

Medicaid Expansion

There are many compelling issues being discussed at the state legislature this session. They include; continuing work on the mental health/developmental disabilities redesign – how that will look when Iowa organizes into regions, and then how it will be funded. Those efforts will continue through the next session and will involve much more work.

However, one of the most discussed topics this legislative season is Medicaid expansion. This opportunity to protect the health and welfare of many Iowans has a deadline that will occur this fall. This looming deadline is a critical one to ensure that Iowans who are poor, or don't fall into the "right" diagnosis, will still be eligible for a Medicaid waiver. Iowa has an opportunity to protect these fellow citizens by enrolling in a program that the federal government will fully fund until 2017.

A recent poll shows a majority of Iowans support expanding the state's Medicaid program so that it would cover more low-income residents.

1. It gives low income, uninsured Iowans access to health care particularly early and also preventive care. It protects individuals from catastrophic health events.
2. Many individuals with mental illness would be able to access appropriate medication and treatment, allowing those citizens to be healthier and be able to participate in the community. With good medication and support, fewer people will be placed into institutional care (jails, psychiatric units and other costly facilities).
3. It saves on uncompensated health care costs. Emergency Room visits shift to Primary Care providers. The State pays for less expensive services.

4. By participating, Iowa offsets cuts that health care providers are getting from Medicare.
5. Health care providers receive payment for the services they provide.
6. Bringing federal dollars into Iowa for Medicaid expansion increases consumer spending.
7. Businesses save money, experience less absenteeism, and see increased productivity.
8. It promotes a healthy Iowa population supporting the Governor's goal of being the healthiest state in the Union.

Any state that participates in Medicaid expansion will benefit. The federal government has committed to pay 100 percent of costs from 2014 to 2017. After that, the federal share would gradually decline to 90 percent in 2020 and remain there. Currently Iowa has a federal/state match of about 60/40. That means Iowa spends about forty cents for each dollar of the Iowa Medicaid tab.

Iowans care about their citizens. There have been many groups circulating petitions including the American Cancer Society, AARP, the Iowa Hospital Association, health groups and individual advocates. Hundreds of Arc supporters have already signed on, and we support these efforts. Follow updates at www.ime.state.ia.us.

Thank you to the St. Cecilia Knights of Columbus for sponsoring our annual Tootsie Roll drive. Close to 30 Knights and Arc members participated in the event which raised \$1,170 to support The Arc Active Lifestyles program. Active Lifestyles offers Special Olympics sports and other recreational activities for members.



Message from the Director

Welcome to our first quarterly newsletter from The Arc of Story County.

This is a very exciting time at The Arc. We have a record number of athletes participating in our programs; we have scheduled new recreational and social programs for the summer that you will learn about later in the newsletter; we have received funding for the next fiscal year; and we live in a community that supports our efforts as we strive to enrich the lives of people with developmental and intellectual disabilities as they learn, work, play and grow within our community.

We will soon be sending out a survey for self-advocates, professionals and parents. I hope you will take the time to give us your feedback. The Arc is about service, advocacy, inclusion, family and community. It is through your feedback

that we are able to support and educate in each of the areas stated. We hope you will assist us on our journey by completing the survey.

Thank you to those of you who came out to support our athletes at the State Special Olympics competition in May. It was a wonderful three days spent with friends, family members and our athletes.

Thank you to everyone who has supported The Arc of Story County during 2013. Whether it be through your time, talents or monetary donation, we wouldn't exist without you.

Stay in touch with our website, emails and newsletter to make sure you have all the latest information.

*Tricia Crain
Executive Director*

Do you know someone with an intellectual or developmental disability? Maybe you know someone who does. They may be your friend, neighbor, schoolmate, co-worker or someone else who is an important part of your life. Perhaps you've wondered what you can do to help them lead lives of full participation and inclusion in the community. If you have an interest in getting involved, The Arc can help you. The Arc is an advocate for people with intellectual and development disabilities, preserving and protecting fundamental rights through advocacy and action in support of legislation for civil rights, employment, housing, and numerous supports. We connect people with disabilities, their families, professionals, and others (like you?) to create hope, growth, and change. This is your chance to join us as an advocate, not only for the person you know, but for millions of people living with intellectual and developmental disabilities. We'll work with you to make a difference with a clear, strong, collective voice.

