



Spring 2013
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*Here's
What Your
Contribution
Will Support:*

- Children's Services: 32%
- Employment Services: 32%
- Residential Services: 23%
- Essential Needs Fund: 8%
- Multiple Sclerosis Services: 5%

*On behalf of
all who will
benefit from
your kindness,
thank you!*

Together Our Gifts Go Far

Making a donation is personal. And, we know you have many worthy causes, right here in our community, from which to choose.

That's why we are so grateful for the outpouring of support we continue to receive from our friends and community. In the fall we shared our need to raise \$100,000 in order to keep critical services available.

The response filled the gap and then some. "Thank you" doesn't feel like quite enough. We want you to know exactly where those dollars go and a little bit about the people you are helping when you give to EPI's greatest need.

Children's Services: 32% of Proceeds

This programs supports kids and their families – with the primary goal of keeping that family unit together by providing a break for caregivers. Developing new skills and perhaps new friends are just a few of the many benefits for the child.

Employment Services: 32% of Proceeds

Every person who can work and wants

a job should be able to work. That's just what these dollars go towards - supporting persons with a disability find a job. Meaningful, paid work.

Residential Services: 23% of Proceeds

Medicaid, while a much appreciated source of funding for community based services, often fails to cover the full cost of service provision. This additional support will fill in those gaps assisting individuals in living safely and successfully in the community.

Additionally, your gifts helped fund the training staff needs to effectively support persons with disabilities.

Essentials Fund: 8% of Proceeds

The dollars in this fund support the needs of the individuals– like with rent, home furnishings, etc. Individuals served can apply to this fund for a gift or a loan – always after all other options have been exhausted.

(continued, pg 3)





Legislative Watch

Information from Iowa Info Net.

Medicaid Expansion

Medicaid Expansion, one of the three backbone programs of the Affordable Care Act (ACA), will potentially expand Medicaid coverage to people at or below 138% of the federal poverty level. States can opt in or out, but the decision to do so is not permanent. States can initially choose to participate but later opt out of the expanded Medicaid program.

Incentives for expansion represent a remarkably good deal for the states and, in some cases, even a potential windfall. The first three years, 2014, 2015, 2016, the federal government will pay 100% of the costs of covering newly eligible individuals. After that, the federal share would drop to 90% on a permanent basis by 2020. This 10% state match is considerably lower than the current match which in Iowa currently is 40%.

Currently, Iowa is leaning away from expanding Medicaid. Governor Branstad has expressed doubts with the federal government's ability to pay nearly all of the costs.

The Governor recently presented his own proposal, the Healthy Iowa Plan, that would expand IowaCare instead Medicaid. IowaCare is Iowa's existing program that provides limited medical services for people who are not otherwise eligible for Medicaid. The purpose of IowaCare is to provide some health care coverage to people who would

otherwise have no coverage. Branstad's plan would provide more coverage for low income Iowans, but, unlike traditional Medicaid, it would require enrollees to contribute to the cost of their care. If participants take actions to improve their health, these modest payments could be matched with state dollars and used to offset the costs of co-pays and other out-of-pocket expenses.

Effects on Persons with Disabilities

The Medicaid Expansion is of critical importance to people with disabilities. People with intellectual and developmental disabilities represent two of every five people that would be newly eligible for coverage under Medicaid Expansion throughout the US. Expansion would also add individuals with disabilities to the Medicaid rolls who may then qualify for more intensive Medicaid benefits.

When Will It Take Effect?

No deadline exists for state determinations to opt in or out of the ACA Medicaid Expansion. Decisions are still being made by state governors and legislators.

If the Medicaid Expansion is approved, Iowa's limited benefit IowaCare would expire on December 31 of this year, with the expansion taking its place on January 1, 2014. The same goes for the Governor's proposal, although it still requires legislative action and approval from the federal Department of Health and Human Services to enact.

Contact with Newsletter Questions:

KATIE SLADE
Communications &
Development Director



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We're pleased and proud to announce that CARF, the Commission on Accreditation of Rehabilitation Facilities, has accredited EPI for another three years. This accreditation was given after an extensive review conducted by three surveyors over three days.

CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services.

EPI has been accredited by CARF since 2007. In EPI's accreditation letter,

CARF surveyors stated the following:

This achievement is an indication of EPI's dedication to improving the quality of the lives of the persons served. Services, personnel, and documentation clearly indicate an established pattern of excellence.

An organization receiving a three-year accreditation has demonstrated during on-site visits and records review that its programs and services are of the highest quality, measurable, and accountable.

EPI received accreditation for all programs for which we applied which include: Community Employment Services, Employment Supports, Community Employment Services: Job Development, Community Housing, Community Integration, Respite Services and Supported Living.

We work hard everyday to ensure we provide the highest quality services. We are proud to know the CARF surveyors could observe this commitment in just a short time with us.

Together Our Gifts Go Far (continued)

We see requests for things such as, first and last month's rent as a person transitions into living more independently in an apartment, a mattress for a new home/apartment, a winter coat and more.

Multiple Sclerosis Services: 5% of Proceeds
This program is 100% funded by fundraised money (grants and individual contributions).

Your gifts ensure we can continue to offer this free service to persons affected by MS.

We welcome an opportunity to tell you more about the difference these programs are making – perhaps over coffee or speaking to your business or civic group.

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Just Briefly

Here's what you might have missed between the issues.

Self-advocacy Committee

Self-Advocacy is all about a person's right to speak up for themselves, make their own decisions and to stand up for themselves.

A Self-Advocacy Committee has been created. Meetings will be held the first Tuesday of each month from 2:00 - 3:00 pm at Orchard Hill Big House, 3900 Orchard Hill Drive in Cedar Falls.

Drea Nelson, Quality Improvement and Data Management Director at EPI, describes the group as people coming together to grow and learn.

"The Self-Advocacy group is people with disabilities and their allies who are coming together to build relationships, learn from one another, understand the history of disability rights and be leaders in their lives and community." For more information, contact Drea at (319) 232-6671.

Friend of Child Care Award

Congratulations to Child Care Resource and Referral of Northeast Iowa, a program of EPI, for being selected to receive this year's "Friend of Child Care Award."

CCR&R was chosen to receive this award by the children, families and board of Grin and Grow Child Care. Mary Janssen, Children and Family Services Director and Becky

Elson, Child Care Consultant from CCR&R accepted the award at the annual AAHA Scholarship Dinner in February.

Making Spirits Bright

The 2012 Giving Tree helped bring many smiles this past holiday season. This year we switched things up and headed out into the community with our first traveling giving tree in addition to our giving tree open house. We partnered with the *Waterloo Police Protective Association* to take the giving tree on the road. We went to three area businesses, *Waterloo City Hall, PDCM Insurance and Community Motors*.

Together with these businesses, the generous staff of EPI and many members of the community we were able to fulfill over **295 wishes**, benefitting not only persons served but the Children's and CHOICE programs as well as our residential program. Individuals in homes were overjoyed to have new pillows, a place setting for the table or a new picture to hang on the wall.

Look for us next year; we'll be the big bus with the Christmas trees filled with wishes you can help come true.



5 Star Club Honors DSP's

Direct Support Professionals (DSP's) at EPI are of the highest quality. They work hard, have passion for their work and are strong advocates for the individuals we serve.

Its because of that hard work and passion that EPI created the 5 Star Club to recognize outstanding DSP's.

DSP's work as in-home support workers, personal assistants and attendants to ensure people with disabilities are able to live independently in communities of their choosing.

Although the 5 Star Club is still fairly new, we have received many nominations from peers and three DSP's have been selected to join the club.

The first to receive the award was Roger Konseiga in November. His nomination stated, " (Roger) supports individuals in a way that pushes for independence in everyday community tasks allowing an individual to be far more integrated.

Roger's positive relationships allow him to motivate individuals to strive for a high quality of life." Roger has been with EPI since 2005.

