

Winter 2018



# EPI News

Exceptional Persons, Inc.



*Won't be able to attend the event, but still want to be involved?*

We have sponsorship opportunities available!

If you or your organization would like to become a sponsor, contact [communications@episervice.org](mailto:communications@episervice.org) for a full list of sponsorships and benefits.

## Reserve Your Seat for More Than You See 2018!

EPI's 5th annual More Than You See is right around the corner! This year's dueling pianos, silent auction fundraising event is scheduled for April 6, 2018, at the Hilton Garden Inn Cedar Falls.

More Than You See is about celebrating the value persons of all abilities contribute and all of us coming together to be entertained for a great cause.

This year's event brings new entertainment with Howl at the Moon's traveling dueling piano show, Howl2Go, and exciting silent auction items that you won't want to miss!

Make plans to join us at this year's event, and reserve your seats today! Visit [www.episervice.org](http://www.episervice.org) to secure your seats for what's sure to be an amazing night! We look forward to seeing you April 6th!



**FRIDAY, APRIL 6, 2018**  
*benefit for EPI*

**WHERE**  
HILTON  
GARDEN INN

**WHAT**  
DUELING PIANOS  
AND SILENT AUCTION

**WHEN**  
APRIL 6, 2018  
6:30 PM

Presented By:

**Dan Deery  
Motor Co.**

▶▶▶  
Updates  
on Managed Care

More information  
can be found at  
[www.dhs.iowa.gov/  
iahealthlink](http://www.dhs.iowa.gov/iahealthlink).

In the News:

EPI mentioned in  
a recent article, *Bill  
would allow Iowa's  
disabled to avoid  
managed care in  
Medicaid*, published  
by the Des Moines  
Register. The article  
can be found on our  
website or on the Des  
Moines Register's site.

Contact with  
Newsletter  
Questions:

BETHANY GIACHINO  
Communications &  
Development Specialist



## Legislative Watch

Effective November 30, 2017, AmeriHealth Caritas withdrew from the IA Health Link managed care program and coverage with your new MCO began on December 1, 2017.

### Why did this happen?

After months of diligent negotiations the state and AmeriHealth Caritas were unable to mutually agree on the future contract rates and terms.

### Will other plans leave Iowa?

Amerigroup and UnitedHealthcare have signed contracts that extend through the end of June 2018. Negotiations for the contract period beginning July 1, 2018, will begin in the next months.

### Are both MCO's accepting new members?

No, but Amerigroup is working to expand their capacity. Effective May 1, 2018, new members will have a choice between Amerigroup and UnitedHealthcare. Since AmeriHealth Caritas withdrew, there has been a temporary suspension of new members to Amerigroup Iowa.

### Will UnitedHealthcare continue to accept new members?

UnitedHealthcare is confident in their ability to provide services and is

expanding their network and staff to accommodate the new members.

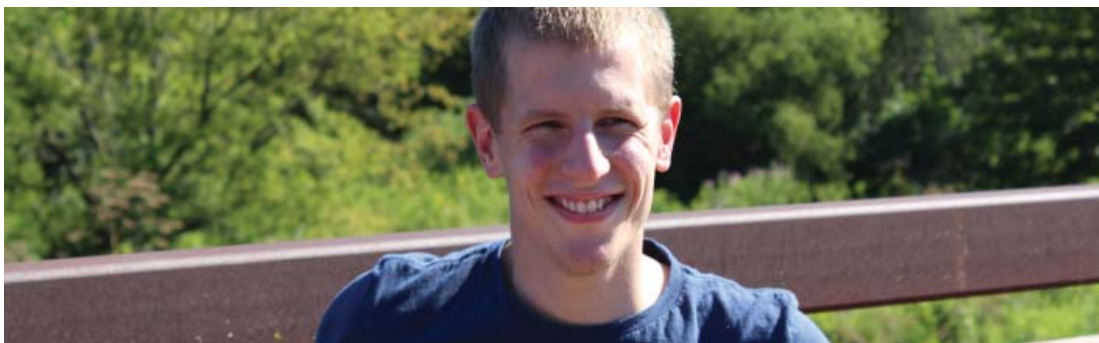
In the future you will be able to choose from multiple MCOs and will be notified when an option becomes available. Until then, you must have a good cause reason to change your MCO.

### What's next?

We will continue to share the information we receive as we learn alongside of you.

For more information, call Iowa Medicaid Member Services (available from 8 am to 5 pm, Monday to Friday) at 1-800-338-8366.

Make sure we have your email or follow us online as new information for IA Health Link members occurs.



## Education is the Key to Success

After three years of working in the chemical room at a manufacturing company, Kevin didn't feel like a true member of the team.

He could tell he was not being held to the same expectations as every other employees.

When EPI's Employment Services was invited in, we offered an inclusion and diversity training to Kevin's coworkers.

We provided education on Autism, specifically, what it means, what to expect, and most importantly, how to appropriately interact.

Next, we worked with Kevin to come up with a plan for success. With the end goal of Kevin working without a job coach at all times.

