised over \$111,000 to support the mission of EPI. A percentage of these funds will fill the gaps left in our Multiple Sclerosis Services program, a percentage will cover the remaining need children in our group respite program have and a portion will fund the gap left in Employment Services.

On behalf of all the lives you've touched - we sincerely thank you.

Thank You 5K Presenting Sponsors

Planning is underway for this year's 5K fundraiser. The 6th annual 5K Run, Walk and Roll is set for Saturday, September 17 once again to be held at George Wyth State Park.

Our thanks goes out to Group Benefits Design & Northwestern Mutual for

stepping forward as this year's exclusive, presenting sponsor. Our sponsors play a big role in helping us reach our goal of raising \$15,000.

The money raised each year seeks to make a positive difference in the lives of persons with disabilities. We hope you'll make plans

to join us on September 17. Registration is now accepted online or by mailing the enclosed form. Your support is greatly appreciated.



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The Basics about Bequests

A simple way to make a lasting gift.

For many, including a bequest as part of your written will is the simplest way to make a lasting gift and create a connection between you and Exceptional Persons, Inc. (EPI) forever.

The First Steps

First, make a plan, in the form of a written will (or modification of an existing will). Your plan should be developed in consultation with qualified legal counsel (preferably a lawyer with estate planning expertise).

Think about the following as you make your plan for leaving a lasting gift to benefit EPI:

1. What type of bequest is most fitting?
2. How much should I give?

Identifying a Gift for EPI

By making a provision for the Exceptional Persons Foundation in your will you can make a substantial contribution without diminishing the assets available to you during your lifetime. A gift by bequest can be among the

largest financial commitments you will make, with the greatest and longest-lasting positive impact.

Exceptional Persons Foundation is the official entity for receiving and administering gifts for EPI. By using accurate language to describe the organization(s) which will receive bequests, you can help make sure your wishes are carried out as intended.

The Exceptional Persons Foundation welcomes bequests of all sizes. Whether you wish to memorialize a loved one, underwrite a specific project or endow a gift to assure the future of Exceptional Persons, Inc. (EPI), a gift by bequest can make a lasting impression on the future of EPI.

Much more around planned giving can be found on our website (simply visit: www.episervice.org/plannedgifts) or contact Katie Slade at (319) 232-6671.

Lending Program Remains an Option

Recently our supply of donated durable medical equipment had been running low. We began worrying we would not be able to fulfill the requests of community members in need.

This program provides critical

equipment (shower chairs, wheelchairs, tub transfer chairs, commodes, walkers, canes, crutches and more) to those in need.

Donated equipment is loaned to community members at no cost for as long as needed

-- two months, two years, a lifetime.

After putting the word out of our need, many generous persons have come in with donations. Thank you for your support. Please continue to think of us in the future.



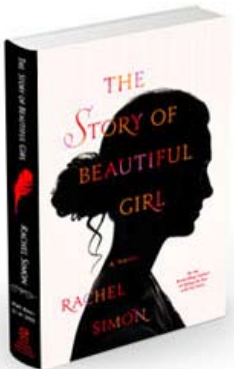
Giving Back - EPI partnered with Relay for Life of Black Hawk County and provided transportation to the “Pack the Bus for Hope Lodge” project. Hope Lodge, in Iowa City, offers lodging at no cost for cancer patients receiving treatment in Iowa City. All operations and resources rely on donations from the community. Since most of the guests at the Hope Lodge come from communities like ours we wanted to take part in giving back.



Child Care Resource & Referral (CCR&R) of Northeast Iowa - EPI has been the contracted provider of CCR&R services under a contract with the DHS for many years – we began offering CCR&R services in 1976. Every five years, the state is required to enter a competitive bid process for the contract and this was one of those years. EPI submitted a proposal and was recently accepted to move on to contract development. Find out more about CCR&R by visiting us online.

Children’s Services Spends a Little Time on the Farm - EPI’s Children’s Services program spent some time at Hansen’s Farm Fresh Dairy in Hudson recently. You can check out the video from their tour on our website. Our youth said the best part was touching the baby calves and, of course, eating ice cream.

The Story of Beautiful Girl Released - Rachel Simon, best known for her memoir, *Riding the Bus with My Sister*, recently published this new novel which showcases the value of community living for people with disabilities. *The Story of Beautiful Girl* tells the tale of two individuals, a woman with an intellectual disability and a deaf man, who escape from an institution in Pennsylvania in 1968 with the woman’s newborn daughter. The story plays out over several decades, and includes many familiar issues: the abuse and dehumanizing conditions in the institution, the advent of deinstitutionalization, and the value of dedicated Direct Support Professionals, who work to enhance the lives of people with disabilities. This account of triumph against the odds weaves in issues such as the right to community living, romance and sexuality, self-expression, spirituality and independence. Visit us online to purchase your copy.