Summer Activities and Offerings

We're very excited to be expanding our summer activities and social events! Each



month we have scheduled a fun "Night Out." On June 4, we will be hosting a "Picnic in the Park" at Hickory Grove Lake and Park in Colo. Bring a picnic meal, and join us for games, camaraderie, swimming in the lake, or rent paddle boats and canoes. July will find us at Reiman Gardens for a guided tour of the grounds. August means our annual ICubs game! We end the summer in September with our annual Fall Bar-B-Que.

Summer recreational activities include something for everyone! During the month of June we have Frisbee golf, bowling, softball, and kickball. July brings the

addition of sand volleyball to the schedule. Cycling and walking will round out August, along with all the other activities offered throughout



summer. There will be opportunities to participate four to five nights out of the week *all summer long!*

Please check our website often for the schedule of events. You will also continue to receive email updates of all weekly activities and events.

www.thearcstory.org

Volunteer Spotlight



Picture this: Thirteen Special Olympic Athletes riding their bikes from our offices on Sheldon to the Ames Middle School every Friday afternoon.

And these aren't just any bikes; they are large three-wheeled tricycles.

Brandon Huth, an avid biker, learned about The Arc through a close friend who is also a volunteer coach. Brandon started asking about the various Special Olympics sporting events offered through The Arc. When he heard we

didn't offer cycling, he volunteered to coach the event. Brandon found storage for the tricycles...carrying them up and down two flights of stairs for every practice; he arranged for a place to practice, and recruited other Iowa State students to assist him with coaching.

Brandon graduated in May from Iowa State with a double major in Chemical Engineering and Environmental Studies. He has a job waiting for him in Urbandale, as a Production Engineer for Pepsi.

Brandon shared, "I can be having a bad day, but the athletes don't care. They have a story for everything, and it always makes me smile."



The Arc of Story County's annual Garage Sale will be held Friday and Saturday, August 23-24, at 2003 Polk Drive in Ames.

Donations of small appliances, housewares, games, infant equipment, infant clothing, athletic gear, seasonal items, collectibles, furniture, etc. will be welcomed daily beginning Sunday the 18th (no adult clothing please).

Volunteers will be needed throughout the week for "processing" donations — cleaning if necessary, checking electronics, sorting/sizing linens, and categorizing merchandise. To volunteer your time or for more



information contact Susan Teas susanteas@gmail.com, phone 515-450-9226 or The Arc Office info@thearcstory.org, phone 515-232-9330.

Last year we raised over \$2,600 for our Active LifeStyles program!

Arc of Story County Board of Directors

Joani Miller, President

National Coop Groceries Association

Judi Eyles, Vice President

Iowa State Pappajohn Center for Entrepreneurship

Susan Teas, Past President

Heartland AEA, retired

Lesley Hawkins, Secretary

Iowa State University, retired

Carey Miller, Treasurer

Community Member

Janet Heintz

Heartland AEA, retired

John Timmons

Pasley & Singer Law Firm, LLP

Jerry Busta

Ag Leader Technologies

Kim Lively

Walmart

Larry Dix

Story Construction

Anthony Pollard

Renewable Energy Group

Mary Ann Fleshman

HyVee Food Stores

Natalie Seibold

Friendship Ark Homes

Kathy Schnable

Ames Community School District

Jim Kincart

Norris Asphalt Paving Co., Retired



The Arc[™]

Story County

The Arc of Story County
130 S. Sheldon #302
Ames, Iowa 50014
515.232.9330 phone
413.798.2735 fax

Achieve with us.

*Service and support for people with
intellectual and developmental disabilities*

www.thearcstory.org

Inside:

Medicaid Expansion

Message from the
Director

Summer Activities
and Offerings

Volunteer Spotlight

Board of Directors

Garage Sale Time!