



GOOD NEWS FROM

CASA

April 2022



Spring is here!

And so is...

Child Abuse Prevention Month

April is dedicated to raising awareness
about child abuse and neglect



GO BLUE DAY IS APRIL 9TH

WEAR SOMETHING BLUE TO SHOW YOUR SUPPORT



FROM THE DIRECTOR



April is a HUGE month for CASA. The featured topic of the entire month is Child Abuse Awareness Month. Also occurring in April is Volunteer Appreciation Week during the week of April 17th-23rd. And finally, in our office, we have two big fundraising events scheduled for the month that can make a significant impact on the remainder of our fiscal year and budgeting process. I hope you will help us recognize and share our messages of hope and support in your circles of influence throughout the entire month of April.

Child Abuse Awareness month kicks off April 1st! Help us spread awareness on April 9th with GO BLUE day. Please remember to wear something blue to stand with us as we try to educate and create awareness for this absolutely critical cause. We have scheduled a couple of ways you can help support our efforts to raise awareness. **First, is a simple \$5 donation online to have a blue ribbon posted with your name on it (or anyone's name you wish to honor). These virtual ribbons will stay up on our front page and rotate throughout the whole month. We are also making blue ribbons to post around our office as well to display your support.**

We will also be doing a mailout campaign during the month to tie into supporting CASA's efforts to end child abuse and neglect in our area. More info will be coming soon on how you can donate to help support that initiative through CASA of Bell and Coryell Counties

Volunteer Appreciation Week is April 17th-23rd. We will be recognizing all of our advocates for the incredible work you do on behalf of CASA. We are so indebted to the services that CASA advocates provide to the most vulnerable children in our area and we want to make sure your efforts are recognized and appreciated during Volunteer Appreciation Week.

The CASA/Wings, Pizza N Things 2nd Annual Golf Tournament is set for Monday, April 25th, at Sammons Golf Course in Temple. This event turned into the largest fundraiser in CASA history last August and this year's event should be even bigger and better. Teams are already sold out, but you can still play a major role in the success of this event. Sponsorships are still available and start at just \$100. We also need raffle and auction items donated that can help us add to the proceeds from this event. Contact the CASA office to get more info about how you can be part of this fun event!

And finally, on the heels of the golf tournament, Chick Fil A in Copperas Cove will be hosting a "Dine and Donate" event for CASA on Thursday, April 28th. This is another event that can bring in substantial funding for CASA. All you have to do is enjoy some Chick Fil A food and when ordering tell them that you are there to support CASA. Chick Fil A will donate 15% of the proceeds from any sale that day when someone mentions CASA when ordering their food. Please remember to dine at Chick Fil A in Copperas Cove on April 28th and let them know you are supporting CASA when you place your order!

Thank you for everything you do to help support CASA. We always need more Volunteer Advocates so if you know of someone to recommend – send us a note and we will reach out to them. You are invaluable to us as volunteers and advocate representatives. THANK YOU for serving CASA.

SUCCESS STORY

Thank you to all of the racers, sponsors, volunteers and families who came out to participate in our 5th annual St. Patrick's Day 5k. It is quite rewarding and wonderful to see our attendance grow each year. There were a total of 80 runners this year and approximately 25 volunteers, WOW! After the race, our calculations showed that CASA of Bell and Coryell Counties brought home almost \$4, 100. This has been an absolutely incredible fundraiser. We cannot thank you enough for all of your support. Every dollar gained goes to recruiting, training and retaining our volunteers so that we can help as many children as humanly possible! Thank you again for everything you all have done and continue to do for CASA; we do not exist without you.



RECIPE CORNER

Watermelon Breeze Drinks



- 3 cups cubed chilled watermelon
- 1 cup coconut water
- squeeze of fresh lime
- Ice if needed
- Sprig of mint

1. Put all ingredients in blender. Blend until smooth.
2. Makes two servings.
3. 90 calories per serving.



EASIEST

recipe ever



SELF CARE SEGMENT



Mindfulness meditation is a mental training practice that teaches you to slow down racing thoughts and let go of negativity to help calm both your mind and body. Mindfulness meditation combines traditional meditation along with the practice of mindfulness and deep breathing at the forefront. This involves being fully focused on the present so you can acknowledge and accept your thoughts, feelings and sensations without judgment. Take a break and escape for a few minutes to give this activity a try, it does a mind and body good! There are numerous techniques, and you can even come up with your own.

Practicing mindfulness meditation doesn't need any special props or preparation, other than a goal to complete the meditation. All you truly need to do is find a comfortable space for yourself. If you want to sit on a cushion, lay down or just stand in the sun, it's your practice and you make the rules. First thing to do is to become aware of your breath while attuning to the sensation of air moving in and out of your body as you breathe. Take a deep breath that fills your lungs, feel your chest rise and fall as air enters and leaves your nostrils.

