

Winter 2019



EPI News



MORE
THAN YOU *see*

Friday, April 5

WHEN?

Friday, April 5 at 6:30PM

WHERE?

Hilton Garden Inn
7213 Nordic Dr.
Cedar Falls, IA

HOW?

Reserve your seats online at episervice.org - don't forget to use code "EARLYBIRD"!

WHY?

Not only is this a fun night of dueling pianos entertainment but it's also for a great cause - for the people we serve!

WHO?

You! Your friends, your friends' friends, your family, whoever you'd like to bring, bring!

IS DINNER SERVED?

No, but there will be heavy hors d'oeuvres and plenty of dessert!

WHAT DO I WEAR?

We suggest business casual, think cocktail hour wear!

Join Us for a Night of Fun and Dueling Pianos!

EPI's 6th annual More Than You See benefit is right around the corner! This year's dueling pianos, silent auction fundraising event is scheduled for Friday, April 5, 2019, at the Hilton Garden Inn in Cedar Falls.

More Than You See was started as an opportunity for people of all backgrounds and abilities to come together, enjoy a common interest in live music, and see beyond first impressions to each person's unique talents.

As EPI continues to evolve in the services we offer, we celebrate the value persons of all abilities contribute, and we shed light on the exciting aspects of our service delivery that might not be as familiar - like our new child care center that just opened in downtown Waterloo. Even EPI is "more than you see"!

Proceeds from More Than You See support EPI's mission of connecting people, creating opportunities, and nurturing growth. Funds raised will support needs such as employment services, critical housing improvements, emergency child care, and the essential needs of individuals served by EPI.

Join us on April 5th to celebrate all of the exciting things happening at EPI! Visit www.episervice.org to secure your seats for what's sure to be an exciting night. We look forward to seeing you there!

**RESERVE ONLINE AT
WWW.EPISERVICE.ORG**

USE DISCOUNT CODE "EARLYBIRD"
FOR A LIMITED TIME

~~\$40~~ **\$30**
PER PERSON

For more ►►►
information visit
caseforinclusion.org

Latest Business Partners

Our list of business partners, offering equal employment to all, continues to grow.

- Applebee's
- Firehouse Subs
- Pinnacle Specialty Care
- Prairie Hills at Independence
- YWCA Black Hawk County

For a full list of our partners check out episervice.org.

Contact with Newsletter Questions:

BETHANY GIACHINO
Communications Specialist



On January 10, the *Case for Inclusion* launched its report card for 2018. The partnership between United Cerebral Palsy (UCP) and American Network of Community Options Resources (ANCOR) Foundation's *Included. Supported. Empowered.* campaign, is a reporting tool designed to equip people with the data and resources they need to advocate on behalf of deeper investments in the long-term supports and services that enable people with intellectual and developmental disabilities to be included, supported, and empowered within the community.

This comprehensive data tool examines how well state Medicaid programs are serving residents with intellectual and developmental disabilities - providing them with an annual ranking and how to drive progress throughout all 50 states.

The Case for Inclusion website, caseforinclusion.org, presents data through issue areas listed below:

- Promoting Independence
- Promoting Productivity
- Tracking Quality of Life
- Keeping Families Together
- Reaching Those in Need
- Serving at a Reasonable Cost

The Case for Inclusion 2019

Legislative Watch

By breaking it down in these areas, the tool gives you a chance to focus on which issue you'd like to research further. The data provides a full range of measures including outcomes for all 50 states and the District of Columbia.

Advocates should use this information to educate providers, families, and individuals, policy makers, and state administrations on key achievements and areas needing improvements. Prioritize the areas that need the most immediate attention and use the facts to support adequate and ongoing funding to maintain high quality outcomes.

Find the data that speaks to you at caseforinclusion.org.



Day Hab Giving Back to the Kids

A project that used to take days, sometimes weeks, now finishes in one afternoon, thanks to the help of those attending EPI's Day Habilitation (Day Hab) program.

For the third year in a row our Day Hab group has volunteered in shifts to help the Cedar Falls School Foundation with their Tradition of Excellence Annual Giving Campaign.

It's not easy work, stuffing 7,000 envelopes with the appropriate pieces to be mailed throughout the community - to Cedar Falls Schools alumni, student families, and area businesses, but we get the job done!

