

MAY 2022 NEWSLETTER

CASA for Children of Klamath County

BRIEF CONTENTS

- 01 A NOTE FROM OUR EXECUTIVE DIRECTOR
CASA'S SUNSET SOIRÉE
- 02 CASA VOLUNTEER DAY PROCLAMATION
- 03 MAYO CLINIC: BENEFITS OF VOLUNTEERING
- 04 KINGSLEY FIELD'S "SERVICE BEFORE SELF"
- 05 EDUCATIONAL RESOURCES FOR CASAs
IMPORTANT DATES
ADVOCATE BIRTHDAYS

A NOTE FROM OUR DIRECTOR

Happy May!

I am hoping the April showers will bring lots of May flowers. The month of May is all about you, the heart and soul of our organization! We have missed you all these past two years, but are so excited to have you in the office this month. We will be having our Volunteer Celebration Luncheon on May 11th at noon. We hope you'll have the chance to stop by and have lunch with us! Melissa's Country Kitchen will be making us a yummy feast.

One of my favorite quotes about volunteering is "volunteers do not necessarily have the time; they just have the heart." We so appreciate all of you and we're grateful for the time you put in to making a difference in the lives of the children we serve.

We have a few opportunities to volunteer if anyone is interested. As many of you know, we are having our summer version of CASAblanca: CASA's Sunset Soiree. It will be held June 25th at 6:00pm in the Bill Collier Ice Rink. If you're interested in attending or volunteering for the event, please let us know. If you know how to deal Blackjack, even better!

On May 21st we will be the beneficiaries of Kingsley Field's Service Before Self event. If any of you want to come out that day to talk about CASA and your experience, that would be wonderful!

We have been busy finding educational resources and this month's book, *Out of the Darkness: My Journey Through Foster Care*, comes highly recommended. We have a big selection of books that you can borrow that count toward your 12 hours of continuing education. Please stop in and take a look!

We hope to see you on May 11th for the Volunteer Celebration Luncheon!

Much gratitude,

Kami Mirandé



CASA BOARD OF DIRECTORS

Jeanette Rutherford, *Chair*

Jay Otero, *Vice Chair*

Pat Baldini, *Treasurer*

Brittany Thoma, *Secretary*

Dan Bunch, *Judicial Liaison*

John Adkisson, *CASA Liaison*

Misty Barney, *Member*

Andrea Jensen, *Member*

Noel Kersey, *Member*

Doug McInnis, *Member*

Justin Rodriguez, *Member*



CASA's *Sunset Soirée*

JUNE 25, 2022 @ BILL COLLIER ICE RINK

The Glass Hearts Band | Delectable Food & Drink | Cigar Bar
Lawn Bowling | Gambling | Silent Auction & Much More!



STATE OF OREGON
PROCLAMATION
OFFICE OF THE GOVERNOR

- WHEREAS:** Court Appointed Special Advocates (CASA) volunteers advocate statewide for the best interests of children before the court as a result of allegations of abuse or neglect; and
- WHEREAS:** Each year more than 10,000 children in Oregon enter the foster care system at no fault of their own due to allegations of abuse or neglect and rely on adults to advocate on their behalf; and
- WHEREAS:** Oregon law requires that CASA volunteers, appointed by a judge, provide the court with the comprehensive and objective information the court needs to make the most well-informed decisions to help ensure positive outcomes for children and youth, and to take time to build meaningful and authentic relationships with these children and youth; and
- WHEREAS:** Oregon CASA programs exist in every county in Oregon, and more than 2,100 CASA volunteers have donated more than 235,000 hours of service to Oregon children who had experienced abuse or neglect; and
- WHEREAS:** Research shows that when a CASA volunteer is appointed, outcomes are strengthened for children and families, more needed services are ordered, children are significantly less likely to reenter the child welfare system, and children perform better academically and behaviorally, and have higher levels of hope. Oregon commends CASA volunteers for their dedication and hard work in advocating for the best interest of children so that every child who has experienced abuse or neglect can be safe, have a permanent home, and have the opportunity to thrive.

**NOW,
THEREFORE:** I, Kate Brown, Governor of the State of Oregon, hereby proclaim **May 18, 2021** to be

CASA VOLUNTEER DAY

in Oregon and encourage all Oregonians to join in this observance.



IN WITNESS WHEREOF, I hereunto set my hand and cause the Great Seal of the State of Oregon to be affixed. Done at the Capitol in the City of Salem in the State of Oregon on this day, April 26, 2021.

