

Positive Outcomes

Spring 2019



Waverly Center's Jamboree a hit!

On October 16, 2018 more than 170 friends, family, and community members gathered at St. Mary Church in Waverly to enjoy the Waverly Center's 13th annual fall production, and as always, the show was outstanding! This year's program was titled "North Star Jamboree." When planning the event, it was felt that since a jamboree is defined as "a large, festive celebration," it would be the perfect name for this year's show as 33 performers assembled to celebrate their musical, acting, and dancing talents with the audience.

The group worked for several months practicing music and making the sets and props that were used during the production. Featured vocalists were Jeremy Kluitert, Cody Adams, Chad Olson, Lynn Taylor, Koni Wee, Joel Brase, Travis Folkerts, Sonya Foutch, and staff member, Ray Dixon (who was also the production manager). Making their first appearances in a North Star production were Anna Foster, Cavanna Seliger, and Richard Uhlenhopp.

An eclectic mix of music was represented, including: "The Gambler" (Kenny Rogers), "Only Time" (Enya), "L'il Red Riding Hood" (Sam the Sham and the Pharaohs), "Ghostbuster's Theme" (Ray Parker, Jr.), "Perfect" (Ed Sheeran), "The Long Black Train" (Josh Turner), "Fiddle in the Band" (Alabama), "When You Say Nothing at All" (Alison Krauss), "I Walk the Line" (Johnny Cash), "Have You Seen the Rain" (Creedence Clearwater Revival), "Angels Among Us" (Alabama), and the "Burger Dance."

Acting and dancing were Andrew Carrier, Travis Moeller, Tim Gallmeyer, McKenna Hart, Dakota Bushman, Holly Forest, Sarah Carlin, Courtney Tharp, Heather Hendricks, Darren Tiedt, April Gilbert, Alison Cusick, Hope Eickhoff, Dean Shonka, Russell Lalk, Haleigh Swick, Danielle Jensen, Sierra Pleas, Jay Billington, Janet Schwerin, and Lacie Vorthman. Greeting the attendees was Brent Westmeyer.

Special thanks to St. Mary Church for hosting the event, Janesville United Methodist Church-Rebecca Circle for providing the tasty refreshments, Duane Schwickerath, Jim Stout, and our other outstanding volunteers for their support. And, as always, thank you to our staff, families and guardians who help make it all possible!



Sierra & Lacie



Sonya



Anna & Joel



Darren



Cavanna

Who We Are:

ADULT DAY SERVICES

Waterloo, Waverly
Newel Post
Canterbury Center

SUPPORTED COMMUNITY LIVING

Serving people from Northeast,
North Central and Central Iowa
from offices based in:

Waterloo
Waverly
Charles City
Marshalltown
Mason City
New Hampton
Vinton
Toledo



Accredited for Community Integration
and Supported Living

MISSION

North Star Community Services
empowers each person to
realize potential,
pursue dreams,
and enjoy life.



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Facebook

Helping his community...

Meet Kenny, a life-long resident of Dysart who is a participant in the Supported Community Living (SCL) program through the Vinton office. Since North Star first began providing support services to Kenny, he has made great strides, and now North Star staff members only need to meet with him once a week. Vinton's Assistant Director, Andrea Behrens relates that "when we first began working with Kenny, he was very shy and not very confident talking to others. Since then, he has grown much more comfortable around people, enjoys getting out to do things, is very friendly, and well-known around town."



Kenny likes to participate in just about any activity. Some favorites include going to the Rec Center to exercise, attending sporting events, going fishing, and he loves going to fairs. Kenny enjoys holiday parties and going bowling with friends.

He likes to keep busy. A hard worker, Kenny mows lawns around town in the summer, and shovels snow in the winter. Recently, the Dysart Volunteer Fire Department invited him to help them out. When he hears the sirens go off in town, Kenny rides his bike to the fire station. He helps load water onto the fire trucks and helps clean-up when they return. In October, he had a great time helping at the annual Fireman's Breakfast, keeping busy filling syrup bottles and cleaning tables.