Cherish Moschke, a DSP with EPI for over four years, was next, joining the club in December. Cherish's nomination had plenty of great things to say about her, "Cherish

was a strong advocate for a person served in achieving their personal goal of living in their own apartment. She worked side by side with this person and always encouraged them to overcome obstacles."

Our most recent member of the 5 Star Club is Tamara Beckham, being chosen in January. Tamara has been with EPI since 2011. Here is a little about why Tammy was selected.

"Tammy is respectful when interacting with persons served; she maintains a wonderful relationship with those she supports. She actively seeks means to assist persons served with accomplishing goals and overcoming barriers."

Congratulations to our current club members. We can't wait to see who joins the ranks this year!

If you know of a deserving DSP, contact a member of staff for assistance in submitting a nomination.

◀◀◀ EPI staff
enjoying time
together.

*Agency
Leadership
Team*

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Retirement

Russ, who worked at the Isle of Capri Casino for four years and eight months, retired on October 1, 2012.



Russell Hall Retirement

Russ Hall is known around EPI for a friendly greeting and a bright smile that uplifts the spirits of those around him.

Russ recently retired after working almost five years at the Isle of Capri Casino in Waterloo. Russell said this about his time there, "I liked the people, they were good to me and treated me good. They told me I was one of the family."

Russ says he has been keeping busy with things like exercise and walking to Target. He enjoys being retired.

Lee Miller (1928-2013)

Lee, an Exceptional Persons Foundation board member for 15 years, was not only a loyal friend to EPI but an outstanding part of the Cedar Valley community. Lee was very devoted to both the mission of EPI and the services we provide.

Born in 1928 in Manchester, Lee always had a giving heart. He enlisted in the Navy right out high school and after marrying his wife, Donnabelle, he became a teacher. He then traded in his classroom for a board room, becoming a partner at Simpson Furniture and then the director of Alumni and Development at UNI. His drive and determination greatly contributed to raising the funds necessary to complete the UNI Dome.

In addition to the Exceptional Persons Board, Lee served on the Multiple Sclerosis Board, Sturgis Falls Celebration board and many other community organizations. We'll forever cherish the time we had with Lee.



Rollin Knapp (1947-2013)

Rollin, a Waterloo native, was an accomplished artist and a great friend to many at EPI.

He was born 1947 to Kenneth and Oda Mikkelsen Knapp. He graduated from Cedar Falls High School in 1965 and attended the University of Northern Iowa.

Rollin, who loved to create art, has works displayed in the Waterloo Center for the Arts as well as the Hearst Center for the Arts and private collections. His work was also the subject of several video productions and featured in the *Iowan* magazine.

Credits:

*Waterloo Cedar Falls
Courier*



Losing Equals Winning

With 2013 well underway, being healthy is on the minds of many. It was definitely on the mind of Rhonda Haines, an EPI resident, who started her path to a healthier lifestyle in 2011.

She made the decision, after years of struggling with her weight, to set a goal to get down to a healthier weight of 200 pounds.

Two years later, she has reached her goal, dropping from 399 to 196 pounds! Her secret? Walking two miles a day and limiting her carb intake. She now enjoys buying new clothes that fit and stated, "Now I can walk so fast that people have to tell me to slow down!"

Rhonda's success story is one of many at EPI. In 2010, EPI implemented Mainstay, a program that educates regarding better

nutrition, mealtime habits, and streamlines menu planning. The Mainstay meal plan has been something in which everyone can participate.

Over the past year, the menus Mainstay have helped staff/persons served create, have assisted individuals in a number of different ways. They have not only helped those with an unhealthy body mass index (BMI) lose weight but aided people who needed to increase their BMI as well. The menus also helped those with a BMI in a healthy range to maintain their weight.

Over the past year individuals decreased their BMI on average by 1.23 points. The biggest change in BMI for one individual was 9.45 points!

John Wach Retirement

After more than two decades of dedication and hard work as a Direct Support Professional, John Wach has retired from EPI.

John made a positive impact on the persons he served. He took the time to truly get to know each individual over the years, building positive relationships with many. John understood and embraced EPI's mission and provided services in a respectful manner.

John retired on February 21, 2013 and continues to stay busy with projects.



