



“What you get  
by achieving  
your goals  
is not as  
important as  
what you  
become by  
achieving your  
goals.”

— Zig Ziglar

*This year we will be highlighting some special people and organizations who are making a difference in the lives of the disabled and their supportive families. We hope you make use of these connections as it is our hope that they will link our Special Needs Community in a more personal and supportive way.*

## let us introduce you . . .

Our first featured connection is LOMAH which is an acronym for Land of Milk & Honey. Founder **Kim Albrecht**, summarized her organization as “a mom planning the future for her teenager with differing abilities and inviting you to fumble through it with her.” While Kim’s humility shows in this description, her podcasts and the information on her website is anything but fumbling. On the website Kim says, “Like many parents, we have begun looking ahead to the future for our I/DD daughter and have many questions that do not seem to have answers. Where will she live? Who will care for her? How can she be kept safe? Will her life have a purpose and meaningful relationships? Where will she find her joy? We do not claim to know the answers to these questions for our child nor yours, but do promise to share what we are discovering along the way.” Her honest and sincere disclosures have helped many, and when we first heard of her efforts we were impressed with the practical but beneficial content she has created.

Kim describes how she hopes to help those on a similar journey by saying, “Our learning style is to seek out others who are ahead of us on this journey and link into their experience and wisdom. Research, interviews, and insights are formatted for your consumption via: weekly podcasts, informational and inspirational blog posts, social media shares and a bimonthly newsletter.” The weekly podcasts effectively cover topics such as IEP goals, housing models, travel tips for families and other relevant topics.



We would encourage our Casa Courier readers to visit [www.lomah.org](http://www.lomah.org) and see for yourself what a great resource this is. Whether you are a parent who feels all alone and unsure what to do next, or someone interested in learning more about the world of I/DD — the wonderful content on LOMAH is sure to be right for you!

## goals, resolutions, perspectives

*by Aaron Vorell, Executive Director of Casa de Amma*

We all have them. The new year is full of things we identify to improve and progress in so that we can achieve more of what is important to us. The goals or resolutions we choose say a lot about our values. The things that are important to us show though in the areas we put time, effort and money into improving.

In the world of human services, and more specifically support for adults with disabilities, goals can be complicated. The staff paid to help each individual grow in independence and maturity can give into the temptation to see the persons goals as the chief end of their job. This is especially challenging because we all want to know what our job is, what we are supposed to achieve. Can a support staff “succeed” even if the person they are working with made little to no progress in their set goals? I believe the answer to that question is YES — let me explain.

The goals a person may have, the things staff are working to accomplish, are never more important than the person. A 30-year-old woman’s goal might be to be on time for work and do all her tasks asked by her manager, but her success in that doesn’t describe the entirety of who she is as a person. While the goal is important to her independent living, she may have a set back of losing that job, yet through the growth and support of that experience she may experience a “success” never thought possible beforehand. In the same way a 45-year old man may have a goal of being more social and not isolating himself but if over the year he met few of the practical markers such as joining activities and spending free time with a friend, the essence of who he is and what he needs doesn’t change. As we often say at Casa about those we work with, “These are people, not projects.” People have ups and downs, successes and failures. None of our lives have a constant upward trajectory of success and no one who works with people should expect anything different. Knowing that people still care for us and are committed to us regardless if we meet all or none of our goals, is of the utmost importance!

Of course, this isn’t an excuse for reluctance and laziness on the staff’s part. Goals should be set and staff should work hard to help people achieve them. But if, or better yet when, the goals aren’t efficiently met we must remember it’s in the struggle that growth occurs. Projects are things to be completed, but people are deserving of compassion, patience and the correct perspective that the process is ultimately more important than the outcome — especially when we can’t control the outcome ourselves! So, no matter if you work with adults with disabilities, are a parent, or are in any other relationship, lets work to be more committed to the idea that a genuine commitment to another’s good is more important than the success or failure in short team goals. In doing so I believe we will find that when people know you support and care for them no matter what, they will actually be more successful — and that’s a good goal to have!

[www.casadeamma.org](http://www.casadeamma.org)