



**“Don’t Cry
Because It’s
Over, Smile
Because It
Happened.”**

Dr. Seuss

Update your
calendar with
these upcoming
Casa events!

2016
Saturday, June 25th
Casa Triathlon
held at Casa de Amma

**Join Us For Our
Community Dinners**
July 27th & September 28th
held at Casa de Amma
27231 Calle Arroyo, San Juan Capistrano
The evening starts at 5:30 pm and includes
a quick program, dinner and dessert.

Saturday, November 5th
Casa Benefit Dinner
held at Laguna Hills Community Center

a super IAC symposium!

On May 11th, approximately eighty attendees arrived at Casa de Amma for the first **Independent Apartment Community** symposium. This day-long gathering was designed to cast a vision for those not familiar with Independent Apartment Communities. The program provided education, resources and best practices on how to build, fund and operate an IAC, as well as networking opportunities and consulting for those interested in being part of an IAC in their local area.

As the day went on, people shared how beneficial and important this symposium was. Attendee Andrea shared “It was so well organized, stimulating, and the presenters took so much time and effort to share their stories and support others in their efforts to find or create an environment for their loved ones.” Pat stated, “I have been to many, many conferences and conventions as a special needs parent, and your presentation was the best by far.” Kristi, who is planning an IAC modeled program for adults with Traumatic Brain Injuries commented, “The Casa model has been an integral part of our launch and I look forward to building a long term relationship with the IAC Association.” All in all the symposium was a resounding success and helped cast a light on the Casa model and how an IAC program provides independence, community and unique opportunities for those with disabilities.

We want to extend a very special thank you to St. Louis Life, My Life, Stephen’s Place, and Villa de Vida for their participation as they all contributed wonderful content for the sessions. In future issues of the Courier, we will announce more opportunities for people to work, with and be a part of, the IAC community. Please visit www.casadeamma.org for the latest information.

what a kick!

Last month Casa de Amma held a Field Day / Kickball Game for residents, staff and their families. Everyone gathered at a local park and enjoyed field games such as bean bag toss, ladder ball and corn hole — and then the competition began! Without delay, each team scored a few runs as our residents take this event seriously. They have been practicing for the last two months and their skills were evident in their great plays and big kicks.

While the game was meant to be fun, everyone was focused on winning as well. The two teams; the Panthers and Pop Rocks, were neck and neck entering the last inning. As the Pop Rocks went to kick, they scored a number of runs and were up by four. Then the Panthers had their chance, and were able to pull ahead as they toppled the Pop Rocks. In the end everyone was a winner as they realized the benefit of teamwork, exercise and the benefits of community! The families who came cheered everyone on and commented on how much fun the day really was.

The next Casa Healthy Lifestyle Challenge is already being planned. It will be a month-long step challenge where each person aspires to walk the equivalent of Los Angeles and back — which is another example of the work we do to help our residents and staff lead healthy and productive lives!



www.casadeamma.org