APRIL 2023 NEWSLETTER

CASA for Children of Klamath County

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CASA BOARD OF DIRECTORS

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A NOTE FROM OUR DIRECTOR

Spring is right around the corner!

It may not be starting out as a usual spring, but we sure will need the water this summer.

CASAblanca was a huge hit! I think this year was our best one yet. Thank you to everyone who helped collect auction items, transport everything to the fairgrounds, set up, and then turn around and do it all again on Sunday. You all made the heavy load so much lighter and I thank you from the bottom of my heart! We truly couldn't have done it without you. We even had four people come up to us and ask about becoming an advocate, which was amazing!

April is National Volunteer month! We will be having our annual Volunteer Appreciation Luncheon on April 25th at noon. Please call the office at (541) 885-6017 or email us at <u>admin@klamathfallscasa.org</u> to RSVP. Special guest Mary Ratliff from Protect our Children will be joining us. She is offering a training after our luncheon for those interested. If you have any questions about this training session or what it entails, reach out to Dana at <u>danat@klamathfallscasa.org</u>.

We've included some articles about the benefits of volunteering and community service, so we hope you'll take a moment to check those out. If you know of anyone who is interested in becoming a CASA, please send them our way!

We are finally getting rested up and ready for summer. Bring on the sunshine!

Warmly,

Kain Mirandé



THANKYOU!





Photography by Mariel Hensley Photography

New Walking Group

Walk with your neighbors once a week!

Do you engage in physical activity less than 3 days per week? You are invited to join a walking group at the **South Suburban Library**.

A partnership between South Suburban Library and the School of Nursing at OHSU is inviting adults in Klamath Falls to participate in a study about group-based walking programs. **Participants will receive a Fitbit and t-shirt, and are invited to participate for two years.** Participants will also be invited to complete surveys and health assessments. Study #24665. Principal Investigator: Cynthia Perry.

Interested? Email <u>ssublead@klamathlibrary.org</u> or **2** 541-273-3679

FREE DENTAL CLINIC DAYS

DÍAS GRATUITOS EN CLÍNICA DENTAL

DAY/DÍA	TIME/HORA		LOCATION/UBICACIÓN	
Friday, April 28, 2023 Viernes 28 de abril de 2023	9:00 a.m 4:00 p.m.		Malin Community Hall 2307 Front St Malin, OR 97632	
Saturday, April 29, 2023 Sábado 29 de abril de 2023	9:00 a.m 4:00 p.m.		Merrill Civic Center 365 Front St. Merrill, OR 97633	
	_			
Cleanings Limpiezas		Everyone is welcome!	IDs not required	First come, first served
Fillings Amalgamas		¡Todos son bienvenidos!	No se requiere identificación	Por orden de llegada
Extractions				
Extracciones Children's Dental Sealants Selladores dentales para niños	5	For more information: Call Klamath Health Partnership at (541) 887 - 8048. Para más información: Llame a Klamath Health Partnership al (541) 887 - 8048.		
Sponsored by: Patrocinado por:				

ORAL HEALTH COALITION

DENTAL KARE

EAMS

Oregon TECH

EDUCATIONAL RESOURCES

Books

 The Deepest Well: Healing the Long-Term Effects of Childhood Adversity
 By Dr. Nadine Burke Harris

Articles

- Benefits of Community Service*
 Western Connecticut State University
- <u>Volunteering and its Surprising Benefits*</u> HelpGuide.org
- *Clickable Link

Please remember to track your educational hours on Optima.



541.885.6017 klamathfallscasa.org



IMPORTANT DATES

April

- Volunteer Month
- Child Abuse Prevention Month
- Sexual Assault Awareness Month
- 4/2 World Autism Awareness Day
- 4/5 Passover
- 4/9 Easter
- 4/22 Earth Day
- 4/23-29 Crime Victims Rights Week

MARCH BIRTHDAYS

- 3/2 Justin Rodriguez
- 3/8 Julie Levine
- 3/25 Karri Mirande
 - 3/29 Debi Clark

APRIL BIRTHDAYS

- 4/6 Kami Mirande
- 4/24 Nicole McDougal
- 4/26 Jeanette Rutherford