Kenny attends all fire station meetings to keep himself informed. He exclaims, "I like being part of the Dysart Fire Department. I like helping do whatever I can do!" The Dysart Fire Chief, Tim Brown, states, "Kenny can be counted on to be at the station and help with whatever he is asked to do. He is a great guy."



Jennifer on a fall visit
to the Pumpkin Patch!

SAVE A TREE

In an effort to be good stewards of our earth, not to mention saving some green, we would like to e-mail our newsletter to you.

Join our online community.

Please send your
e-mail address to:

jmuller@northstarcs.org

Meet North Star's Management Team (first in a series)



Terri Davis

Director of Financial Services
(20 years)

Q. What are your job responsibilities?

I provide accounting function and financial services, including billing, accounts receivable/payable, purchasing, payroll and cash receipts.

Q. What is your favorite thing about working at North Star?

Working in a caring atmosphere with caring staff who help our consumers to realize their potential, pursue their dreams and enjoy their life.

Q. What are reading?

"The Girl with Seven Names," by Hyeonseo Lee.

Q. Do you have a favorite T.V. show or movie?

My favorite T.V. shows are "This is Us" and "The Voice." Favorite movies are "Mary Poppins" (original) and "Up."

Q. What is your favorite go-to treat?

Dark Chocolate

Q. Do you have a favorite song that makes you turn up the radio and sing-along?

The songs on the "Mamma Mia" soundtrack.

Q. Where do you like to go out to eat?

Rudy's Tacos

Q. What is favorite hobby?

I play the piano, jog, and ride bicycles.

Q. What is a fun fact about you?

I completed a half marathon (an accomplishment for me)!



Colette Ruth

Director of Waverly Center
(25 years)

Q. What are your job responsibilities?

I oversee both programs in Waverly (SCL and Day Hab), and also the SCL programs in Charles City, Mason City, and New Hampton.

Q. What is your favorite thing about working at North Star?

I enjoy the relationships I have built with the people we serve. I love to watch the consumers achieve, smile and enjoy life! I love to watch staff learn, succeed and grow.

Q. What are reading?

Outlander

Q. Do you have a favorite T.V. show or movie?

Right now I watch "Walking Dead" or "Game of Thrones" on T.V. I enjoy Hallmark movies.

Q. What is your favorite go-to treat?

Going for a monthly or bi-monthly massage.

Q. Do you have a favorite song that makes you turn up the radio and sing-along?

Old 80's rock – especially Bon Jovi.

Q. Where do you like to go out to eat?

The O.P in Waverly.

Q. What is favorite hobby?

I read, and I enjoy taking pictures.

Q. What is a fun fact about you?

I am a big ISU fan!

We ❤️ Day Hab because...



"I like North Star. I like making crafts. I like the staff. I like the outings, especially the coffee runs and the Waterloo Sportsplex. I like my friends and the visitors."

Jon



"Coming to North Star makes me happy! I like being around staff and my friends. I like Ray's class, playing the Wii and singing at the Nursing Home in Clarksville"

Dean



"I like my staff at North Star and enjoy outings and activities. Since I love to sing and dance, I enjoy Music Therapy. One favorite song is "Time after Time" by Cyndi Lauper."

Andrea



Mary Anderson

Director of Day Hab Services
(39 years)

Q. What are your job responsibilities?

I oversee the day program at 3420 University Ave., Waterloo, supervising ten staff. I also oversee the Federal

Food Program.

Q. What's your favorite thing about working at North Star?

I enjoy my interactions and conversations with the people we serve. I like to give tours – showing visitors what a great day habilitation service and facility we provide for persons served

Q. What are reading?

I like to read a variety of authors, both fiction and non-fiction. I am reading Danielle Steele.