Kevin's coworkers quickly realized how important it is to treat Kevin just like any other employee.

His coworkers began to communicate directly with Kevin about his work instead of going through his job coach.

His job coach began to assist in smaller ways and eventually started to fade out of his routine duties more and more.

Kevin is now completing his fourth year and has built relationships with his supervisor and a number of his coworkers.

He is happy where he is and feels like the job is his to be proud of.

## Iowa APSE: Day on the Hill

The group of IA APSE Members and Board Members spent their time in Des Moines advocating for employment first, supporting inclusive opportunities for Iowans in finding employment.

EPI's Nicole Rand and Nicole Ericson are a part of APSE because they believe the people we serve are just

like anyone else and can bring a range of unique skills, talents, and abilities to any workplace!



*A few of our newest partners...*

- Prairie Hills at Independence
- Brown Bottle (Cedar Falls)
- Menard's
- Burger King
- Ross Dress for Less
- Courtyard Marriott
- Nelson Properties & Midtown Development
- Waterloo Community Schools
- Hardee's
- Real Deal Holdings, LLC
- Lowe's



### Got Stuff?

Take your gently used items to Stuff Etc. in Waterloo and let them know you'd like the proceeds to go to the Exceptional Persons, Inc.'s account. No appointment needed!



### Cornerstone Giving

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



## Nominees for ▶▶▶ ANCOR's DSP of the Year

### EPI Board of Directors

VICKI PARSONS - President  
Kailo L.C.

SUSAN FANGMAN  
Vice President  
US Bank

DEB LILLY - Treasurer  
Hawkeye Community  
Foundation

STEVE LINDAMAN- Secretary  
Veridian Credit Union

DAN LEVI- Past President  
Levi Architecture

RON BENDELL  
VGM

MEGAN FEREDAY  
Attorney

KYLE HENDERSON  
Doerfer Companies

BOB KAHLER  
Volunteer

BRUCE MEISINGER  
Volunteer

JOHN MONAGHAN  
PDCM Insurance

STACEY SMITH  
Mercy Health

JUSTIN STOCKDALE  
AEA 267



### Nominees for ANCOR's DSP of the Year

Each year, American Network of Community Options and Resources (ANCOR) hosts a conference for service providers. One of the celebrations is the selection of a DSP of the Year for each state and one on a national level.

Congratulations to Christy Bodecker, Shannon Henson, and Kim Bumgardner-Bergman, who have been nominated for the ANCOR DSP of the year.

Help us in wishing them good luck!

### Children's Champion Award

Congratulations to Cherie Kennedy on receiving the Children's Champion Award for the state of Iowa through the Iowa Association for the Education of Young Children (AEYC).

Cherie was nominated by a team member who recognized her hard work, passion, and dedication to the early childhood profession.

Cherie Kennedy is a Child Care Consultant in CCR&R's Dubuque office. Way to go, Cherie!

## Just Briefly

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

### Day Habilitation Gives Back

Special thanks to our Day Habilitation program and the Integration Specialists who helped out with the Cedar Falls Community Schools Foundation's fundraising letter campaign. Together they helped stuff over 6,000 envelopes at the Cedar Falls Public Library.

In 2016, the response to these letters helped support giving out over 40 grants to different projects in the school systems to enhance education.

Being able to give back to the community in such a huge way while simultaneously living out our own mission of promoting social interaction in the community is a win-win! Our mission would not be possible without people like you!



**Last year stuffing the envelopes at the public library.**



## Small Steps Leads to a Bigger Journey

For some it may seem completely normal to leave the house, but for John, leaving and being social, has not come naturally.

When we met John he preferred to stay home rather than seek social activities but after hearing about our Day Habilitation program John decided to give it a try.

He gradually started going twice a week. He enjoys his time spent in the program so much, he now attends four times a week.

He likes being given the opportunity to volunteer in the community but also enjoys down time of playing cards and socializing with friends.

John comes home from Day Hab with a smile on his face and is very eager to share stories about the activities of his day.

Since attending EPI's Day Hab program, he's now added coffee with friends and church to his schedule.

## Thank You for Your Help!

Thank you for helping us fulfill needs on this year's Giving Tree and a big thank you to CBE Companies, Waterloo Police Protective Agency, Larry K. Fox & Associates, and Harrison Truck Centers for hosting EPI Giving Trees.

With your help, we were able to fulfill over 250 needs such as, walking shoes, winter coats, and even a few board games for fun!

You've helped make seasons a little brighter, and for that, we are all thankful.



### Exceptional Persons Foundation Board of Directors

RUSS CURTIS - President  
Volunteer

KIM FETTKETHER -  
Vice President  
Veridian Credit Union

LARRY FOX - Treasurer  
Larry K. Fox & Associates

CHRIS FEREDAY - Secretary  
PDCM Insurance

COREY CLARK - Past President  
Volunteer

JORDAN ALBORN  
FSB Premier Wealth  
Management, Inc.

