



**“We know  
what we are,  
but know  
not what we  
may be.”**

*William Shakespeare*



## family is *really* important

We doubt anyone would raise an objection as to the importance of family. Yet throughout the country many settings and organizations that support adults with disabilities tend to exclude families, and at times refuse to communicate with parents under the pretext of confidentiality. We understand that not all family relationships are healthy and confidentiality should be respected. That being said, there seems to be a reluctance to see families as an important support system in the lives of adults with disabilities. As these adults mature, they naturally strive to be more independent and exert more choice over their day to day life. At the same time, they often still seek the support and safety of family. During this struggle it can be difficult to help the individual and family create a more “adult” relationship while also respecting the unique aspects of the relationship between a parent and adult child with disabilities.

The staff at Casa operates under the following principles when working with families and their loved ones. First, we listen to the family *and* the individual. This may sound obvious but staff can assume they understand. Listening shows empathy and often reveals important details that might be overlooked. Second, we work to keep communication open and honest to avoid giving the resident the impression that staff are “tattling”. This can be a thin line to walk but when it’s done with respect, it provides families with important information and gives appropriate privacy for the resident. Finally, our staff works with residents to identify areas where they can increase their independence and become more “adult.” They discuss this with their families in a manner that includes conversation about risk and any associated concerns.

“Our Team” of resident-staff-family is like a pie with three slices. Each piece of the pie has a seat at the table and a voice on important issues. We encourage and honor personal choice and self-determination but not without including the family and their many years of love and commitment. As we adhere to this philosophy we have found a lot of success in the Pie Model - and just like a piece of warm pumpkin pie, success is sweet for everyone!

## mark your calendars for our annual benefit dinner fundraiser

This year’s Benefit Dinner is right around the corner on Saturday, November 5th. This special night will celebrate our twelve years of success, and offer an opportunity to raise the money necessary to continue and expand our mission. The theme for this special evening is “Celebrating Community: the KEY to a supported life.” The evening will focus on the special and supportive

relationships between our residents, their families and our staff. It will be a night full of fun, laughter and maybe a few tears, as stories from our community will be shared. The funds raised will support our various programs, provide financial aid to residents in need, fund major capital improvements and strengthen our reserves to ensure years of support as our residents age.

Please consider being one of our sponsors and/or purchasing tickets to attend this event. We are sure you will leave entertained and impressed with our residents and the work that we do. For Sponsorship, Underwriting, Table Payments or Individual Tickets — contact Terry Vorell at 949/496-9001 x104 or email [tvorell@casadeamma.org](mailto:tvorell@casadeamma.org).

## CASA DE AMMA’S ANNUAL BENEFIT DINNER FUNDRAISER

**Saturday, November 5th**  
two thousand-sixteen

**Laguna Hills Community Center**  
25555 Alicia Parkway Laguna Hills, CA

**5:00pm to 9:00pm**

**Cocktail  
Attire**

This very special evening will include:  
Program ■ Live & Silent Auctions ■ Raffle  
Dinner ■ A Professional Comedian ■ Dancing  
and many other Memorable Moments!

**2016**

**Thursday, November 3rd**  
at 4:30pm  
**Healthy Lifestyle  
5K Run/Walk**  
held at Casa de Amma



## getting into that olympic spirit!

The Sixth Annual Casa Olympics was held a few weeks ago and it was the biggest and best one yet! Unlike all the drama and issues surrounding the Olympics in Rio, our Olympics went off without a hitch and had everyone participating and having fun. This year there were five teams and the theme was Superheroes. Teams Batman, Thor, Captain America, Hulk and Ironman all came ready to compete and show off the eight weeks of training they had done to ready themselves for the event. This year included a weighted ball throw, vertical jump, mountain climbers, TRX row, relay athletic course, memory games, decoding challenge and the ever-popular water balloon toss at our staff. Our Olympics offer events that are athletic and physically challenging as well as some which are intellectual that can be done while sitting. We had something for all levels of ability!

The day was a great example of teamwork and effort as participants gave their best. Staff who weren’t scheduled to work, showed up to participate and cheer. Some families came, as well as some of the applicants on the waiting list. The event highlighted togetherness and the family concept at Casa. It demonstrated why our Healthy Lifestyles program is so successful — residents exercising and having fun while doing it.

Our next Healthy Lifestyle event is a 5k walk/run on Thursday, November 3rd at 4:30pm. This will conclude our October Step Challenge where residents and staff will be given pedometers and are challenged to walk 10,000 steps a day (steps may be modified based on physical limitations). This challenge will move them through the galaxy in a map made by resident’s simulating travel from planet to planet, with each successful step challenge they meet. If you’d like to participate in the 5k walk/run email Aaron at [avorell@casadeamma.org](mailto:avorell@casadeamma.org). In the meantime, keep working on your own health goals - Get Fit, CasaFit!



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