



**“An unexamined life is not worth living.”**

- Socrates



The longer I live life, the more beautiful life becomes. If you foolishly ignore beauty, you will soon find yourself without it. Your life will be impoverished, but if you invest in beauty it will remain with you all the days of your life.

Bob Martel / Casa Resident

resident profile / Meg Torpey

written by Casa resident Ken Merchant

Meg Torpey is pretty fascinating. She is a very thoughtful person and she is a published writer. She has been at Casa for eleven years and anyone could find out a lot about her by a quick discussion but I don't get the chance to sit down and talk with her too much. I always like what she had to say and never heard anyone else say anything to the contrary. I really wanted to interview a great person for my first resident spotlight so, why not Meg Torpey?

Meg Torpey or "Torpes," as many of the residents call her, was born at Mt. Zion hospital of San Francisco. She spent her childhood in Oakland. She later went away to school at Riverview back east. Like many of the early residents she first met Doug Leatherby there. She also remembers Todd Harbour well. She moved over to Casa shortly after it was first built. Much of what we know about Meg now is what she was like when she was younger. She has always liked reading, writing, and puzzles. She also has always liked movies. That's her favorite activity. I know you are thinking, "Casa always goes to the movies", but did you know Meg Torpey put out the "Sky High" activity when it was her month to do activities. That's the bungee free jumping into the foam pits. FOAM PITS!!! I am a little upset I missed this but hey I am pretty good with just movies, I mean I go see them by myself.

**KM: If Casa were a movie or T.V. show what would it be?**  
**MT: A mystery or a soap opera. How bout I love Lucy?**

**KM: I agree. What is fame and the route you would take to get there? You could be famous at anything.**  
**MT: Yes but it is best to do it through hard work. And be something that you wanna be.**

**KM: How do you define peer pressure and is it dangerous?**  
**MT: Its like adding cold water to a hot stove. You can't see if anything is really cooking, if u can see anything at all. If you are gonna cook something cook it and cook it the way you want to.**

**KM: Hey if you could change anything about casa with a magic wand what would it be?**  
**MT: I would make the apartments bigger.**



Ken Merchant



Meg Torpey

they came, they competed, they smiled!

Casa started a winning tradition about five years ago when we began fitness and nutrition challenges that included not just the residents, but the staff, friends and families participating side by side. Since then we have seen many challenges such as Casa Olympics, Casa Triathlon, Rethink-Your-Drink Challenge, Casa-Step Challenge, the Kettlebell Challenge and many more. With all of these unique events come fitness success, fun times and a growing feeling of family. On March 11th we held our latest Healthy Lifestyle Challenge — The Cardio Challenge. You may remember about a year and a half ago residents challenged staff to a Kettlebell Challenge, and then won by three seconds (see our website for the funny and entertaining video). The Cardio Challenge was a response to the residents where staff issued their own challenge for an 80's themed cardio event. The residents accepted and training began eight weeks prior to the big day. There were two activity options for staff and residents to choose from - sport or fitness - some offering modified activities that everyone could do.

The lead up to the challenge was full of good humored smack-talking and pranks. Everyone was excited to show all the progress they had made in training, and the day of the event we had eighteen residents and eight staff competing with many more cheering everyone on. After everyone completed their six consecutive cardio activities, the times were counted - with the staff edging out the residents by ten seconds. The event ended with a lot of sweat but even more smiles. The residents immediately began taking about their next challenge and planning ensued. This event was probably best summed up by resident Ken Merchant in Casa's resident newspaper when he said, "Challenges are important. The ones Casa has help people with teamwork grow creatively. They help make the building click." Well said Ken and congratulations to all who participated!

**NEW APRIL DATE CHANGE!!!**

**2017**

Join Us For Our **Community Dinners**  
 April 19th, July 12th, October 11th  
 Dinners are held at Casa de Amma and begin at 5:30 pm.  
 They include a short program, dinner and dessert.

**Annual Family Meeting & Dinner**  
 Friday, November 3rd  
**Benefit Dinner Fundraiser**  
 Saturday, November 4th  
**Holiday Community Dinner**  
 Wednesday, December 6th