"This year we received more grant applications than ever before. Thanks to the generosity of our donors this past year, more than 65 teachers and staff will be using their awarded grants for innovative projects that create success for their students," said Susan Lantz, Executive Director at the Cedar Falls Schools Foundation.

"We so appreciate the help you folks provide for us each year, it makes such a difference in what we can

provide for our schools and students. You all are amazing volunteers!" she continued.

The hard work very clearly does not go unnoticed. Day Hab enjoys the lunch and cupcakes provided, but also just an afternoon spent together with their community. Most importantly, they complete the activity with smiles on their faces, knowing they are a big help in kicking off the campaign, and ultimately helping out the kids.



◀ ◀ ◀ Groups in our Day Habilitation program volunteering their time to support the Cedar Falls Schools Foundation



Cornerstone Giving

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



Qualified Charitable Distributions

Consult with your financial advisor on how to make a tax free donation to EPI as part of your IRA Required Minimum Distribution!

Black Hawk ►►►
County Child Care
Coalition members
advocating at the
Early Childhood
Day on the Hill in
Des Moines!

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Day on the Hill

On January 17, Child Care Resource and Referral (CCR&R) joined statewide partners at Iowa's Capitol for Early Childhood Day on the Hill to give a voice to "the workforce behind the workforce," Iowa's child care providers and educators!

CCR&R hosted Friendship Village of Waterloo who are opening a child care program to improve staff retention and recruitment for their business.

The day's main focus was on spreading the word to our elected officials - we all need to work together to sustain a reliable workforce in Iowa.



Jane Fletcher 1954 - 2018

Jane Fletcher, 64, passed away on November 12, 2018. Jane enjoyed going on excursions with her housemates, shopping, and coloring.

Jane always had a smile on her face that would light up the room. She will be missed continually by all of her friends here at EPI. We send our deepest sympathies to her family.

Just Briefly

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

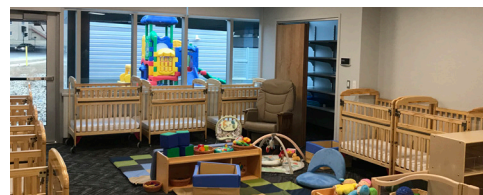
Child Care Center is Open!

January 14, the Hawkeye Child Development Center - ALC opened its doors to very excited staff and families!

EPI Leadership has wanted to offer this benefit to our staff for quite some time. It feels good knowing our dream of opening a child care has finally become a reality.

Huge thank you to our staff, Hawkeye Community College staff, community members, and beyond for helping us make this happen!

We are excited to watch the center continue to grow. Check out a few photos below.





Record Breaking Number of Needs on the Giving Tree

This holiday season we saw a record breaking number of needs on our Giving Trees - over 400 to be exact! With the help of our amazing community, we were able to fulfill needs for individuals served by EPI that would otherwise have gone unmet.

Thank you to all who helped those in need. You brought joy to so many this holiday season, and for that, we are all thankful.

We also want to offer a special thank you to the following businesses for supporting our mission and for hosting Giving Trees this year.

- Canadian National Railway
- CBE Companies
- Harrison Truck Centers
- Larry K. Fox & Associates
- Nazareth Evangelical Lutheran Church
- Waterloo Police Protective Agency

EPI Receives Grant Support from Community Foundation of Northeast Iowa

EPI was recently awarded two grants to support our employment program and new child care center. We received \$10,000 that will benefit our employment program in helping individuals follow their dreams of finding and keeping a job in our community. Grant support for this program ensures that those who want to work, can.

EPI was also awarded a \$10,000 grant that will benefit our new child care center that recently opened in downtown Waterloo. The center is an innovative partnership between EPI and Hawkeye Community College to help solve the critical need for child care in Black Hawk County.

EPI is so fortunate to have the support of the Community Foundation of Northeast Iowa, and we are so grateful for their investment to help us further our mission!



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Sources:

**multiplesclerosis
newtoday.com**

Guidelines for MS
Diagnosis:
McDonald Criteria

**nationalms
society.org**

* Diagnosing MS
* Clinically Isolated
Syndrome (CIS)

Van den Noort, S.,
Holland, N.;
*Multiple Sclerosis
and Clinical
Practice*;
p.13-14; 1999

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The 1965 Schumacher Criteria was first official method for diagnosing Multiple Sclerosis (MS). Diagnosis was based on symptoms identified by the physician. In 1983 the Poser Criteria added evoked potentials, spinal tap, and lesion damage at different times and in different areas of the central nervous system, referred to as separated by time and space. In 2001 the McDonald Criteria became the standard for diagnosing MS, with updates in 2005 and 2010.