Rhonda Haines set a goal to lose 200 and has lost over that!

Way to go Rhonda!

Retirement

John retired on February 21, 2013 after more than two decades at EPI.



Attitude Matters

by Diane Holmes, LMSW
MS Services Director

With the onset of vision or bladder problems, or fatigue our fear begins. That fear grows with the first doctor appointment, referrals to specialists, the series of medical tests until being told, “You have Multiple Sclerosis”. Then come questions about MS, decisions about medications and learning to live with the symptoms.

Emotions spill into questions about our family, our job, our life and future leading to a “perfect storm” of anxiety and depression beyond anything ever before experienced.

For many years depression and anxiety were believed understandable reactions to such life changing events. Fifty percent or more of people with MS have depression, anxiety and mood swings, well above the general population. Other changes also may occur including problems with memory, concentration, and making decisions. Over time research found these problems are more than a “normal reaction” to developing MS, but are a set of MS symptoms

caused by neurological damage in the area of the brain that regulates mood and other cognitive functions.

The relationship between stress and MS has long been a controversial topic.

Earlier research found no relationship. More recent research found a person with MS may function remarkably well during a time of stress, but have worsened symptoms several months after the crisis has past. Continued research has found anxiety, depression and mood swings are caused by MS inflammation in the brain AND cause additional inflammation, more disease activity of Multiple Sclerosis. This phenomenon is an example of the mind-body connection which has grown into a specialty called psychoneuroimmunology.

In her book, *It's Not All In Your Head: Anxiety, Depression, and Mood Swings, and Multiple Sclerosis*, Patricia Farrell, Ph.D. among other specialists advocate building

Sources:

Farrell, P., *It's Not All In Your Head: Anxiety, Depression, Mood Swings, and Multiple Sclerosis*, demosHealth, 2011

Goldman Consensus Group, *The Goldman Consensus Statement of Depression in Multiple Sclerosis*, Edward Arnold Publishers, Ltd., 2005

Kaplin, A., *Dr. Adam Kaplin on Depression and MS*, The Montel Williams MS Foundation

emotional resilience, the ability to thrive even when facing adversity. Dr. Farrell recommends a broad spectrum approach starting with medications and counseling to treat mood disorders protecting against neurological inflammation.

Building resilience can begin with increasing knowledge to reduce fear of the unknown and exercise, particularly yoga which helps repair and protect neurons from damage.

Other suggestions include;

- Join a faith-based or support group.
- See the possible rather than problems.
- Accept that life changes.
- Set realistic goals and work on them daily.
- Take action to combat negative stress.
- Engage in self-discovery and personal growth.
- Cultivate a positive self-concept.
- Maintain a healthy perspective.
- Be optimistic.
- Take good care of yourself.
- Find something that enriches your life.

The counseling, education and advocacy offered by MS Services include these very philosophies and services. Call MS Services at Exceptional Persons, Inc., (319) 232-6671.

MS Support Groups

April

- Bremer/Butler, 4/10 - 10:30 am
- Waterloo, 4/17 – 11:00 am
- Tama, 4/24 – 9:30 am

May

- Bremer/Butler, 5/8 - 10:30 am
- Waterloo, 5/15 – 11:00 am
- Tama, 5/22 – 9:30 am

June

- Bremer/Butler, 6/13 - 10:30 am
- Waterloo, 6/20 – 11:00 am
- Tama, 6/27 – 9:30 am

July

- No Groups

August

- Bremer/Butler, 8/14 - 10:30 am
- Waterloo, 8/21 – 11:00 am
- Tama, 8/28 – 9:30 am

September

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

MS Support Group Meeting Locations

Bremer/Butler -
Redeemer
Lutheran
Church, 2001 W
Bremer, Waverly

Waterloo -
EPI, 760
Ansborough
Ave, Waterloo

Tama -
Senior Center
Community
Building, 103 S.
Church, Toledo



Recognizing Our Donors

The list of donors and volunteers you see was put together with great care and includes gifts received, March 2012 through February 2013.