As you begin to become more aware of your breath, you want to breathe in deeply for 3 counts, hold for 4 counts and release for 6 counts. This breathing exercise can be done anywhere, anytime and has significant benefits if practiced regularly. During your meditation, if your mind wanders, and it will, bring your mind back to focusing on your breath. It is important to remember to not be too hard on yourself while you are getting used to conducting these meditation sessions.

If you are new to the practice, there are endless videos on YouTube to get you started. Two helpful apps located in the app store on your phone are Calm and 10% Happier. These apps are great for everyone from beginners to folks who are more advanced in the practice. Both apps offer a free week to explore the many options they offer. New things can be scary and sometimes uncomfortable, but you never know if you like it until you give it a try!

Upcoming Events

Keep an eye out for events and celebrations

CASA/WPT Golf Tournament

April 25th at Sammons Golf Course

Sponsored by Wings, Pizza n Things

Chick-Fil-A Dine and Donate

April 28th 4-9 pm

Copperas Cove

Think Tank Thursday

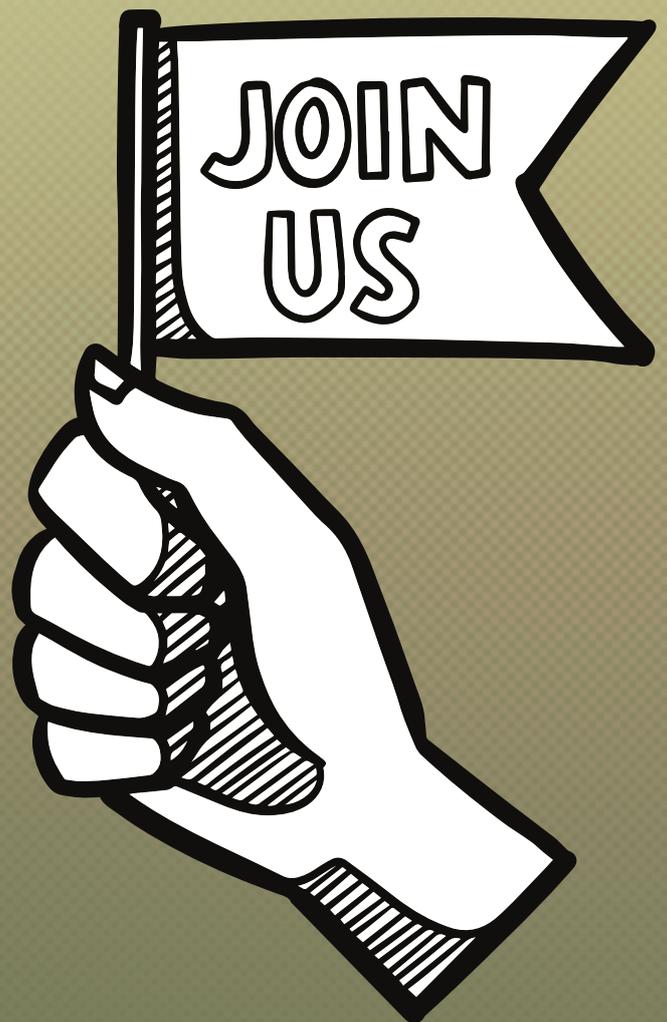
May 5th 5-7 pm

Location TBA

Rabbit Fest

May 19th-22nd

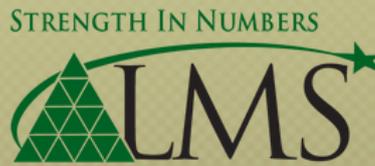
Copperas Cove City Park



Big Thank You to the 5k Sponsors!



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BODY MIND & SPINE
CHIROPRACTIC



JUNIOR LEAGUE OF
BELL COUNTY

Donate Today!



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into your web address bar to see our current wish list! We are always on the lookout for items that will make our CASA kids smile.

Ever wonder if your shopping online at AMAZON can make a difference to CASA of Bell and Coryell Counties?

IT CAN!

AMAZON SMILE allows you to shop and support your favorite charity at the same time! To take advantage of this offer—and to ensure that your shopping throughout the year benefits your favorite charitable organization—just start your shopping at smile.amazon.com.



Visit our website to participate in our virtual blue ribbon wall and help us raise awareness about child abuse! With a \$5 donation, we will place the name of your choice on a blue ribbon to be displayed throughout the month of April.



Want to Volunteer?

Check out www.casabellcoryell.org
or call the CASA Office at (254)-774-1881