Gary Mattson Named to Legacy Leaders Circle

Our congratulations goes out to past EPI Executive Director, Gary Mattson, for being inducted into the ANCOR (American Network of Community Options & Resources) Foundation Legacy Leaders Circle.

Gary served as the president of ANCOR for five years (quite an accomplishment) and was recognized continuously by his peers as having a pivotal role in shaping the ANCOR we know today.

Find us on Facebook for pictures of Gary accepting this great honor at the awards ceremony in Washington D.C.



MS Matters: Updated Criterion to Diagnose MS

by Diane Holmes, LMSW
MS Services Director

Despite improvements in medical technology and the understanding of Multiple Sclerosis (MS) there is no single reliable test to accurately diagnose MS.

An international panel met to evaluate the reliability of the “McDonald Criteria” originally published in 2001, and updated in 2005 and 2010.

The panel confirmed the original findings that in addition to physical examinations, analysis of lesions by MRI, cerebrospinal fluid and evoked potentials are necessary to accurately diagnose MS.

They also confirmed the symptoms need to be separated by time, meaning passage of time between episodes and space, symptoms occurring in more than one location in the body.

The 2010 panel note the original McDonald Criteria applied to the Caucasian, adult population typically seen at MS treatment centers.

Other populations - those with primary progressive and pediatric MS, in Asian and Latin American populations, and Neuromyelitis Optica (Devic’s disease) need accurate and timely diagnosis and effective treatment.

The Panel differentiated between “typical MS” and Neuromyelitis Optica (NMO) and NMO spectrum disorders which affect the optic nerve, have extensive lesions in the spinal cord and often have normal brain MRI.

Differentiating NMO from typical MS is important as symptoms and prognosis are different and NMO responds poorly to most disease modifying drugs.

For diagnosing Primary Progressive MS, the panel recommended maintaining the McDonald Criteria for MRI and cerebrospinal fluid, changing the criteria for the placement of lesions in the brain and spinal cord.

*Available to
Someone in
Need:*

Two manual wheelchairs in good condition. Each has head supports. Please contact us if you or someone you know could benefit from this equipment.

Over 95% of pediatric MS is initially diagnosed as relapsing-remitting. Eighty percent of children's and most adolescent's disease onset is typical of adult onset with a similar number or more lesions.

Lesions in children younger than 11 are larger, less defined, and require a series of evaluations to confirm an MS diagnosis.

Asians with Central Nervous System demyelinating disease are more likely to be diagnosed with NMO and NMO spectrum disease than Westerners, largely due to difference diagnostic criterion.

The Panel recommends additional testing in those of Asian and Latin American decent diagnosed with NMO and NMO spectrum symptoms to assure their disease is fundamentally different from MS seen in Caucasians.

Sources: Diagnostic Criteria for Multiple Sclerosis: 2010 Revisions to the McDonald Criteria; Annals of Neurology: Vol. 69; Issue 2; February 2011 and 2010 Revision to the McDonald Criteria for Diagnosing MS; National MS Society Research Bulletin

MS Support Group Calendar

July:

- No group meetings

August:

- Bremer/Butler, 8/10 - 10:30 am
** SEE LOCATION CHANGE **
- Waterloo, 8/17 - 11:00 am
- Tama, 8/31 - 9:30 am

September:

- Bremer/Butler, 9/14 - 10:30 am
- Waterloo, 9/21 - 11:00 am
- Tama, 9/28 - 9:30 am

October:

- Bremer/Butler, 10/12 - 10:30 am
- Waterloo, 10/19 - 11:00 am
- Tama, 10/26 - 9:30 am

November:

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

December:

- Bremer/Butler, 12/14 - 10:30 am
- Waterloo, 12/21 - 11:00 am
- Tama, 12/28 - 9:30 am

MS Support Group Meeting Locations:

Bremer/Butler -

**August Only Meeting: Waverly Library, 1500 W. Bremer Ave., Waverly

All Other Meetings At: Redeemer Luther Church, 2001 W Bremer, Waverly

Waterloo -

EPI, 760 Ansborough Ave, Waterloo

Tama -

Senior Ctr, Comm.Bldg, 103 S. Church, Toldeo

*Agency
Management
Team*

DEB JUNGLING
Business Director

MARILYNN PIERCE
Children & Family
Services Director

SUSAN SEEHASE
Services Director

CHRIS SPARKS
Executive Director

*Contact
with
Questions:*

KATIE SLADE
Communications &
Development Director

Forever in Our Hearts....



Mary Ann Adams

(Sept. 22, 1948 - Dec. 5, 2010)

Mary Ann was an avid Danielle Steele fan and owned many of her books. She was a very, very

talented painter with a love for wilderness scenes. Mary Ann was proud of these paintings and displayed them in her home. Her favorite movie was "9 to 5." When she had the opportunity, she would watch it several times a day!

Mary Ann (attempted) to teach her many friends how to crochet, although she said most just didn't catch on. Mary Ann was very proud of her late father's business, Ray Mount Towing, and would spend time at the shop visiting with the tow truck drivers and riding along on calls. Mary Ann is survived by a son, Tom Adams, his wife and two grandsons as well as a number of brothers and sisters. Mary Ann is missed by all who knew her.



