

Winter 2017



EPI News



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

We still 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.

Presented By:

**DanDeery
Motor Co.**

More Than You See 2017 - Reserve Your Seats Today!

March 31, 2017, marks our fourth
annual More Than You See dueling
pianos benefit. Make plans today to
join us.

This year is sure to be the best
yet with a new location, The Hilton
Garden Inn Cedar Falls, amazing
dueling pianos by 176 Keys Fun
Pianos, and our fun and hilarious MC,
Cory Ford from KCRR 97.7. The event
also features exciting silent auction
items.

Best of all, by supporting More
Than You See, you'll be supporting
persons in living independent lives in
the community.

Reserve your seats today while they
are on sale! Buy a table for you and
your friends or come and make new
friends. Use code EARLYBIRD to
receive a \$10 discount off each
reservation through February 28.
Head online to www.episervice.org to
grab your seats today before they
are gone!



Friday,

**MARCH 31, 2017
6:30 PM**

Cedar Falls
**HILTON
GARDEN INN**

#EPI_MTYS

Act now!

**RESERVE SEATS today at
WWW.EPISERVICE.ORG
USE DISCOUNT CODE
"EARLYBIRD"
OFFER ENDS FEBRUARY 28**

▶▶▶
EPI
Celebrates
60 Years!

1957

May 21, EPI officially incorporated to provide program planning, service coordination, and began advocating for people in the community

1957

Bill Brown Founding Executive Director

1976

EPI Starts offering Child Care Resource and Referral services.

1983

Gary Mattson named Executive Director

1998

Chris Sparks named Executive Director

1999

Exceptional Persons Foundation is established

*Contact with
Newsletter
Questions:*

BETHANY GIACHINO
Communications &
Development Specialist

Celebrating 60 years

1957

Exceptional Persons, Inc.



2017

by Chris Sparks

"In 1957 Exceptional Persons, Inc. was created by a few visionary people with a 'can do' attitude and a determination to make the community a better place for everyone." - Bill Brown, Executive Director from 1957 - 1983.

Reaching a new milestone - our 60th anniversary - causes us to pause and reflect on the experiences and people we've had the good fortune to meet along with way.

The beginning was simple, families were seeking better opportunities for their children. Very few community services were available in the 1950's.

We also pause to look ahead, and how we must evolve and adapt to meet each new challenge that comes our way so you can rely on us for years to come.

While we do so, we strive to ensure that the heart, the spirit of EPI, remains - where the people we serve always come first.

As we considered our past and listened to the voices of our current stakeholders, a new vision and mission took shape. We share those with you here.

VISION

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.

MISSION

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

We are proud of our rich history, and with your support, together, the next 60 years are sure to make us just as proud.

Thank you for being a part of our past, our present, and our future.

CHOICE Gives Back



Recently, CHOICE members had the opportunity to help out our friends at the Cedar Falls Community Schools Foundation. In one day's time, CHOICE assembled 5,000 donation cards, letters, and stuffed the envelopes for their annual Tradition of Excellence mail campaign.

As a result of CHOICE's efforts, the donations to the Cedar Falls Community Schools Foundation will be used to provide opportunities to the students of Cedar Falls schools!

Our friends at the Cedar Falls Community Schools Foundation were incredibly grateful and thanked us extensively for our help.

CHOICE is a Day Habilitation service that is designed to provide members the opportunity to fully integrate in their community while developing important relationships, life skills and community involvement.

EPI's CHOICE program is individually tailored support systems which assist with the acquisition, retention, or improvement in skills related to living in the community.

The program focuses on community based services where individuals have the opportunity to grow, develop, and increase independence as a result of participating in meaningful activities.

These activities meet one or more of the following criteria:

- Giving back to the community
- Increasing or maintaining stamina
- Increasing community integration

The CHOICE program is currently giving back throughout the community Monday through Friday. This program makes an important impact on our members of the community.

To learn more about the CHOICE program, visit our website at www.episervice.org or call us today (319) 232- 6671.

