

Celebrating 60 Years



EPI News



Through the Years...

- **1957: EPI opened**
- 1961: Transportation Services
- **1969: First group home opened**
- 1976: EPI began offering Child Care Resource and Referral Services
- **1982: Supported Community Living Services began**
- 1983: EPI became the administrative agency for the Child and Adult Care Food program
- **1995: EPI created Choice Day Hab**
- 1995: Employment Services opened
- **2008: Payee Services began**
- 2015: Day Hab became 100% community integrated

In the year 1957, the number one hit was Elvis Presley's "All Shook Up", gas was only 24 cents a gallon, and our president was Dwight D. Eisenhower.

Services for persons with disabilities at this time were virtually non-existent. Families were typically presented with two choices - keep their child at home with very little support or place them in an institution. Something needed to be done.

Early leaders stepped forward like Bill Brown, Wayne Mooers, Perry Grier, Frances Mills, Helen Henderson, Barb Emerson, Paul Porter, George McGee, Larry McDonald, Al Frerichs, Ethan Akins, Bob Wells, and many more.

These visionaries brought a 'can do' attitude and a determination to make the community a better place for everyone.

On May 21, 1957, EPI became officially incorporated to provide program planning, service coordination, and advocacy for people with disabilities.

What was started by a determined few, is now an organization employing close to 400 staff, serving more than 375 individuals in over 100 sites, and over 2,800 children in several surrounding communities.

Our service and business environment has been ever-changing in our 60 years. We've learned to be ready, evolve, and find the best path forward to provide the highest quality service.

Through the years, one thing has remained the same, the people we serve are at the heart of what we do.

More
information and
helpful resources
can be found at
www.ancor.org



Legislative Watch

ANCOR SOS Action Alerts, You Made a Difference!

The status of the American Health Care Act (AHCA) is changing rapidly. With your help in responding to the ANCOR Save our Services (SOS) Action Alerts, almost 10,000 messages were sent to Congress about the importance of Medicaid funding for people with disabilities.

This caused the House to pull the vote on AHCA on March 24, because they could not get enough votes needed to pass it.

On May 4, the U.S. House of Representatives passed the AHCA by a slim margin of a vote - 217 in favor and 213 against.

Now the measure moves to the Senate and it is expected they will have a new proposal to reform Medicaid by this summer. Meaning, our work here is not done!

Look to us to help keep you up-to-date on Save our Services (SOS) Action Alerts.

Please continue to advocate in the following ways.

Schedule an In-District Meeting: visit www.ancor.org for a sample of a meeting request in Microsoft Word that you can download and personalize.

Attend a Town Hall meeting: This gives you the opportunity to interact directly with your Member of Congress and ask them questions.

Call your Member of Congress: Congressional offices value advocacy that takes more effort - phone calls are a quick and influential way to show you are committed to this issue.

We will continue to be a source to you as more information on this topic arises.



Cornerstone Giving

Please include the Exceptional Persons Foundation in your will and estate planning to ensure EPI services will live on forever.

Contact with Newsletter Questions:

BETHANY GIACHINO
Communications &
Development Specialist



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More Than You See: Upholding EPI's Mission

Imagine an entire room of people - people of all ages, sizes, hair color, backgrounds - all swaying and singing Dobie Grey's "Drift Away." Imagine sounds of laughter and clapping as two men have a dance off to "Hava Nagila." Then, imagine silence falling over the room as a video showcases EPI's mission.

More Than You See has become a tradition at EPI. A tradition that celebrates looking past differences and truly seeing the person within. It's where friends and strangers alike can come together in the hopes of being a part of something bigger than themselves.

This year, the event's fourth year, More Than You See raised over \$42,000 to support EPI's mission of connecting people, creating opportunities, and nurturing growth. Funds raised will support programs where funding runs short and other critical needs.

Programs such as employment, helping people find and keep a job in the community. Critical housing, ensuring homes are accessible for all living there. And, essential needs of persons supported such as rent

assistance, clothing, shoes, household items, and more.