Q. Do you have a favorite T.V. show or movie?

No favorites.

Q. What is your favorite go-to treat?

Starbuck's Ultra-Caramel Frappuccino

Q. Do you have a favorite song that makes you turn up the radio and sing-along?

There are a wide variety of songs that I like!

Q. Where do you like to go out to eat?

I don't go out to eat – except the O.P. or Mama Nicks once a year.

Q. What is favorite hobby?

I read, and in the summer I spend weekends at my cabin.

Q. What is a fun fact about you?

I have four adult children, eleven grandchildren and four great-grandchildren.



Bridget Hartmann

Director of Operations
(33 years)

Q. What are your job responsibilities?

My job includes a variety of tasks that all revolve around overseeing human resources, technology, buildings and

grounds, and safety.

Q. What is your favorite thing about working at North Star?

It is never dull! I work with a great bunch of people and I am committed to the services we provide to the wonderful people we serve.

Q. What are reading?

“White Oleander,” and I just finished reading “Becoming” by Michelle Obama.

Q. Do you have a favorite T.V. show or movie?

I loved the T.V. series “Parenthood” and currently watch “This is Us.” My favorite sappy movie is “Serendipity.”

Q. What is your favorite go-to treat?

Frosted sugar cookies

Q. Do you have a favorite song that makes you turn up the radio and sing-along?

“Viva la Vida” (and of course, “Born to Run”).

Q. Where do you like to go out to eat?

We seem to end up at the OP on University a lot, but (for a splurge) I really love Galleria dePaco.

Q. What is favorite hobby?

Being outside – kayaks or bikes.

Q. What is a fun fact about you?

I just finished five years of adult piano lessons and started a stained-glass class. I am also learning to quilt.



For the eighth year in a row North Star participated in the “**Healthiest State Walk.**” On October 3, 2018 around 60 walkers from North Star’s “Team Shining Stars” joined thousands of other Iowans from all 99 counties for a 30-minute walk. The event is meant to show support of the state’s initiative to improve Iowan’s health and happiness, while we pursue the goal of becoming the #1 healthiest state in the nation (Iowa currently ranks #18).



From the Executive Director's Desk



Dear Family and Friends of North Star Community Services,

What a winter it has been!! We experienced a polar vortex, record-breaking snowfall, and pothole filled roads...all things we grumbled through. And yet, we also can celebrate:

- the introduction of EDoc for our Day Hab and Adult Day Care programs. EDoc is an electronic documentation platform that enables us to capture our services electronically versus handwriting notes, saving time and money. This will allow us to more securely file documentation records electronically instead of storing paper in boxes.
- the restructuring of our Consumer Council to include persons served from each of our office locations. The Consumer Council is a group of persons served who were nominated and elected by their peers and is designed to be an advocacy group. They meet monthly to discuss issues of importance determined by the persons served and will bring topics needing further discussion to North Star administration.
- the kickoff to North Star's play production, Shrek, the Musical Jr. - which for the first time includes persons served from both our Canterbury Center and Waverly Center programming locations.

I don't know about you, but the last two bullet points are what demonstrates to me the mission-driven work that North Star Community Services provides. It will be opportunities and experiences such as these that I look forward to sharing within our community. Starting this month, I will begin meeting with community leaders, organizations, and businesses. I will be exploring ways to increase the number of North Star's partners, as well as build stronger partnerships with those we have worked with over the years. If you are interested in joining me in this work, or have suggestions, please don't hesitate to reach out to me.

As you are aware, our industry is ever-changing. This has become the norm, and something we are keenly aware of...but have no fear, North Star continues to demonstrate our adaptability to industry changes. The recent announcement of United Healthcare's decision to exit Iowa's Medicaid program has raised a lot of concern, fears, and worries. Be assured that North Star has already taken steps to partner with Iowa Total Care to provide persons served the option to choose the MCO of their choice, without concern about North Star's ability to serve them or not. We hope to finalize this agreement as quickly as possible.

