



**“Good health
and good
sense are
two of life’s
greatest
blessings.”**

— Publilius Syrus



casa’s support plans - part nine

*This year we are discussing the components of Casa’s Support Plans, highlighting one each month. Please take this opportunity to learn more about these plans and the impact they have on our residents. Our subject this month is **MEDICAL**.*

Staying healthy is essential to our quality of life. For adults with disabilities however, they often face health challenges generally not encountered by others.

The World Health Organization (WHO) posted a recent survey of people with serious disorders that showed that between 35% and 50% of people in developed countries, and between 76% and 85% in developing countries, received no treatment in the year prior to the study. In 2015, 39.9% of people ages eighteen and over with disabilities were obese. In comparison, only 25.4% of those without disabilities were not. To make matters worse, adults with disabilities often lack the adequate support to access medical care and the assistance needed to follow through and comprehend what the medical professionals recommend in preventing future issues.

At Casa de Amma we have a **Wellness Department** that directly oversees medical appointments, medications and so many other integral issues that help keep our residents healthy and thriving. All of these efforts start with individual staff support for such things like attending medical appointments, assistance with daily medications, coordinating medical professionals to ensure communication and effective oversight of our residents to guarantee optimal health.

Did you know . . . that on any given week (4) staff members are often assisting and supporting residents to attend an average of 15-20 appointments in the community, (26) medication refill meetings and daily support for more than (25) residents in taking medications and following through on various directives from their doctors! All of that adds up to pro-actively trying to help our residents maintain the best health they can. Unlike many settings that requires someone move out if a terminal diagnosis is obtained, Casa de Amma manages this issue on an individual basis, trying to determine realistic ways to support the resident in their home while providing the level of care needed. We owe a big thank you to our Wellness Staff and all their efforts which keep our residents thriving every day. Thank you to Shannon, Jen, Anna and Sam for all that you do!

Here We Grow Again!

Join Us For Our Annual Benefit Dinner Fundraiser October 13th!

Our theme this year is “Here We Grow Again - Celebrating Abilities, Cultivating Independence” which focuses on the growth and the abilities of our residents. We will be joined by a professional entertainer and be treated to a sit-down dinner. Even more important, we will hear from our residents and their families as they share their own stories of growth, ability and independence.

Visit www.casadeamma.org for more information.

a summer of fun and fitness!

The summer of 2018 has been one of fun and fitness, hosting our Annual Casa Triathlon and Casa Olympics. Both of these healthy lifestyle events celebrate community and fitness, while having different impetus. What makes them both similar, and what makes these events so special, is that they are for everyone! We recognize that whether you live at Casa, work at Casa or are a friend of Casa’s, we all need exercise and can benefit from participating in these events together! Residents, staff, families and community members compete and cheer each other on, motivating and encouraging all who attend.

The Casa Triathlon is more demanding physically, with running, biking, swimming and an obstacle course that pushes each participant’s physical endurance. The run is 1.5 miles, bike is 7 miles, the swim 50 laps, and the obstacle course combines grueling tasks that take 4-8 minutes to complete — all which are modified for various physical limitations. This year every resident who signed up for the Triathlon and began training twelve weeks prior, participated and completed their events. In addition, we had (12) staff members and nearly (25) community volunteers participate! The event was an enormous success and the custom shirts provided by Jeffery Essikow (father of Casa resident Lisa) made the event extra special this year.

The Casa Olympics combines physical events with other elements that challenge the intellect. These events include a wall-sit, push-up competition, rower-race and an obstacle course. For those ‘intellectual participants’ we provided a puzzle and riddle challenge and the always-favorite staff trivia challenge. The event activities ended with the popular water balloon throw where residents throw water balloons at the staff. Most will agree that you don’t see smiles this big until you’ve seen our residents getting to peg the staff with water balloons!

These annual events enhance the importance of good health, friendship and camaraderie for all who live and work at Casa. They are possible though the leadership of our Healthy Lifestyles Consultant **Hilary Mann**. Her leadership and the efforts of our staff and volunteers make these events a real success. Next year, be sure and check our calendar and come and see what makes summer at Casa . . . full of fun and fitness!



www.casadeamma.org