**Thank you to everyone who helped make this night such a success.
We felt your support and are deeply grateful!**

We believe that by working together we will realize a future where all people are recognized as valued citizens – encouraged and supported to live, work, and grow – in their communities.

With your continued support, we know this vision will become a reality.

Special thanks to our returning Presenting Sponsor of More Than You See:

Nicole Rand ►►►

and Nicole
Ericson with
Kaye Englin of
the Community
Foundation of
Northeast Iowa.

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Employment Services Grants Awarded

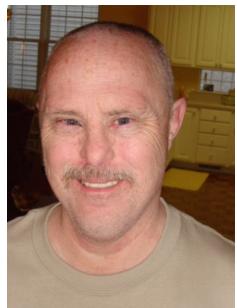
Thanks to several local organizations, EPI's Employment Services were awarded \$27,500 specific for Enclave, or work crew services.

The Community Foundation of Northeast Iowa granted EPI \$17,500 and the US Bank Foundation,

Waterloo location, awarded \$10,000.

EPI offers several Employment Service options for those we support who are looking to find and keep a job in the community. These grants will help to continue this program and ensure those who want to work, can.

In Memory of...



Neil McCaffery Jr. **1951 - 2017**

Neil McCaffery Jr., 65, of Waterloo passed away in March. We were deeply saddened by this news as

Neil had been a part of EPI for many years. Neil was an artist who loom weaved beautiful rugs and wall hangings. He was also a big fan of bowling. Neil will be missed by all of us here at EPI.



Mariel E. Distler **1955 - 2017**

Mariel Distler, 62, of Waterloo passed away in March. EPI would like to pass along our deepest sympathies to the Distler family. Mariel will be missed by many.



Lewis L. Essmann **1932 - 2017**

Lewis Essmann, 84, of Waterloo passed away in April. Lewis had been with the agency since 1999. He will be greatly missed by EPI and many more.



Chris Sparks: ANCOR's Legacy Leaders Circle

Congratulations to EPI's Executive Director, Chris Sparks, who was recently inducted in the ANCOR (American Network of Community Options and Resources) Foundation Legacy Leaders Circle!

The Legacy Leaders Circle honors ANCOR's finest and most influential leaders while also celebrating the accomplishments of these long-term ANCOR members who made significant contributions to ANCOR during his/her tenure as a member.

The ANCOR Foundation Legacy Leaders Circle is for the men and women who have paved the way in advocacy and service delivery.

EPI Awarded Gold Recognition



EPI has been awarded the Gold Award for Health Leadership Excellence by Mainstay/My25.

Mainstay and its choice-based My25 programs are the primary accelerator within the human services industry regarding health outcomes improvement related to overweight/underweight status,

EPI now has two ANCOR Legacy Leaders. Chris Sparks joins previous Executive Director, Gary Mattson, in this prestigious honor.

Chris has worked in the field of human services for 34 years. For 15 years Chris has been proudly serving EPI throughout his varying ANCOR leadership roles from member of the ANCOR Board to President.

Chris has worked consistently to establish solid relationships with many federal and state legislators. He works tirelessly to advance compensation for DSPs and to maintain critical Medicaid funding.

diabetes, hypertension, and associated chronic conditions.

For a number of years, EPI has made a substantial commitment to the health of persons served and all EPI staff. Our experience using My25/Mainstay has resulted in persons moving towards their ideal healthy weight and a reduction in preventable health medications. We are honored to receive this award.

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Current Career Openings

Associate Development Director

Bus Driver

CHOICE Group Leader

Direct Support Professional

Direct Support Professional - Night Attendant

Integration Specialist

Job Coach II

Maintenance Worker II

Program Manager

Program Manager II

Purchasing Agent

Staff Development Assistant

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CHRIS SPARKS
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MS Lesions Can Disrupt the Urinary System - Available Treatment

by Diane Holmes, LISW

The majority of people with MS experience bladder or urinary tract symptoms, whether their other symptoms are mild or severe. Urinary symptoms are caused when MS lesions disrupt the flow of messages between the brain and muscles that work together to empty the bladder. Treatment generally starts with the simplest and progresses to more aggressive, and is based on testing that identifies the cause of the symptoms.