◀◀◀ CHOICE
giving back to
the Cedar Falls
Community
School District

*Businesses CHOICE
gives back to:*

- Salvation Army
- Prairie Lakes Church
- Northeast Iowa Food Bank
- Apostolic Church
- Kids Kingdom
- Northcrest Health Care
- Bickford Cottages
- Lakeview Lodge
- Windsor Care
- Cedar Falls Health Care Center
- YWCA
- Cedar Valley Arboretum
- Community Meals
- ReStore
- Humane Society
- Public Library
- Cedar Falls Community Schools Foundation



Cornerstone Giving

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

EPI Staff Dishing up their Plates at the Holiday Meal

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

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Volunteer

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Attorney

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Doerfer Companies

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Huff Home and Land

BRUCE MEISINGER
Volunteer

JOHN MONAGHAN
PDCM Insurance

CLARK PORTER
Porter Family Farms

JUSTIN STOCKDALE
AEA 267



Nominees for ANCOR's DSP of the Year

Congratulations to Abby Getz, Ciara Oder, and Gwen Lewis, they have been nominated for the American Network of Community Options and Resources (ANCOR) DSP of the year.

Abbey Getz, left, has been with EPI for just shy of a year but has already proven her dedication to the mission by the way she advocates for the people she serves.

Ciara Oder, middle, is going on her third year at EPI. Ciara is a role model. She easily comes up with new creative ideas.

Gwen, right, has been with EPI for a total of 30 years! Since the beginning she has shown her passion for the people she serves by always making sure they are getting what they need.

ANCOR will select state winners and a national DSP of the Year and recognize them at the 2017 ANCOR Conference in San Antonio, Texas.

Help us in wishing them good luck as they embark on this wonderful journey!

Legislative Watch

Just Briefly

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

Recently, ANCOR's Senior Director of Government Relations presented to the President's Committee for People with Intellectual Disabilities (PCPID) on behalf of making the workforce a main focus for direct support for people with disabilities.

It has since been announced that PCPID will make the workforce the central focus in the coming year.

Though there are many issues important to the community, in order to allow many people to freely live their lives, ANCOR points out workers must be fairly compensated, compassionate, and well trained.



Employee Holiday Meal

This year we were able to bring together over 200 staff for a holiday meal. We work to deliver meals to those who were working and could not make it.

We are grateful for each and every one of our staff.

Thank You For Helping Fulfill Over 270 Needs!



There is no better way to celebrate the holidays than by giving to others. The feeling you get when watching someone open the perfect gift you found or knowing you gave a gift to someone who wouldn't normally receive one is heartwarming and hard to match.

That is why the EPI Giving Tree is so important. To make sure the individuals we support, who would typically not receive a gift, are remembered around the holidays.

The Giving Tree holds tags which communicate modest needs (such as winter coats, clothing, music CDs) to an army of secret Santa's hoping to brighten someone's holiday.

Though the amazing support of our community, staff, local business, and organizations, we were able to fulfill over 270 needs on the tree this year.

You searched high and low, braving the stores and sales to ensure everyone who had a need on the tree didn't go without. And for that, although it doesn't seem like enough, we say a heart felt, **"Thank You."**

We would like to take a moment to say a special thank you to the following businesses and organizations in our community who supported the Giving Tree this year by hosting a tree.

- Ameriprise - Larry K. Fox & Associates
- CBE Companies
- Harrison Truck Centers
- Waterloo Police Protection Association

Thank you for being a part of the Giving Tree and bringing a smile and some joy this holiday season.

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

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KIRSTEN ARNOLD
Redfern Mason Larsen &
Moore, PLC

HEATHER GUNDERSON
BerganKDV

WADE ITZEN
Banklwa

DAN LEVI
Levi Architecture

CHRIS MUDD
Mudd, Inc.

THERESA PAGEL
UnityPoint - Allen Hospital

VICKI PARSONS
Kailo L.C.

