



**“Strive not
to be a
success,
but rather
to be of
value.”**

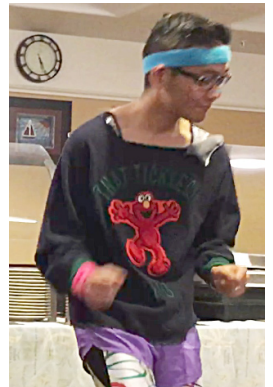
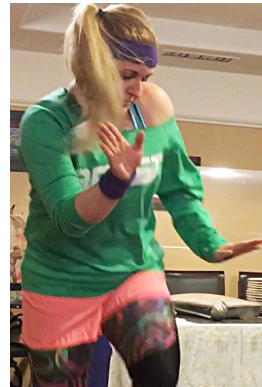
- Albert Einstein



we're going back to the 80's

You may recall about a year ago, our residents challenged the staff to a Kettlebell Competition (you can view this on our website under Casa's Videos). The staff ended up losing that competition by three seconds and since, have been plotting their next challenge. So on the last day of January, the staff decided on the Cardio Challenge for the next Healthy Lifestyle Competition! This event will feature two options; the Athlete Level and the Fitness Level, with each option suited to the varied physical abilities of the participants.

This event will be an 80's theme challenge with 80's dress-up encouraged. The announcement from the staff to the residents occurred as staff dressed up like 80's characters and issued a challenge over a rap parody to popular song Ice-Ice Baby. It was a funny and enjoyable time as the staff and residents love this type of light hearted competition and bantering. Now the work starts, as CasaFit gears up to provide training opportunities so everyone is ready for the big day of the competition on March 11th. Stay tuned for an update on how the big day goes!



2017

Join Us For Our Community Dinners

April 26th, 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

we want your feedback!

We are always looking to provide content in the Casa Courier that will benefit our readership. Therefore we are asking for your response in a short survey, and provide us (anonymous) feedback about your experience with this publication. To be part of the survey, simply hit “Ctrl + Click” on this article and it will take you to the survey, or you may copy/paste this URL into your browser to start the survey —



<https://www.surveymonkey.com/r/2QYL5ZB>.

Thank you in advance for your valuable feedback.

meet the 'new kid on the block'

Kristen VanHandle is the newest resident at Casa de Amma and is our first move-in in over five years. Since calling Casa her new home in October, she has had many new opportunities and developed valuable friendships. We sat down with her to ask some questions about what it is like to be the 'new kid on the block' at Casa.

Kristen, what were your hopes for moving into Casa de Amma?

My hopes were getting new friends, getting a good job and enjoying the sunny weather!

What made you choose Casa de Amma as your new home?

I chose Casa because of how beautiful and dreamy the locations is. Also, the people that work here and the residents. Everyone was so friendly and welcomed me with open arms.

What were your first few days at Casa like?

My first few days were nerve-racking and exciting. It was nerve-racking because I was moving all the way from Wisconsin and I had left all the things I knew to move to a new place. I was also excited because I found so many new people to hang out with and got to see all the great things in my area.

What areas do you think Casa will help you grow in?

I think Casa will help me a lot with the friendships that I make. It will help me to live more independently. I even think Casa will help me with many things that I didn't even used to think about that are important for daily life.

What's been your favorite memory of living at Casa so far?

Going to the Benefit Dinner is my favorite memory so far. It was the first real moment that I knew I had a new family and that new family had me!
All the performances and programs were so moving.



www.casadeamma.org