



“You’re going to be wrong a fair amount of times. So the issue is, how do you be wrong well?”

Ray Dalio

NEW!

2018

Join Us For Our Community Dinners

January 31st / 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

understanding Casa’s support plans

The Casa Support Plan is similar to an **IEP** (Individualized Education Program) or an **IPP** (Individualized Program Plan). This document is a guide to understanding what supports Casa offers, and to identify what is important to our residents and their families. The document is updated annually and meetings are held as needed to discuss any changes that have occurred. Our Support Plans have been developed to address the various aspects of independent living, long term support needs, and the crucial phases of our resident’s lives which may impact long-term happiness and their ability to thrive.

This year we will study the twelve sections of the Casa de Amma Support Plan, and take a closer look at each section month by month. In doing so we will feature a particular Support, and include a profile on a resident and how Casa has made a difference for them in that area. We hope you will enjoy this opportunity to learn more about the Supports that Casa offers and gain insight into some of the wonderful residents we have!

- CASA DE AMMA SUPPORT PLANS -

PERSONAL & SOCIAL

Family, Support System, Friends
Social Skills / Issues
Romantic / Sexual
Spiritual

PERSONAL FINANCE

Work / Meaningful Activity
Apartment Living
Personal Care

HEALTH & WELLBEING

Medical
Long Term Health
Nutrition
Exercise

The focus for this month is “Family, Support System, Friends.” This area is of critical importance to everyone living at Casa. It covers family relationships; who offers support to the person (both practical and emotional), and who the person considers as friends. The subject of who supports a person and who to turn to in time of need, is arguably the most important topic discussed at Casa. It becomes even more important as resident’s families age and as their support systems are reshaped.

This month we will take a closer look at our resident, Bob Martel and how Casa has given him an opportunity for a life, friends and love. We hope you enjoy this story Bob recently told us.

... in his own words

My name is Bob Martel. I am a brain injury survivor. My Life motto has been, “A quitter never wins, a winner never quits, and you’re never a failure until you stop trying.” I suffered my injury in 1978, when I had a heart attack and a stroke while running in my high school gym class. Since then, I have had a continued journey of recovery.

Before my accident I was very athletic and was into many sports. I played basketball and baseball and my teams won a bunch of titles. I was on the varsity golf team at my high school and had a five handicap at the age of fifteen. I enjoyed academics, did very well and took advanced courses. I had a lot of friends and an active social life. I had a childhood heart problem, and because of that I had a heart attack and a stroke when I ran a mile in gym class. I suffered my brain injury because the oxygen supply to my brain was cut off. I was rescued by an emergency medical unit and rushed to Arlington Hospital. My family was told I might not survive. I was in a coma for two and a half weeks and spent that time in a cardiac intensive care unit. When I woke up, I could not move any part of my body and I could barely see out of one eye. My family was told I might not make any progress and that I could stay that way. It was hard work but after a lot of help I was making progress and I could see the light at the end of the tunnel. I had done a 180 degree turnaround and my walking / speech showed signs of improvement.

From the Center I began back at school and I was living with my parents in Virginia in my childhood home. We had a great life and travelled a lot. My dad got Alzheimer’s though and eventually passes away in 2009. Shortly after my mom went to live in a senior care home and I stayed living in my house with my brother. Life was sorrowful at times because I missed my parents, but I still had a lot of good friends who stayed with me. At this time in my life I knew I needed to find a new place to live where I could get help with my work — and where I could live independently and get the help I needed and live in my own apartment. I also wanted to find a place to live where I could have friends and a great social life of my own.

I first heard about Casa de Amma from my sister Ellie, who lives in San Clemente. She showed me pictures on the internet and I thought it looked great. I planned to come out for a one week visit and stay at Casa to see how I liked it. When I got to Casa I really enjoyed it. The experience was fun and they took me on all their outings. When my sister asked me how I liked it I simply told her, “Get Me In Here Now!” Casa had a waiting list so I had to live next door. At first I rented a room at senior living but was able to move into my own condo down the street.

Casa de Amma has given me a LIFE, FRIENDS and LOVE. At Casa I have been able to work, learn to be much more independent, have fun and live a normal life like all of us want. I enjoy many people at Casa including the staff and residents. But now I have made friends that truly care for me and have my back. People like Brad, Ken, Dan and Riley have become true lifelong friends to me. When I first came to Casa I met Leslie. Right away I thought she was beautiful and as I got to know her I realized her beauty on the inside was just as great as her beauty on the outside. I knew I wanted to be in a lifetime, committed relationship with her but I worried maybe she wouldn’t feel the same. We started dating and over time we have both found that we complete each other. She is my best friend and the love of my life. I cherish every minute I get to spend with her. I am so grateful that Casa brought us together!

Casa de Amma is a magical place to live and it is really a dream come true!