



“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

— Anne Frank



MATT



RICK

2018
Join Us For Our Community Dinners
 April 25th / July 25th
 October 24th

Dinner is held at Casa de Amma and begins at 5:30 pm. Includes a short program, dinner and dessert.

Annual CDA Triathalon
 Saturday, June 9th
Benefit Dinner Fundraiser
 Saturday, October 13th
Holiday Community Dinner
 Wednesday, December 12th

casa's support plans - part two

This year we will highlight the twelve sections of the Casa de Amma Support Plan and take a closer look at one each month. In addition, we will feature our residents and how Casa has made a difference in their lives. We hope you will take this opportunity to learn more about the support plans that we offer and the impact they have on our residents. Our subject this month is Social Skills, and our Resident Director, Matt O'Hara has written a wonderful piece based on his experience and expertise.

... in his own words

“My name is **MATT O'HARA** and I have had the privilege and joy of working with the residents of Casa de Amma for the past 12 years. I currently serve as Casa's Resident Director, supporting our residents in all Personal/Social matters. As you can imagine, with 41 individuals, all with different personalities and different abilities, tasks such as requesting the passing of a napkin during dinner, choosing a Weekend Activity, or communicating with family can be accompanied by a Personal/Social component. Over the past 12 years I have witnessed tremendous Personal/Social growth in our residents: starting conversations with an appropriate greeting, inquiring how one's weekend was, self-advocacy, assertive communication, conflict resolution, displaying concern and empathy. The ability for those with special needs to exhibit, and often wish to practice, such growth is wonderful to witness and help facilitate.

One resident who has made tremendous growth in the Personal/Social arena is **RICK HAMPAR**. Rick has been a Casa resident for the over 10 years. During those years Rick has matured and evolved into a confident, social, and gregarious man. Rick can be regularly witnessed at Casa socializing with friends, joking with staff, pro-actively sharing information/feelings, and extending or accepting invitations for meals. Rick has become comfortable seeking staff for support in any area of our program. One of the greatest offerings at Casa is staff availability to support our residents in troubleshooting, discussing feelings, future-planning, discussing wishes and desires, all while having respectful and candid conversation to provide reality-based discussions that take resident sensitivities into consideration. Rick accepts these conversations with ease; he is able to and chooses to work cooperatively with staff. Rick has stated that he is proud of his Personal/Social efforts and accomplishments that have resulted in a wonderful and positive quality of life. Rick says of Casa's supports, “I receive a lot of support that people in general don't realize you can get or need, staff are always there for me if I need anything and I never want to move out of Casa.” We at Casa de Amma are pleased to be able to support Rick and all the other residents in their accomplishments and successes.”

look what's new!

Casa de Amma's commitment to health and wellness is reinforced through our various programs which effectively address the issues of obesity, poor health, lack of fitness and overeating. Programs like CasaFit, the Healthy Lifestyle Challenges, Casa Olympics, Casa Triathlon, help our residents be as healthy as possible given their individual challenges.

This year we are excited about a new addition that combines aspects of our established programs with alternatives which will help further a health-conscious lifestyle. Recently our Lifestyle Consultant **HILARY MANN** developed two new innovative groups that provide individualized support for the challenges that sabotage a healthy lifestyle.

Each week the ladies may attend our **Happy & Healthy Hangout for Women**.

This women's-only class offers supportive conversation, empowering and fun activities designed to eliminate the stress and anxiety out of nutrition and exercise, replacing it with a positive and peaceful relationship with food, self and body. At each class, successes are celebrated, challenges are discussed and participants focus on one thing to work on for that week. Participants leave the class feeling encouraged, inspired and confident. Activities include a New Year's Mantra — how to set yourself up to feel confident and positive about your choices in 2018, The Chewing Challenge, Visualization Exercises, Counting Your Breath to Relax, Making Your Self-Nourishment Menu and many others.

For the men, we offer the **Men's Healthy Habits Meeting**. In this men's-only class they discuss personal health, fitness goals for the upcoming year, overcoming challenges, and achieving their goals. Each class includes information and activities which support the following: this year's Mantra or Power Statement, Why Chewing Matters, Setting Up Your Environment for Success, Foods that Give You Energy, Foods that Drain Your Energy, How To Be A Smart Rebel and so much more.

Participants who complete these courses will be invited to a special celebration ceremony. At Casa we are so grateful to have great staff members like Hilary who are dedicated to the success and wellbeing of our residents.



www.casadeamma.org