



**“Start by
doing what’s
necessary;
then do what’s
possible;
and suddenly
you are doing
the impossible.”**

St. Francis of Assisi

**Don't Forget
To Mark
Your Calendars!**

2016
Community Dinner
Wednesday 5:30pm September 28th
at Casa de Amma
Includes a quick program, dinner and dessert.
Saturday, 9am August 27th
Casa Olympics
at Casa de Amma
Saturday, 5pm November 5th
Benefit Dinner Fundraiser
Laguna Hills Community Center

A CHALLENGED FLOWER

Most of us are like flowers.
Some of us are short or tall,
some of us bloom earlier
than others.

With support from our parents
and friends and special teachers,
we all blossom into individuals
with colorful personalities.

We all have feelings
and challenges,
Some more than others.

When I first found out I had
a disability, I got scared.
There were times when
challenges, teachers and
bullies made me upset.
They labeled me.

But at age six, I watched
a show that changed my life.
If a Teenage Mutant Ninja Turtle
can make it, I can make it!
You are you!

With a lot of hugs and
some tears I managed
to accept myself as
the flower that I am.

But a flower is not simple.
I am a poet, a writer,
an artist, a gamer,
a reader, and above all
a good friend.



casa's community education

There are many stereotypes and stigmas surrounding adults with disabilities.

Throughout history people with disabilities have been incorrectly labeled as insane, lazy and even less than human. These labels often come from ignorance and fear and unfortunately have at times, led to abuse and discrimination. While there has been a great deal of change, there is still more work to do. At Casa de Amma we want to do everything we can so history doesn't repeat itself.

Casa's Community Education presents the realities of people living with disabilities. It is available for schools, churches, organizations and the workplace free of charge. It is facilitated by Casa de Amma's staff and several of our residents who will explain for themselves what life is like with a disability. They will talk about how they want to be treated and allow community members to challenge their perception of people with disabilities, providing an open forum for ongoing education and relationship-building between young people and those with disabilities.

The typical presentation consists of a ten-minute talk about Intellectual and Developmental disabilities by Casa Staff, a discussion by the residents about what life is like to have disabilities and their own insights, followed by a question and answer session where all any and all questions are allowed. Presentations can be tailored to specific audiences. For example, we have found these presentations have proven to be very beneficial and provide enormous insight into how to best communicate and integrate special need adults into the workplace. If you are interested and would like to schedule our Community Education presentation, please contact Aaron Vorell at avorell@casadeamma.org.

we're looking for auction items — and need your help!

Casa de Amma's Annual Fundraiser is coming up on November 5th. Would you consider helping Casa's residents and our Mission by donating a live auction item for this event? Some of the items we are looking for are:

- Vacation homes or timeshare properties
- Golf lessons with a pro, foursome at an exclusive course, etc.
- Hotel packages
- Electronics
- Tickets to sporting event or theatre
- Unique Experiences – famous people, places, etc.
- Sports Memorabilia
- Items that residents could enjoy as a group

Thank you in advance for your consideration. If you have an item that is not listed, please contact Aaron Vorell at avorell@casadeamma.org to discuss.

More information about the fundraiser will be available soon!

insightful and inspiring . . .

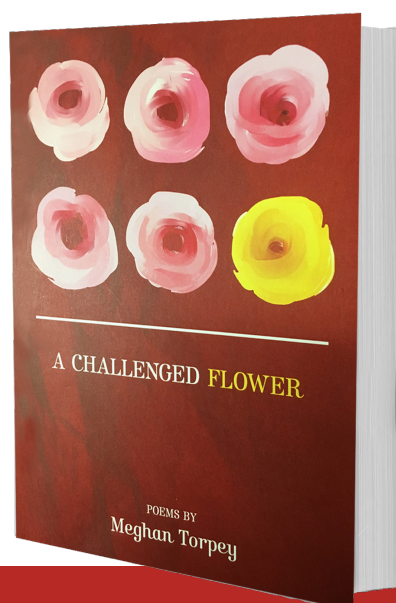
One of Casa's own, Meghan Torpey, has just had her book of poetry published! She has been working on her book for quite some time, and has always enjoyed writing poetry but had never compiled her work — until now.

Meghan was born in San Francisco in 1978. She attended High School at Riverview school and it was there that she began journaling. These journals were the beginning of her thoughtful, creative and fun musings captured in her book. Meghan's poetry book is titled, **A Challenged Flower**. The title is taken from the so-named poem in her book that creatively and poignantly uses flowers as a way to explain people's differences, and in particular what it has been like for her on her path of acceptance of her own disability. The poem **A Challenged Flower** is a great representation of the entire poetry collection in her book — sweet, creative, insightful and heartfelt!

When asked about her book Meghan shared, “I hope people enjoy my book and are inspired by the poems I have written. I want people to be open-minded. This book means a lot to me. It's my life's work and my heart and soul are in each poem. I hope other people enjoy the poems I have written as much as I enjoyed writing them”.

It's easy to order a copy of Meghan's book, go to www.amazon.com (use **Amazon Smile** to support your favorite charity!) and type in **A Challenged Flower**.

We know you will enjoy this book from this wonderfully gifted young lady!



www.casadeamma.org