Then, the 2017 McDonald Criteria was presented at the 7th Joint European Committee for Treatment and Research in Multiple Sclerosis - Americas Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS-ACTRIMS). Changes included the addition of Clinically Isolated Syndrome (CIS), a single episode with one symptom caused by one lesion (Monofocal episode) or more than one symptom caused by lesions is in

New Criteria for Diagnosing Multiple Sclerosis

by Diane Holmes, LISW

more than one place (Multifocal episode), as well as abnormalities in the Cerebral Spinal Fluid.

The 2017 McDonald Criteria includes:

1. People with clinically isolated syndrome (CIS) and clinical symptoms or MRI lesions in two areas of the body, and Cerebral Spinal Fluid (CSF) with specific oligoclonal bands, can be diagnosed with MS without a time lapse between episodes.
2. MRI lesions, with or without accompanying symptoms can be used to meet the separation of time and space requirements. [Previously, only symptomatic lesions in specific locations could be used.]
3. Lesions between the brain's gray matter and white matter, as well as in the cortex can be used for the separation in space requirement. [Previously cortical lesions could not be used.]

4. Diagnostic requirements for primary progressive MS have not changed, with the exception of allowing both symptomatic and asymptomatic lesions, as well as cortical lesions for diagnosis.

5. A provisional disease course can be identified at the time of diagnosis with re-evaluation later.

Four presentations at the 34th Congress of the European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS) in October 2018 found a 25% increase in identified cases of MS, as well as an increase in the diagnosis of MS in children as young as 5, using the new Criteria. A Spanish study found it took less time to identify MS progression, with the new Criteria, in people initially diagnosed with CIS. A second study, in the Netherlands, found 54% of people with CIS could be diagnosed with MS using the new Criteria, compared to 26% using the 2010 Criteria, largely because of the presence of oligoclonal bands. A British study of children found increased accuracy of diagnosis using the 2017 Criteria. The same study found the first relapse occurred 6 months later, much faster than in adults.

Overall, the 2017 McDonald Criteria was found to be more accurate and specific than the 2010 Criteria when diagnosing MS.

MS Support Groups

February

- Bremer/Butler, 2/13 - 10:30 am
- Waterloo, 2/20 - 11:00 am

March

- Bremer/Butler, 3/13 - 10:30 am
- **Waterloo will not be meeting**

April

- Bremer/Butler, 4/10 - 10:30 am
- Waterloo, 4/17 - 11:00 am

May

- Bremer/Butler, 5/8 - 10:30 am
- Waterloo, 5/15 - 11:00 am

June

- Bremer/Butler, 6/12 - 10:30 am
- Waterloo, 6/19 - 11:00 am

Meeting Locations

Bremer/Butler

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

Waterloo

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

Sources:

medscape.com

* Kreiger, S.; How Have the 2017 McDonald Criteria Affected MS Diagnosis?; Oct. 3, 2018

* McNamara D.; McDonald Criteria 2017 Boost MS Diagnoses by 25%; Oct. 23, 2018

* Hughes, S.; New MS Diagnostic Criteria Will Allow Earlier Diagnosis; Oct. 27, 2017

* Helwick, C.; Revisions Underway to McDonald Criteria on MS Diagnosis; May 26, 2017

Current Career Openings

Child Care Center
Assistant Teacher

Direct Support
Professional

Integration Specialist

Job Coach

Program Assistant

Program Manager

Information Systems
Specialist

QI Auditor

Exceptional Persons, Inc.
760 Ansborough Ave
PO Box 4090
Waterloo, IA 50704 - 4090

Non-Profit
Organization
U.S. Postage
PAID
Permit # 1778
Waterloo, IA

ELECTRONIC SERVICE REQUESTED



Our Mission

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



April 5 2019's More Than You See will be on Friday, April 5 at the Hilton Garden Inn in Cedar Falls. This year's entertainment will be dueling pianos group - 176 Keys Fun Pianos. Reserve your seats today at: www.episervice.org.



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.