



“Change is inevitable. Growth is optional.”

— John Maxwell



This year we will be highlighting some special people and organizations who are making a difference in the lives of those with disabilities and their supportive families. We hope you make use of these connections as it is our hope that they will link our Special Needs Community in a more personal and supportive way.

always they will have a hand to hold!

The origin of **St. Louis Life** is very similar to Casa de Amma. Robert J. Trulaske, Jr., a parent with a young adult son with Down Syndrome named Chris, was looking for a suitable residential program in the Midwest but couldn't find what he was looking for. There were the typical group homes in the area, but Robert couldn't find anything that offered the support, friendship and community he knew Chris would need to thrive. Similar to the realization the Leatherby's came to, Rob decided that if he wanted the right place for Chris, he was going to have to build it!

St. Louis Life is a community-based, residential program for adults with developmental disabilities. Residents work and live in the community and are allowed to make decisions that affect all aspects of their lives. This independent living program offers single-bedroom apartments, job placement/coaching, social, educational and recreational activities, and many other support services. Their Mission is "To enable individuals with developmental disabilities to achieve independent living and live full and enriched lives". Their doors were opened to their first resident in July, 2007 and currently they are at their capacity of 16 residents with a waiting list. St. Louis Life's campus is comprised of two buildings – the Commons and the Residential Apartments. At 4,700 square feet, the Commons Building is two floors and includes Community Dining Room, Exercise Room, Living Room, Recreation Room, Arts and Crafts Room, Library, Media Room and Staff Offices. The Residential Apartment building consists of 16 single occupancy apartments, as well as laundry facilities on both floors. Each apartment is 650 square feet and includes a full kitchen, living room, built-in desk with internet access, bedroom, walk-in closet, and private bath.

We asked Executive Director Andy Conover what makes St. Louis Life unique and effective and he told us, "I think one of the things that makes us effective is our staff's passion for supporting our residents, constantly looking for ways to improve the way we offer these supports. Another reason we are effective is our ability to carefully and intentionally partner with our families to support our residents. It is a team effort. One thing that also makes us unique is our commitment to constantly upgrading and maintaining our facility and campus. This is very important to my board and to me.

They continue to invest capital improvement dollars every year to make our campus better."

So, no matter if you live in the Midwest or are just stopping by, be sure to reach out to St. Louis Life to find out more about this unique and effective program making a huge difference in the lives of adults with intellectual and developmental disabilities!

For more information visit our website: www.stlouislife.org.

MARK YOUR CALENDARS FOR A VERY SPECIAL BENEFIT DINNER FUNDRAISER

Celebrating Our 15 YEAR Anniversary!

SATURDAY 26 OCTOBER 2019

Don't miss out as we celebrate our special anniversary at our Annual Benefit Dinner – and we would love to have you participate! As we commemorate the past and look forward to our future, we ask that you consider supporting our Mission by: attending the event, sponsorship, donating a live auction item, or underwriting an expense for the Benefit Dinner. We thank you in advance if you can help in any way!

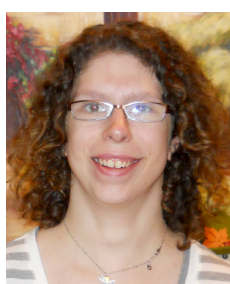
Please visit our website for updates on this very special event.
Laguna Hills Community Center / 25555 Alicia Parkway Laguna Hills, CA

how i have changed

Autumn is a season of change – leaves turn colors, temperatures fall, warm clothing replaces summer-wear, fireplaces glow in our homes. We are reminded that in this season of change – Casa's residents have also changed!



I've learned how to organize and keep my apartment clean.
– Krista



I'm happier and more myself since moving into Casa than I ever was before! My overall wellbeing is much better, and I love Casa!
– Kristin



Casa has helped me make new friends and create new opportunities.
– John



Now I have a job 5 days a week and I really like the staff.
– Lisa



Now I have a lot of new friends and I love the garden and the activities we do.
– Christopher



The variety of options like Walking Club and CasaFit have helped me lose over 100lbs. I am healthy now and thriving!
– Lauren

I really like getting out and doing the fun activities. The staff are really great!
– Scott W.



Casa has helped me to grow and be independent. Now I'm not so reliant on my parents. It's given me a whole new life!
– Jessica