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CASA Newsletter

A Better Life for Every Child

October, 2014

Self-care for CASAs

As CASAs you all work really hard for the children you represent. Sometimes being a CASA can be very stressful, especially when certain situations occur in your case. Here are some helpful ways to reduce your stress and take care of yourself when things get a little crazy!

Take a walk: It is a beautiful time of year right now. Sometimes getting out in the brisk air and looking around at the changing leaves helps clear your head.

Listen to music: Whether you like slower jams or heavy metal, listening to music can help you unwind and de-stress. Feel free to ask the CASA office staff for music suggestions!

Vent to your CASA case manager: If there is something going on in your case that doesn't seem right or you are frustrated with, don't hesitate to give your case manager a call. We are here to support you in the important job that you do. We are always happy to listen and sometimes we have some suggestions on how to help the situation.

Accept that we cannot change everything: Sometimes as CASAs are hands are tied. This can be very frustrating, especially when we can see so clearly what needs to happen to make things better for our CASA child or their family. This can be very frustrating but if you are able to acknowledge that you have fulfilled

your role to the best of your ability, you have been successful.

Separate your CASA role from your life: Try to keep yourself in CASA mode when you are working on your CASA case, but when you are done with your visit/meeting, allow yourself to go back into your life mode. Leave the frustrations, stress, and positive things from your CASA case in CASA mode. Your life should be about you and your family. This separation of roles will allow you to manage your stress more effectively.

Make a list of what activities bring you joy. Then do at least one activity on your list weekly.

From the CASA Office:

We survived our chaotic month of September! I want to extend an enormous thank you to all of the wonderful volunteers who pitched in at our Kegel Harley Davidson Motorcycle ride, CASA at Casey's event, and the Peace Concert. A special thank you goes out to Harlem High School's Choraliers for working the soda tent at the concert despite the rainy weather!

We had a fun evening at Casey's Pub on September 18, 2014. Dennis Paul was the big winner

who took home the 50" TV from Al Grace Appliance. Many thanks to all who supported this event.

Judge Green has returned from her leave and is back on the bench! Our docket is full this month so please pay special attention to when your case comes in. If you have any questions, please call your case manager for assistance. They are always here for you!

We have piloted our new Flex online training class in the last

two months and will be hosting a joint Swearing In Ceremony in two weeks. You are all invited to attend to celebrate the graduation of our newest advocates. Stay on the lookout for an email with the specifics of the ceremony.

Remember CASA received a large donation of women's fall weather accessories. Be sure to stop in to choose a few items for your CASA girls.

See you all very soon!



We want to **thank** and **recognize** the CASAs who closed a case during the month of September.

A CASA's dedication to the children they represent is greatly appreciated, and we are confident that efforts on behalf of these children will reap many benefits for them in the future.

Thank you:

- Laura March**
- Kymerli Schaal**
- Jill Gentry**
- Brandi McKinney**
- Lara Fierz**

UPCOMING ADVOCATE SUPPORT GROUP MEETINGS:

October 14th from 12-1 in the Brides Room at Heartland Church. Feel free to bring your lunch!

And

October 28th from 6-7 PM in the Leadership Conference Room at Heartland Church. Snacks will be provided



Time Sheets for September 2014:

We want to thank and recognize the following CASAs and Board members who turned in a timesheet last month. We appreciate your extra effort!

- Patricia Diduch**
- Joan Miller**
- Jenny Ralston**
- Don Vayr**
- Faye Marcus**
- Laurie Cecil**
- Laura Axon**
- Karen Christianson**
- Lonii Schindler**

- Angela Collins**
- Pat Webster**
- Vicki Marcum**
- Lauria Johnson**
- Sara Mulvain**
- Randy Cecil**
- Elaine Leslie**
- Dena Hobbs**
- Tina Royal**

CASA Funding Sources

As you all know, *CASA* works hard to provide services to the children we represent. Our Annual Appeal letter will be mailed shortly as a way to support *YOU* in the difficult work you do as an advocate.

We currently have contacts with area churches, such as Our Savior's Lutheran Church, Holy Family Catholic Church, St. Rita's

Catholic Church, 2nd Congregational/ 1st Presbyterian Church, and many others.

If you have any contacts with local churches, employers, and foundations that you would be willing to share with *CASA*, we would love to reach out to them to recruit more volunteers and supporters of our program.



STATISTICS

A sincere THANK YOU to all of our *CASA* advocates who continue to serve their children and the *CASA* program. Your contribution in hours and miles for September 2014 total:

134 hours and 1918 miles

Great Work CASAs!