When the bladder fails to store urine because of overactive bladder muscles, the first step is often behavioral changes such as pelvic floor exercises, limiting caffeine, using absorbent pads, and making it easier to get to a toilet. Medications that relax the bladder muscle or that temporarily reduce the amount of urine produced, so the person can have more restful sleep, may be prescribed. If these treatments are not successful, Botox injections may be recommended.

Retaining urine in the bladder may initially be treated with intermittent self-catheterization, emptying the bladder through a small tube temporarily inserted to allow the urine to flow into the toilet. This procedure can improve bladder function, so that treatment may be discontinued. For others, however intermittent self-catheterization becomes part of the daily routine. Medications that reduce muscle spasms or increase urine flow may also be prescribed. In some cases, when intermittent self-catheterization is not sufficient, an indwelling catheter, a flexible tube, which remains in the bladder to allow the urine to flow into a drainage bag, is recommended.

The combination of problems emptying and storing urine in the bladder often has several treatments, such as medication and self-catheterization. When these treatments are not effective, a surgical procedure, suprapubic cystostomy, in which a tube is inserted into the bladder, through a small opening in the

Sources:

"Urinary Dysfunction & MS", National MS Society

Holland, N.J., Reitman, N.C.; "Bladder Dysfunction in Multiple Sclerosis"; Clinical Bulletin; National MS Society

"Surgical Management of Bladder Dysfunction in Multiple Sclerosis"; Litweller, S.E., Kolota, S.J., Clinical Bulletin, Information for Health Professionals

"Bladder Problems"; Kennedy, P., Setzko, M.M.; www.nationalmssociety.org

MS Support Groups

June

- Waterloo, 6/21 - 11:00 am

July

- Bremer/Butler, 7/12 - 10:30 am
- Waterloo, 7/19 - 11:00 am

August

- Bremer/Butler, 8/9 - 10:30 am
- Waterloo, 8/16 - 11:00 am

September

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

October

- Bremer/Butler, 10/11 - 10:30 am
- Waterloo, 10/18 - 11:00 am

Meeting Locations

Bremer/Butler

Redeemer Lutheran Church,
2001 W Bremer, Waverly
(2nd Wednesday)

Waterloo

EPI, 760 Ansborough Ave, Waterloo
(3rd Wednesday)

abdomen, to allow the urine to flow into an external bag, may be recommended. Other surgical procedures are also used.

Bladder symptoms can be improved with management techniques. Failure to store can be managed by drinking adequate water to flush bacteria, limiting caffeine that irritates the bladder, and planning to urinate every 2 hours, which can help train the bladder, and reduce its overfilling. Limiting fluid intake after dinner helps avoid sleep disruption, but it is important to drink adequate fluids the rest of the day, to prevent infections. Failure to empty the bladder can be managed by limiting citrus juices, which promote the growth of bacteria in the bladder, and drinking cranberry juice or taking cranberry tablets daily, which prevent bacteria from growing.

Effective treatment of bladder problems is important to healthy physical and emotional functioning, self-confidence, and independence. Any problems with bladder function should be discussed with a neurologist, who may also recommend a consultation with an urologist.

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ELECTRONIC SERVICE REQUESTED



Our Mission

Connecting people, creating opportunities, and nurturing growth since 1957.



August 4 Join us in celebration of EPI's 60th! Come out for some food and a Bucks game on Friday, August 4.

March 30 Mark your calendars for 2018's More Than You See, dueling pianos, silent auction. The event will be held on Friday, March 30 at the Hilton Garden Inn in Cedar Falls. Returning in 2018 will be 176 Keys Fun Pianos. Watch for the early bird tickets to go on sale!



Our Vision for Tomorrow

Working together we will realize a future where all people are recognized as valued citizens – encouraged and supported to live, work, and grow – in their communities.



Want to Make a Donation?

Your generosity means so much - thank you. Donations allow us to fulfill our mission when other funding runs short. We accept donations anytime. Visit our website at www.episervice.org.