You may have also heard about the ID SCL tiered-rate changes for supported community living. Although this change did impact us, I am glad to share this impact was minimal, affecting only two of the people we serve, and that we have been actively pursuing alternative funding sources.

I am proud to be a part of North Star Community Services; and recognize that it takes over 160 employees, and many community partnerships to provide the quality of services that we do. Take a moment to pat yourself on the back for your contributions -- Thank you!!

I interested in hearing from you. Please don't hesitate to ask questions and share ideas you may have. We all share in the responsibility to "*empower each person to realize potential, to pursue dreams, and enjoy life*" (staff and persons served alike).

Sincerely,

Valerie L Schwager

Save the Date



North Star's Van G. Miller Memorial Golf Outing

July 26, 2019 - 1:00 p.m.

Join us for a day of fun,
friends, food, and golf!

For more information:
www.northstarcs.org

Meet North Star's Board of Directors

North Star Community Services is governed by an all volunteer Board of Directors. There are currently twelve dedicated men and women serving on the board who work to advance North Star's mission both today, and for a sustainable future by making decisions for the prudent use of our assets, including finances, facilities, and people. (first in a series)



Vicki Schueler

Vicki Schueler retired from Waterloo Industries several years ago, where she was the executive assistant to the Vice-President of Manufacturing and Engineering. She attended the University of Northern Iowa in Cedar Falls.

Vicki lives in the country, and although her address is Cedar Falls, her home is closer to Hudson. Her family includes her husband, Tom, and Ginger their Sheltie. Vicki's favorite hobby is gardening, and she enjoys growing both vegetables and flowers. Last summer she grew 400 pounds of tomatoes; it's a good thing her other hobbies include canning, cooking and baking!

Vicki related that she enjoys serving on the board and truly believes in North Star's mission and the objective of helping people to live as independently and self-sufficiently as possible; perhaps reaching the ultimate outcome of someone who either no longer needs services, or significantly reduces their need for services.



Carolyn Martin

Carolyn Martin works for Western Home Communities as their Director of Volunteer Services. She grew up in Overland Park, KS. Carolyn attend Avila University in Kansas City, MO earning a B.A. in Sociology/ Gerontology. She received an M.A.

from University of Northern Iowa in Cedar Falls.

Carolyn resides in Cedar Falls with her dog, Bentley, who is a Bischon/Shih Tsu mix. Other members of her family include her daughter Dylan and son-in-law Jess, who live in St. Paul, MN and her daughter Riley and future son-in-law Seth, who live in Lakewood, CO. Carolyn's hobbies include crocheting, reading and traveling.

When asked why she chose to be on North Star's board, Carolyn stated, "North Star fills a need in our community for adults with disabilities. It is amazing to see so many people leading exciting lives with North Star's help. I joined the board to be a part of making these experiences possible."

Save The Date



Date: Wednesday, June 5, 2019

Time: 10:30 a.m. or 7:00 p.m.

Place: Gallagher Bluedorn
Performing Arts Center
Cedar Falls

Shrek

written by Nic Lampe



Shrek is a very entertaining play about an ogre (Shrek) on a quest to get all of the fairy-tale characters (freaks) out of his swamp. They were exiled out of the land of Duloc by Lord Farquaad (that's me!). It is also a quest Farquaad sets Shrek on to find and bring back the Princess Fiona to marry so he can be an actual "king"

The quest becomes treacherous when he encounters a fire-breathing dragon guarding the tower that houses the Princess/Ogre Fiona. Donkey, Shrek's companion (his unrequested companion) falls in love with the dragon who falls in love with Donkey.

All-in-all a very entertaining play to be in. I am very honored to be a part of this production. I hope everyone who desires to see it, gets to view it in its entirety.

Sincerely,

Lord Farquaad a.k.a Nic Lampe (Canterbury Center participant)