CASA Race the Runway: Oct. 4th

Come out and join us for our very first annual Race the Runway event.



The run features a 1 mile race, 5K race, and a kids fun run. Races start at 8 AM with the 1 mile, then 5K run/walk, and ends with the kids fun run.

The deadline to register is 10/2/14. If you missed it, join us on the runway to cheer on the runners!!

A big thank you to all of our sponsors and those who have helped make this event happen.

Thank you!!!

October 2014 Docket:

10/01/14	11:30 AM	14JA235	CASA: Shivers	Adjudication/Disposition
10/02/14	11:30 AM	12JA208	CASA: Perrin	Arraignment/PTC
	1:30 PM	12JA230-232	CASA: Condon/Geddes	TPR/Permanency Review
10/03/14	8:30 AM	12JA383	CASA: A. Williams	Status on Appeal
	11:00 AM	12JA370	CASA: LaMont	Arraignment/PTC
10/06/14	11:00 AM	12JA296-297	CASA: Todd/Ordway	Review
	1:30 PM	08JA327-328	CASA: Staff Covering	Permanency Review
	1:30 PM	13JA55	CASA: Reyes	Permanency Review
	3:30 PM	11JA219, 12JA92	CASA: Schiller	TPR/Unfitness
10/07/14	10:00 AM	13JA192	CASA: K. Baker	Permanency Review
	1:30 PM	12JA422-426	CASA: Mulvain	Permanency Review
	3:00 PM	13JA539	CASA: Vacant	Permanency Review
	3:30 PM	11JA315	CASA: Schiller	Permanency Review
	4:00 PM	12JA55	CASA: Cooper/Waldorf	Status on Family Case
10/08/14	1:30 PM	12JA343	CASA: M. Johnson	Pretrial Conf.
	2:30 PM	13JA21	CASA: Montgomery	Status on Case Closure
10/09/14	3:30 PM	08JA215-216	CASA: Vinings	Status
10/10/14	9:00 AM	14JA237-240	CASA: Szula	Pretrial Conference
	9:00 AM	13JA557, 14JA136-137	CASA: Webster/Ralston	Adjudication
	1:30 PM	13JA557, 14JA136-137	CASA: Webster/Ralston	Adjudication cont.
	3:30 PM	12J05	CASA: Eschmeyer	Status on School
	3:30 PM	13JA505	CASA: Einhorn	Status on School
	3:30 PM	14J03	CASA: Fierz	Status on School/psych eval results
	3:30 PM	14JA220	CASA: Diduch	Status on School
	3:30 PM	14JA282	CASA: Sennett	Adjudication
10/20/14	10:00 AM	10JA90	CASA: Bates	Permanency Review
	11:00 AM	13JA406	CASA: Vera	Disposition
	2:30 PM	11JA123-125	CASA: Marcum	Permanency Review/Review
10/21/14	9:00 AM	10JA356-358	CASA: J. Schneider	Permanency Review
	9:00 AM	13J12	CASA: Webster/Ralston	Permanency Review
	1:30 PM	13JA282	CASA: Whitesel/Timmer	Status on F case
	4:00 PM	10JA323-324, 12JA100	CASA: Elsberg	Permanency Review
	4:30 PM	09JA167	CASA: Highland	Permanency Review
10/22/14	9:00 AM	12JA257	CASA: L. Johnson	TPR
	4:00 PM	12JA343	CASA: M. Johnson	TPR
10/23/14	1:30 PM	12JA230, 232	CASA: Condon/Geddes	Decision/Possible BI
	3:30 PM	13JA100-101	CASA: Rutz	Status on School
	3:30 PM	14JA135, 14JA153-155	CASA: Dominguez	Status on School
	4:00 PM	11J09	CASA: Sargent	Status on School
10/24/14	9:00 AM	13JA578-579	CASA: Reyes	Adjudication
	3:30 PM	08JA40	CASA: Hobbs	Hearing on Motion to Restrict
10/27/14	10:00 AM	10JA320, 322	CASA: Barnett	Permanency Review
	10:00 AM	12JA392	CASA: Mulvain	Permanency Review
	11:00 AM	10JA19-23	CASA: Reed	Permanency Review
	1:30 PM	10JA05	CASA: A. Williams	Permanency Review
	1:30 PM	12JA338-339	CASA: Keeling/Green	Permanency Review
	3:30 PM	13JA426-427	CASA: E. Webster	Permanency Review
10/31/14	1:30 PM	08JA290-294	CASA: D. Wing	Arraignment/PTC
	1:30 PM	11JA205, 12JA134	CASA: Vining	TPR

Happy  Halloween



CASA Birthdays:

To the following advocates and friends who will be celebrating an October birthday:

Happy Birthday!!