KIRSTEN ARNOLD  
Redfern Mason Larsen &  
Moore, PLC

HEATHER GUNDERSON  
BerganKDV

WADE ITZEN  
BankIowa

FRANK ESSER  
UNI Foundation

DAN LEVI  
Levi Architecture

CHRIS MUDD  
Mudd, Inc.

THERESA PAGEL  
UnityPoint - Allen Hospital

VICKI PARSONS  
Kailo L.C.

FLOYD WINTER  
Volunteer

## Current Career Openings

Administrative  
Services Director

Bus Driver

Day Habilitation  
Group Leader

Direct Support  
Professional

Direct Support  
Professional -  
Night Attendant

## Agency Leadership Team

MARY JANSSEN  
Children & Family  
Services Director

DEB JUNGLING  
Business Director

LISA PATERNO  
Human Resource  
Director

KATIE SLADE  
Organizational  
Development Director

CHRIS SPARKS  
Executive Director

## Finding Meaning in Loss

by Diane Holmes, LISW

The onset of symptoms - the recognition that something is wrong with us - raises alarm. We tell others, consult with doctors, have medical tests, and feel a sense of urgency to do something, fix something - we are in a state of crisis.

When the diagnosis of Multiple Sclerosis (MS) is made, we are relieved, knowing something can be done, but with the disease comes uncertainty. It not only affects our bodies, it can change everything, setting the stage for “ambiguous loss”, our loss is “unclear, indefinite, vague”, and it cannot be resolved or cured.

According to Pauline Boss in her book, *Loss, Trauma, and Resilience: Therapeutic Work with Ambiguous Loss*, “the inability to resolve the situation causes pain, confusion, shock, distress, and often immobilization”. But, we and those who care about us, cannot be afford to be immobilized. Dr. Boss states further, “We assume pain is bad and must be eliminated...but pain often has a function...it leads to change”. And, change, we must.

By focusing on our ability to change and adapt, we mobilize our inner resources, our resilience, our ability to find meaning, moving us beyond “crisis”. John S. Rolland, M.D. in his book, *Families, Illness, & Disability: An Integrative Treatment Model*, points out everyone touched by the diagnosis - the person with the diagnosis, family, friends, co-workers, and physicians - can become part of the treatment process, when their distress is acknowledged, too. This promotes a sense of empowerment, we believe can do something, and we are not alone.

Finding meaning in life promotes resilience, defined as “recovering strength, good spirits, etc., quickly”. Dr. Boss suggests finding meaning “to reconstruct new hopes and dreams” for the future by:

- **Naming the Problem** - increased understanding of the problem helps us “move forward despite uncertainty”
- **Dialectical Thinking** - being able to “hold two opposing ideas”, I am healthy *and* I have MS
- **Religion and Spirituality** - “connect with the spiritual part of our lives”

- **Forgiveness** - forgive our genetics, our bodies, medical science, whatever we need to forgive
- **Small Good Works** - helping others reminds us we are not alone and that we can make a positive difference
- **Rituals** - celebrate holidays, birthdays, things that have meaning for us
- **Positive Attribution** - believe we can thrive, despite the obstacles we face
- **Sacrifice for a Greater Good or Love** - focus on loving and caring for family, for example
- **Perceiving Suffering as Inevitable** - despite change that is out of our control, believe we can adapt
- **Hope** - believe we can thrive, despite the obstacles we face

Life affected by MS can bring unexpected changes, for us and those who care about us. But, MS is not who we are, it is a condition we have, that we can treat, learn to adjust to, and move on to live a life of love, meaning, and hope.

## MS Support Groups

### March

- Bremer/Butler, 3/14 - 10:30 am
- Waterloo, 3/21 - 11:00 am

### April

- Bremer/Butler, 4/11 - 10:30 am
- Waterloo, 4/18 - 11:00 am

### May

- Bremer/Butler, 5/9 - 10:30 am
- Waterloo, 5/16 - 11:00 am

### June

- Bremer/Butler, 6/13 - 10:30 am
- Waterloo, 6/20 - 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:

Boss, P.; 2006; *Loss, Trauma, and Resilience: Therapeutic Work with Ambiguous Loss*

Rolland, J.S.; 1994; *Families, Illness, & Disability: An Integrative Treatment Model*

Simon, Schuster; 1981; *Webster's New World Dictionary; Student Edition*



*DSP Five Star Club*

ALLISON IBURG

ANDREW ARTHUR

CHRISTY  
BODECKER

MICHELLE DENNIS

PATRICIA EREMIEFF

PHILIP GILLOTT

RACHEL KLMKE

TIFFANY PETTIT

TONY MOREHEAD

SHANNON HENSON  
Job Coach

DAWN VANCE  
Integration Specialist

TAYLOR  
RICHARDSON  
Group Leader



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

ELECTRONIC SERVICE REQUESTED

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



### Our Mission

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



### 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](http://www.episervice.org).



### Mark Your Calendar

**April 6** More Than You See is back this year at the Hilton Garden Inn in Cedar Falls! Get your tickets online at [www.episervice.org](http://www.episervice.org) today!