This list is shared only with fellow donors. We sincerely hope no one has been inadvertently left off or recognized incorrectly. Please contact us if we have made an error. Thank you for your continued support.

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- Ms. Sonia Johannsen
- Deb M. Jungling
- Carley Kennedy
- Alex Kier
- Marian Kilpatrick
- Bonnie & Larry Kipper
- Mrs. Linda K. Kjeld
- Breanna Klar
- Ann Kline
- Troy Knott
- Amy Kolpek
- Amber Kopecky
- Joe Leibold
- Ms. Connie D. Lewis
- Mrs. Gwen L. Lewis
- Dustin Lindaman
- Karol A. Linder
- Melissa Lippert
- Ms. Julie Loonan
- Marian Ballard Estate
- Martin Brothers
- Mary L. McCalley
- Mrs. Elizabeth Melcher
- Cindy Mews
- Mrs. Tammy L. Miller
- Brittney Montrass
- Leah Morrison
- Timothy Murphy
- Pete Natvig
- Curt Nelson
- Mrs. Marie Nitzchke
- Patricia Norton
- Jack & Connie O'Day
- James Oliver
- Kristine Olson
- Nicki Ott
- Ms. Kristen M. Otto
- Milka Panic
- Jim Pardoe
- Lisa Paterno
- Sarah Pavelec
- Ruth Pazdera
- Mr. Robert A. Peck
- PDCM Insurance
- Pioneer Graphics
- Tim Pillack
- Sam Porter
- Toni Powell
- Donna Powers
- Pam Pringle
- Reinhart Foods
- Alysha Ricke
- Tom Ridder
- Robert E. Claus Trust
- Keith Rogers
- Ron Rokusek
- Sharon & Miller Roskamp
- Michelle Runge
- Katherine Schug
- Sandy Schulte
- Hannah Scrobeck
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- Katie & Jeff Slade
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- Lynette Sugden
- Karen K. & Cliff D. Sund
- Emily Sundt
- Sara Syhlman
- Carol Thiessen
- Pamela Timmerman
- Sandra Timmerman
- Doreen Towsley-Cook
- Mark H. Unger
- United Beverage
- University of Northern Iowa
- Jackie Wagner
- Ben Wagner
- Emily & Mitch Walters
- Waterloo Bucks Baseball
- Waterloo Police Reserve Unit
- Waterloo Police Protection Association
- Rosie Weber
- Ron Welper
- Kim Westphal
- Shellie Wierck
- Janet Willard
- Jordan Wise
- Sam Woodruff
- Darleen Yant
- Joan Youngblut
- Kat & Kevin Youngblut
- Karolyn Zbornik

Volunteers

- Paul & Kristin Anderson
- Gary Baish
- Gretta Berghammer
- Sharron Bergmann
- Jessica Butler
- Rose Dobbs
- Betty Flood
- Shirley Foglemann
- Nancy Golvinaux
- Danielle Goodwin
- Joan Hauck
- Shirley Hedrington
- Jake & Barb Jacobson
- Karen Jones
- Matthew Kuhn
- David Lewis
- Chuck & Carol Lidtke
- Mary McCalley
- Judith Moehlis
- Sharon Naylor
- Marie Nitzschke
- Viola Polk
- Donna Wetzel
- Gwen Wrich

*Donations
welcome
anytime*

Simply mail to:

Exceptional Persons
Foundation,
PO Box 4090, Waterloo,
IA 50704.

Or visit us online to
make a gift by
credit card.



Our Mission

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

Wish List

- Mini fridge
- Dyson vacuum
- Swiffer Wet Jet
- Green cleaning products
- Microwave
- Portable screen and projector
- Tickets to entertainment (hockey, baseball, basketball, festivals, theatre, bowling, etc.)
- iPads
- Durable medical equipment

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.

Mark Your Calendars

Healthiest State Walk

October 9 - Prairie Lakes Park
Free and open to the public

More Than You See Dueling Pianos/Silent Auction Fundraiser

November 7 6:00 pm - 9:00 pm
Sunnyside Country Club
Watch for tickets this summer!

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