Frank Clark

(Feb. 12, 1946 - Jan. 24, 2011)

Frank was close with his father, John, and greatly enjoyed spending time with him and his cat, C.C.,

whenever he could. Frank was very social and enjoyed visiting with friends. His favorite color was purple and he liked to share that with others. Some of Frank's favorite things to do included going out

to eat, to the movies, shopping at Hy-Vee, music-related community activities and activities involving animals. He also enjoyed looking at his photo albums, drawing and creating collages, watching movies and playing board games.

On the day of Frank's funeral many of Frank's friends wore purple in his honor. Frank was well-known throughout the community and will be remembered for years and years to come.



Brian Jensen

(June 25, 1965 - Feb. 12, 2011)

Brian graduated from Cedar Falls High School in 1983 and attended UNI.

He enjoyed watching sports especially the Indianapolis Colts. He also enjoyed watching WWE Professional Wrestling events, going to Spicoli's and baking cookies for his peers.

Brian was very close with his family and looked forward to spending time with them. Despite the daily struggles he had managing symptoms of Myotonic Dystrophy, he was never heard complaining about his circumstances and always kept a positive outlook on life. This positive attitude often rubbed off on the persons around him. Brian was respected by all who knew him and will be greatly missed.

*What we
have once
enjoyed,
we can never
lose.*

*All that we
love deeply
becomes part
of us.*

-Helen Keller

Easy Registration- 1.2.3.

Step 1: REGISTER BELOW - or - at www.episervice.org

Name: _____
(One name per registration)

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Birthday (MM/DD/YYYY): _____ Gender: M / F

I plan to (circle one): Run : Walk : Roll : Donate Only

- Photography:** Photos will be taken at the event and used in future promotions. Mark this box ONLY if you do NOT wish to be photographed.
- Sponsor?** Check this box if your employer is a sponsor of this event.

*Emergency Contact: _____

*Contact Telephone #: _____

*Relationship: _____
(*Required Information)

Event Waiver: In signing this release, I acknowledge that I understand the intent thereof, and I hereby agree and absolve and hold blameless the Exceptional Persons Foundation, Exceptional Persons, Inc., business sponsors, co-operating organizations, and any other parties connected with this event in any way, singly or collectively, from and against blame and liability for any injury, misadventure, harm, loss, inconvenience, or damage hereby suffered or sustained as a result of participation in Run, Walk and Roll or any other activities associated therewith. I hereby consent to and permit emergency treatment in the event of injury or illness.

Signature: _____

Date: _____

Step 3: MAIL REGISTRATION FORM WITH \$5.00

Send check for \$5.00 registration fee and registration form to: Exceptional Persons Foundation, 5K Run, Walk & Roll, PO Box 4090, Waterloo, IA 50704-4090.



Saturday,
SEPTEMBER 17 • George Wyth State Park
Registration 9:00 am • Start 9:30 am • Awards 11:00 am

Step 2: TELL YOUR FRIENDS & FAMILY

Use the pledge form below or register online for your own personal website to help spread the word of your involvement and ask for donations.

Rewards for raising money! Please select **ONE** of the following as your event gift (registration form must be received by **9/7/10** to be guaranteed a gift):

- My goal is to raise at least \$25 to benefit persons served by EPI. Please order an event mug for me.
- My goal is raise at least \$100 to benefit persons served by EPI. Please order an event t-shirt for me.

Circle Shirt Size:

XS S M L XL XXL 3XL

- My goal is raise at least \$500 to benefit persons served by EPI. Please order my personal plaque.
- Thanks, but I do not wish to receive a reward.

Pledge Form

Participant's Name: _____

Please PRINT clearly. Attach additional sheets if necessary. Make checks payable to *Exceptional Persons Foundation*.

Sponsor Name	Sponsor's Address	Phone	Cash/Check #	Total Pledge
Example: Jane Doe	1234 Anywhere, Waterloo, IA 50701	555-5555	Cash	\$20.00

Please bring this sheet and all donations to the event on **September 17, 2010**. If all donations were made online by credit card, you do not need to bring anything with you.

Total Raised	\$
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Our Mission

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

Wish List

- Tickets to entertainment (hockey, baseball, basketball, festivals, theatre, bowling, etc.)
- iPads
- Wii and games (bowling)
- Adult 3-wheel bike
- Window air conditioner
- Books on tape/CD
- Painting Easels
- Latch hook kits
- Live plants
- Toy car model kits
- Record player
- Exercise DVDs

A complete wish list can be found online. Bring donated items to our central office at 760 Ansborough Avenue in Waterloo. Gift-in-kind donation forms can be found online and at the central office.

Events

- 5K Run, Walk and Roll Benefit
- Saturday, September 17.
Registration is now open online

Connect With Us



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