FLOYD WINTER
Volunteer

Current Career Openings

Direct Support
Professional

Human Resource
Benefits Manager

Program Manager

Program Manager II

Quality Improvement
Staff Development
Assistant

Quality Improvement
Specialist

Quality Outcomes
Manager

Regional Child Care
Consultant Supervisor

Agency Leadership Team

MARY JANSSEN
Children & Family
Services Director

DEB JUNGLING
Business Director

LISA PATERNO
Human Resource
Director

SUSAN SEEHASE
Services Director

KATIE SLADE
Organizational
Development Director

CHRIS SPARKS
Executive Director



MS Lesions Can Disrupt the Urinary System

by Diane Holmes, LISW

The commercial with the clever jingle, “Got to go, got to go, got to go, go, go” can make us chuckle, but for people with MS who have urinary system problems, it is no laughing matter.

Function of the urinary system requires messages to travel through the central nervous system. Those messages, however can be disrupted by MS lesions. When the systems function normally, the urine collects slowly in the bladder until it expands to hold 4-8 ounces of urine.

MS lesions disrupt the flow of neurological messages back and forth, between the urinary system, spinal cord and brain, causing malfunctions of the urinary system.

“Failure to store” urine is caused when over active bladder muscles contract, even when there is

only a small amount of urine in the bladder, causing the urge to urinate frequently.

With “failure to empty,” the message through the spinal cord to empty the bladder is disrupted. The sphincter does not relax, so the bladder does not empty completely. The bladder continues to fill and expand, causing an enlarged, overly relaxed bladder, referred to as “flaccid” bladder, resulting in hesitancy in urination. Both conditions can cause urgency to urinate, dribbling, and incontinence.

A third condition, “combined dysfunction” in which the bladder and sphincter muscles contract at the same time, causes a combination of “failure to store” and “failure to empty,” leading to urgency, dribbling, hesitancy and incontinence.

The concern about urinary problems is the risk of urinary tract infection (UTI), which usually occur when the bladder does not completely empty, allowing bacteria to breed and mineral deposits to form stones, which irritate the bladder. A UTI can cause urgency, frequency, burning, pain in the abdomen and/or back, fever, muscle spasms, and dark, foul smelling urine. However, at times infections can occur without noticeable symptoms.

A UTI can cause MS symptoms to worsen, referred to as a “pseudo exacerbation.” When the infection is gone, function generally returns to what it was before the infection. Beware! Without treatment, a UTI can be life threatening.

[The next EPI News will provide information about the treatments for urinary system problems.]

MS Support Groups

February

- Bremer/Butler, 2/8 - 10:30 am
- Waterloo, 2/15 - 11:00 am

March

- Bremer/Butler, 3/8 - 10:30 am
- Waterloo, 3/15 - 11:00 am

April

- Bremer/Butler, 4/12 - 10:30 am
- Waterloo, 4/19 - 11:00 am

May

- Bremer/Butler, 5/10 - 10:30 am
- Waterloo, 5/17 - 11:00 am

June

- Bremer/Butler, 6/14 - 10:30 am
- Waterloo, 6/21 - 11:00 am

July

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

“Urinary Dysfunction & MS”, National MS Society

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

Schapiro, R.T.; Symptom Management in Multiple Sclerosis, 3rd Edition; 1998

2016's DSPs of the Month

SAM CARPENTER
January

GWEN LEWIS
February

HARRINAN JOWAY
March

ASPEN OLSEN
April

PATRICK TOUR
May

CIARA ODER
June

MIKE SWYTER
July

BRADON TRIMBLE
August

AMBER DIVENY
September

MEGAN SCHAU
October

AMY FROST
November

ABBY GETZ
December

Exceptional Persons, Inc.
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Waterloo, IA 50704 - 4090

ELECTRONIC SERVICE REQUESTED

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Organization
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Waterloo, IA



Our Mission

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



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.



Mark Your Calendar

March 31 More Than You See is back this year at the Hilton Garden Inn in Cedar Falls with MC, Cory Ford, from KCRR 97.7! Get your tickets online at www.episervice.org today.

May 20 Zsavooz Sports Lounge & Grille is hosting a 4-person best shot golf tournament, proceeds benefit EPI, at South Hills Golf Course. Shot-gun start at 7:30 am. Price is \$65 per person or \$260 per team. Includes golf, cart, t-shirt, and food. Teams can sign up at Zsavooz - 206 Brandilynn Boulevard in Cedar Falls.