



GOOD NEWS FROM

CASA

May 2022



*Mental Health
and
Foster Care
Awareness
Month*



Take Care Of Yourself

Burnout is something that can happen to us before we even realize it is occurring. More often than not, we are programmed to push through our fatigue or discomfort in order to get our tasks completed. However, in this field it is of the utmost importance that you care for yourself first.

By now, I'm sure you've all heard the instructions for securing your oxygen mask on an airplane in case of emergency; you must secure your mask before aiding anyone else around you. This rule, this analogy, can easily be applied to our everyday lives. As advocates for the children in our communities, we must ensure that we are functioning at our best so we can give our best to the children that need us.

Some of the signs of burnout are:

- Lack of motivation
- Overly fatigued
- Feeling overwhelmed in your role
- Feeling like you are having no impact
- Significant negative changes in your personality/outlook on life

It is vital that we address burnout before you reach a point where you no longer want to continue in your duties. For an organization like ours, we cannot function without our volunteers. If you are feeling any of the things listed above, then it's the perfect moment to set aside some time to perform self care. There are endless options for self care such as taking a walk, meditating, journaling, coloring, crafting, spending some time alone, taking a nap and so many more. Find something that works for you and your schedule that will give you an outlet of some kind that will help recharge your internal batteries.

You are important. Never forget that.

YOU MAKE THE CASA DIFFERENCE

As of March 2022, there are approximately 40,000 children in foster care in the state of Texas.

Each of these children need someone by their side throughout the stressful process of going through the foster care system. You could be that person!

Call 254-774-1881 to volunteer today



Raise your voice and their chances.



SUCCESS STORY

This month's success story comes from our 2nd Annual Golf Tournament held at Sammon's Golf Course in Temple. Though we got rained out pretty quickly and our golfers had to flee the course, the Dent family at Wings, Pizza n Things in Temple had a safe haven ready for everyone to hide out from the storm. Despite not getting to enjoy the sunshine on the course, it was a wonderful day spending time with the people in our communities who came together to rally behind CASA and our mission. There was a silent auction, raffles, great food, and even better company to spend time with. The tournament brought in approximately \$32,000 to help recruit and train CASA volunteers! That is such an incredible feat and we could not have made any of this happen without the unwavering support of our communities. A big thank you goes out to everyone who came to play, those who volunteered their time and our amazing sponsors who made it all possible!

RECIPE CORNER

Lemon Garlic Cream Sauce



- 2 Tbsp. butter
- 4 minced garlic cloves
- 2 Tbsp. all-purpose flour
- 2 cups half and half
- 1 tsp. lemon zest
- 2 Tbsp. fresh lemon juice
- 1/3 cup grated Parmesan cheese
- 1 Tbsp. finely chopped parsley
- Kosher salt and fresh black pepper



1. In a 12-inch **non-stick skillet**, melt butter over medium heat. Add garlic and cook for 30 seconds or until fragrant, while stirring constantly.
2. Stir in flour and cook for 1 minute or until lightly golden, stirring constantly. You want to cook off the raw flour taste. Make sure not to burn it.
3. Gradually add in the half and half, stirring as you pour. Season with salt and pepper, to taste. Reduce heat to medium-low and cook until the sauce thickens about 1-2 minutes. If any lumps form, whisk them out. The sauce should easily coat the back of a spoon.
4. Whisk in lemon juice and zest. Stir in Parmesan cheese and parsley. The cheese should immediately melt into the sauce. Serve immediately.

Upcoming Events

Keep an eye out for events and celebrations

New Advocate Swearing In

May 3rd 5:30-6:30 pm

CASA Office

Think Tank Thursday

May 5th 5:30-7 pm

Treno's Pizza and Taproom in Temple

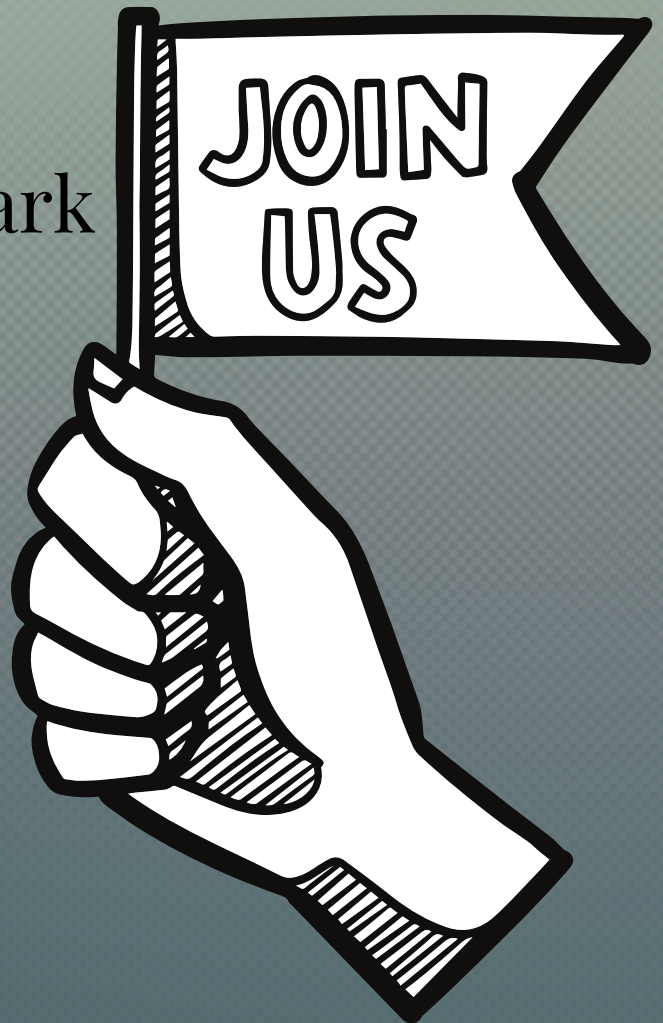
Rabbit Fest

May 19th-22nd

Copperas Cove City Park

If you'd like us to come
speak/share information with your
company or social group, send our
Volunteer Outreach Coordinator
an email at
molly.miloy@casabellcoryell.org

We would love the opportunity to
further educate our communities!



**THANK
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CASA kids smile.

Want to Volunteer?

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