Kate Brown

Kate Brown, Governor

Shemia Fagan

Shemia Fagan, Secretary of State

BENEFITS OF VOLUNTEERING

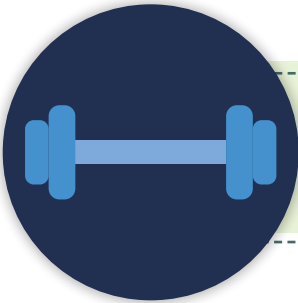


DECREASED RISK OF DEPRESSION

Newly retired? You're in luck! Volunteering has been associated with decreased depression levels, especially in those aged 65 and older.

CAN REDUCE STRESS

By increasing your social circle and spending time in service to others, you can reduce stress and decrease your overall risk of disease.

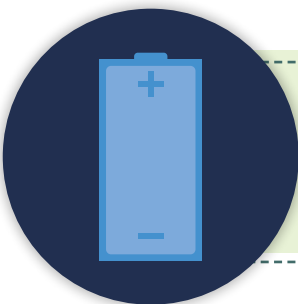


STAY PHYSICALLY & MENTALLY ACTIVE

Studies show an increase in physical and mental health for those who are over the age of 60 and actively volunteering.

MEET NEW PEOPLE

Participating in a shared activity can help you meet new people with similar interests.



CAN HELP YOU LIVE LONGER

Volunteering is good for your health! Studies have shown that people who volunteer actually have lower mortality rates than their non-volunteering counterparts.

SENSE OF PURPOSE & NEW SKILLS

The work volunteers provide, from spending time with children to volunteering at hospitals, is essential and helps give them a sense of purpose.



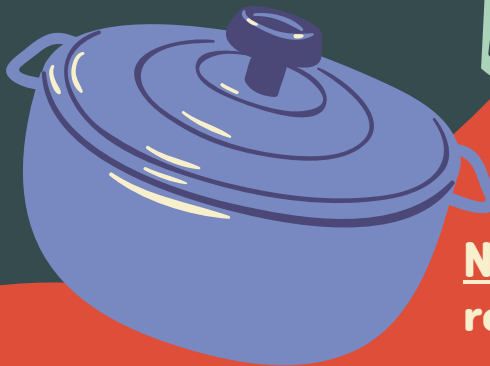
The 173 Comptroller Flight presents

Kingsley Spring Cleaning Event

Saturday, May 21

08:00am - 03:00pm

In Front of Legacy Furniture,
3250 Washburn Way

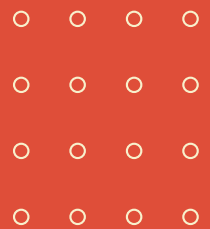
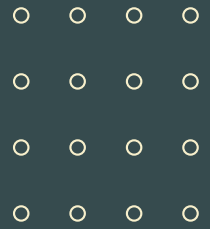


**NOW accepting gently used
re-saleable donations from
civilians until 19 May**

**ALL PROCEEDS WILL BENEFIT THE
COURT APPOINTED SPECIAL
ADVOCATES OF KLAMATH FALLS**

**For More Information or to schedule
donation drop-off, Please contact:**

Lt Jared Boyer 717-818-4710 jared.boyer.1@us.af.mil
MSgt Shelly Conley 541-281-1500 angelique.conley.2@us.af.mil



EDUCATIONAL RESOURCES

Books

- *Out of the Darkness: My Journey Through Foster Care* by Kailamai Hansen
- *The Boy Who Was Raised as a Dog* by Bruce Perry
- *Growing Up Shared* by Stacey Steinberg
- *Maid: Hard Work, Low Pay, and a Mother's Will to Survive* by Stephanie Land

Blogs

- *My Selfless Act: The 7 Skills For Volunteering That Make A Good Volunteer*

Please remember to track your educational hours on Optima.

IMPORTANT DATES

May

- Mental Health Awareness Month
- Foster Care Month
- 5/1 Children's Mental Health Awr. Week
- Teacher Appreciation Week
- 5/5 Cinco de Mayo
- 5/8 Mother's Day
- 5/11 Volunteer Celebration Luncheon
- 5/12 DHS Opening Ceremony
- 5/18 CASA Volunteer Day
- [IEP Navigation & Advocacy Course*](#)
- 5/19 Coffee with CASA
- 5/21 Kingsley Field "Service Before Self" Event benefitting CASA
- 5/25 [Behavior Regulation & the 5-Point Scale Course*](#)
- 5/26 [Anxiety: What Parents Can Do & What Our Children Need Course*](#)
- 5/30 Memorial Day

June

- 6/25 CASA's Sunset Soirée

**Clickable links to course registrations*

ADVOCATE BIRTHDAYS

May

- Nicole Carter - 5/2
- Pauline Middleton - 5/7
- Jenny Walle - 5/10



541.885.6017
klamathfallscasa.org