Tiltyla Stone	10/03	CASA for 8 years
Margaret Malachowski	10/04	CASA for 9 years
Paula Bry	10/05	CASA for 10 years
Lonii Schindler	10/05	CASA for 2 years
Maureen Barrett	10/07	CASA for 1 year
Mary Beth Thomas	10/07	Friend of CASA
Donald Bondick	10/12	CASA for 3 years
Patricia Timmer	10/12	CASA for 1 year
Bernie Sehr	10/12	CASA for 17 years
Joyce LaMont	10/19	New CASA
Mary Lou Fitzpatrick	10/22	Friend of CASA
Jeanne Shipman	10/24	Friend of CASA
Kate Schnell	10/27	CASA for 6 years
Mary Whitesel	10/30	CASA for 11 years

CASA in the Community:

Our Outreach Coordinator, Raquel Vera, and CASA volunteers will be working at the LSSI Volunteer Fair at Our Savior's Lutheran Church on October

Spreading CASA awareness!

CASA's outreach team will be making presentations to the following organizations in the next month:

Golden Key Kiwanis
and
Alpine Kiwanis

Thanks to everyone for their support!

Must Do's as a CASA:

1. See your CASA child/children at least monthly
2. Keep in touch with the case worker on the case
3. Turn in court reports two weeks before court date
4. Attend court dates for your CASA case
5. Keep in touch with the parents on the case

From your Advocate Rep:

Greetings to all,

We have just moved into the next season. It sure has been confusing at times, trying to determine which season we're in. But what can we do but 'roll with it'. The rain and chill shut down the City Market. But we look forward to next year. It is a beautiful day today. And we appreciate the bright sunshine while we have it. All too soon we'll be shoveling the snow.

We have had a busy summer, our calendar filled with activities; all for the betterment of the children we serve. Congratulations to the winner of that 50" plasma. We're looking forward to 'RACE THE RUNWAY'. Our kids will love being at the airport probably as much as the ride on that big Harley.

Again we thank Taryn and the office staff for all the work they do to help us serve our children in the best way possible. The Advocate Support Group meetings are GREAT! They are a learning

tool, hearing other CASAs talk about their cases, being able to share experiences. If you have not attended, please try to make them. The time will be well spent. We also give a big 'thumbs up' for the video as we watched Xavier tell about his abusive experiences as a child. Listening to him simply confirmed what we've been taught, that 'children live what they learn'. Many of our children will travel the same road that Xavier did. But Xavier did not let those negative experiences shape the rest of his life. We've made a commitment to the children that we serve. We too, as CASAs will make a difference in our children's lives. GREAT VIDEO! Thank you, Taryn. Plan to show the video to our youth workers at church.

"We cannot always build the future for our youth, but we can build our youth for the future".

Franklin D. Roosevelt

Spicy Creamed Corn:

- 1 16 oz bag of frozen corn
- 1 jalapeno, minced
- 1 shallot, minced
- 4 tablespoons of butter
- 3/4 cup heavy cream

Mix all ingredients together in a skillet on the stove on low/medium heat. Once heated through, serve.



Any suggestions or ideas that you have about the CASA newsletter, please contact Larissa Stern at the CASA office or by email.

Emails:

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 Raquel Vera-Outreach Coordinator/Case Manager.: casaraquel@wincoil.us
 Gail Wemlinger-Case Manager: casagail@wincoil.us
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Director's Report: September 11, 2014

New Cases	CURRENT MONTH	YTD			
CHILDREN IN COMMUNITY/NEED	August 2014	2014			
• Abuse & Neglect	22	1379			
• Truancy	0	38			
	CURRENT MONTH	2014 YTD	2014 GOAL		2020 GOAL
CASES					
• Open	2	81			
• Closed	19	98			
• Children Served	254	341	450		1075
% Served:	23%	31%			100%
VOLUNTEERS					
• Active Advocates	102		150		450
• Affiliate Advocates	33		31		
• Available	7				
• Resignations (Advocates)	2	YTD: 19	15		
• Total Advocates	137		181		
• Spring Training		11			
• Summer Training	5				
• Fall Training					
• Friends of CASA	1	YTD: 21	50		
• Total Volunteers		158			
	CURRENT MONTH Aug., 2014	Total: 2014			
Reported Hours	338	2,156			
Reported Miles	2,170	17,016			

