



**“A man  
should never  
neglect his  
family for  
business.”**

— Walt Disney



## casa's support plans - part eleven & twelve

*This year we have been discussing the components of Casa's Support Plans. Please take this opportunity to learn more about these plans and the impact that they have on our residents. Our final subjects are **NUTRITION** and **EXERCISE**.*

Cookies, pies and second helpings — it's that time of year again! Yes the holidays are comprised of lights, wreaths and gifts but they also include too many tempting food choices. No other time of year poses a challenge to an exercise plan and good nutrition like November and December, however we have developed a three-tiered plan to help our residents maintain a healthy weight and exercise habits regardless of what time of year it is.

The eleventh and twelfth components of the Casa Support plan are **NUTRITION** and **EXERCISE**. The first major support to maintaining a healthy diet starts when our nutrition staff meets with a resident before they go shopping. These meetings are critical because they provide assistance with what they need and help them make a detailed list to avoid impulse buys which can result in bingeing or overeating. The grocery list serves as an “informal agreement” on what to buy and any add-on's they may want are discussed for the best outcome.

Casa residents benefit by having breakfast and dinner prepared for them by our chefs. These ‘homemade’ meals are designed to balance healthy ingredients with exciting and wonderful flavors. Unfortunately many adults with disabilities tend to gravitate toward microwave or fast food, so these meals provide a nutritious component to their food plan with a hot entree and side of fruit in the morning and two dinner choices to end their day.

When it comes to exercise there are no shortages of options at Casa. Our Healthy Lifestyles program anchored by CasaFit, offers at least five options each week where residents can participate in getting fit with their friends. Whether it's a cardio session in the gym, a trail walk, bike ride, or adult PE, there is something for anyone willing to break a sweat. Our nutrition and exercise staff also make custom plans for residents and meet with them daily to follow up so they stay on track. So with all the parties and extra treats during the holidays, we can be certain our residents will get the support needed to stay healthy this time of year and through the new year to come!

## check out the **NEW ARTWORK!**

With the holiday shopping season upon us, we want to remind you of some personalized gifts that we have available — **made with artwork from our residents!** Casa's Creations, our in-house art program, provides residents an opportunity for self-expression through the creative arts. Participants attend weekly classes where they are guided by skilled staff and community artists who assist in the creation of beautiful works of art such as paintings, drawings and pottery. This artwork is now available for purchase on a variety of products which makes the perfect gift for any occasion! Proceeds from the sale of these products will help fund programs at Casa de Amma. Check out all of their beautiful creations at [casadeamma.org/creations](http://casadeamma.org/creations).



## as the year ends

As we come close to bidding 2018 goodbye, we want to pause for a moment and say thank you for your support of Casa. 2018 has been quite the year. We saw a dear friend, **Jorge Solano**, pass away from cancer after living at Casa for ten years. We also said goodbye to two other residents who moved out to new homes. We shed tears as **Shannon Susanka**, our Wellness Director who worked here over a decade, moved out of state to go back to school and become a nurse.

On the other hand we got to say hello to new friends and be reminded again how Casa can change lives for the better when they become a part of our community. We were blessed with new staff members who joined us, and were reminded of how many great people there are out there with talent and huge hearts who want to support adults with disabilities. Throughout the ups and downs, one thing has remained consistent — Casa de Amma is a place of growth, independence and family! So for this and so much more we thank you for your ongoing support of our Mission. May 2019 bring you many blessings!