

July 2023 Issue #27  
**CASA CONNECTION**  
**Newsletter**



## **Welcome to our newest advocate**

**Congratulations & Welcome to Rev. Michele Monroe, our newest volunteer advocate. Michele was sworn in by the Hon. Andrew Lange, Colfax county, on March 28. A recent Nebraska transplant, Michele is Pastor of New Zion Presbyterian Church in Clarkson.**

**This is the first CASA Connection volunteer Judge Lange has sworn in for Colfax county since he was appointed to the 5th Judicial District. We are hopeful that Judge Lange will be swearing in more adults in Colfax county willing to step up and make a difference for a child in foster care.**

*"There is incredible value in being of service to others."  
Elizabeth Berg*



# A LETTER FROM THE EXECUTIVE DIRECTOR - *Susan Jarecki*

**Self-care** ~ the ability to care for oneself through awareness, self-control, and self-reliance to achieve, maintain, or promote optimal health and well-being.

The past few months I have been concerned about the “self-care” of many of our advocates. I have seen many of you battle with heavy stressors. Whether they are CASA related, work, health or family related, it is important to remember to take care of yourself.

There are actually 7 pillars of self-care, and they include: Mental, Emotional, Physical, Environmental, Spiritual, Recreational and Social. Finding a balance that includes all 7 of these pillars is more than difficult and yet so important for your well-being.

You can google Self-Care tips and find all sorts of advice on how to attain a healthy balance. Not all the tips are going to work for everyone. You need to find something that works for you. I utilize and so cherish my “me time”. The time I set aside where I don’t have to think about being a wife, mother, grandmother, sister, supervisor, or employee. Just me doing and being what I want at that moment. Early morning coffee on our deck, before the neighborhood starts to wake up. That is my favorite “me time”.

Really think about it...What is your favorite “me time” activity? How do you make sure this happens each day or week?

I am bringing this topic up, as I know the volunteers we have add so much to their plates when working a case. You are not only taking care of yourself and your family, but you voluntarily decide to care for others that at one time were complete strangers. The work you do as an advocate does not go unnoticed. I have seen each of you pour your time, talent, and hearts into the lives of the children we serve, and I can’t Thank You enough for it. However, we all get overwhelmed at some point. Please remember to reach out to Lisa or myself should you feel this overwhelming pressure with your cases. We are here to help and support you if/when you need to vent or pull back.

~Susie~

## 2023 YTD Program Statistics

52 Children served by our program	11 Cases Monitored
38 Children served with an advocate	3 Children served by staff advocates
20 Active volunteers	1 Volunteer sworn in
34 Family groups	2 Volunteers taking another case
	2 Volunteers have accepted their first case



# CASA Connection Happenings

## Joy Dannelly recognized at annual United Way luncheon

On April 20, Joy Dannelly was recognized as an Outstanding Volunteer during the Columbus Area United Way's annual luncheon. Joy has been a volunteer advocate with CASA Connection since 2018. Joy is advocating for her second child and has done an outstanding job doing so. She has gone above and beyond to see that the young man is receiving all services and things he needs. She has formed a very trusting and caring bond with him and his foster mother through her perseverance and kindness. We are so grateful Joy stepped up to become a volunteer with CASA Connection.



## April 5th: Go Blue for Child Abuse Awareness

April 5th was Wear Blue Wednesday in honor of Child Abuse Awareness month. CASA Connection, along with other agencies involved with Bring Up Nebraska, encouraged everyone to wear blue, take photos & post them to Facebook. Blue pinwheels were also displayed around the area, including in front of the Juvenile Services building which houses the offices of CASA Connection.



## CASA Connection out and about: Columbus Farmer's Market

Our Outreach Coordinator, Lisa Rosendahl, spent a wonderful morning at the Columbus Farmer's Market in May and giving out seed packets attached to fliers explaining CASA Connection's need for volunteers. She made sure the CASA Connection table was far enough away from the temptation of most of the baked goods and set up next to the very popular iced coffee stand. The weather was perfect, people who stopped to get more information on CASA were inquisitive and the iced coffee perfectly caffeinated.



## Upcoming Events

- August 12 starting at 8:00 am. Columbus Days. Frankfort Square. Lights, Camera Action! Stop by our booth, spin the wheel of prizes or talk to Lisa to learn more about CASA Connection.
- August 12, 8:30 am, Frankfort Square . CASA Connection's annual "I'm a Little Cutie" Baby Contest held during Columbus Days.
- August 18. CASA Connection Volunteer Appreciation Pool Party. Thank you Travis & Tara Hill for hosting this event.
- Nebraska 25-26. Nebraska CASA Statewide Conference, LaVista.

# "I'm a Little Cutie" Baby Contest. August 12, 8:30 am at the Frankfort Square Stage



**CASA Connection Annual**

## I'm a Little Cutie Baby Contest

**Entry Fee: \$15/child ON or BEFORE August 10th.**

**PRE-REGISTRATION REQUIRED**

Visit <https://casaconnectionne.com/news-events/newsroom.html> for more details

**Saturday,  
August 12**

**8:30 am**

**Frankfort  
Square Stage**

**Registration forms may be picked up at the  
CASA Connection office: 1465 27th Ave. or  
on our website:**

**<https://casaconnectionne.com/news-Events/newsroom.html>**

**Please call the CASA Connection office:  
563-4944 or email [casacon@yahoo.com](mailto:casacon@yahoo.com) or  
[casacoord@gmail.com](mailto:casacoord@gmail.com) with "BABY SHOW"  
on the subject line.**

First, Second & Third place prizes will be  
awarded in each age category.

The categories are  
newborn-6 months, 7-12 months  
and 13-18 months.





# Birthdays

Nicole Saalfeld	July 14
Barb Howser	July 16
Lynsey Kime	July 31
Cheryl Noonan	October 2
Annette Swantek	October 10
Julie Anderson	October 19
Robbin Cutsor	October 24
Kimberly Olsufka	October 30
Tim Sky	October 30
Dan Britt	November 11
Joan Smith	November 12
Renee Held	November 20
Dee Condon	December 14
Scarlett Johnson	December 18
Doug Pauley	December 28

## **Volunteer cases closed**

Since January 1, 2023 these volunteers have had their CASA cases closed and permanency achieved for the children they advocated for.

- \* Rolaine Blaser      \* Theresa Seipel
- \* Robbin Cutstor    \* Lynsey Kime



**CASA Connection sends a huge THANK YOU to the following for all of their past support, funding and in-kind donations**

Platte County, Nebraska  
 Columbus Area United Way  
 National CASA Association

Colfax County, Nebraska  
 Nebraska CASA Association  
 Nebraska Crime Commission

Thrivent Member Network

*“Advocacy is empathy, compassion and community at work.” - Janna Cachola*

## Board Members

Scott Ditter, President  
Robbin Cutsor, Treasurer  
Theresa Seipel, Secretary  
Zach Johnson  
Travis Hill  
Barbara Howser  
Doug Pauley  
Karina Perez  
Cheryl Richardson  
Nicole Saalfeld

## Volunteer Advocates

Julie Anderson  
Traci Barnes  
Dan Britt  
Tom Cleary  
Robbin Cutsor  
Tricia Dusatko  
Barbara Howser  
Lynsey Kime  
Cheryl Noonan  
Kim Schmidt  
Tim Sky  
Tara Svatora  
Karmen Thompson  
Michele Monroe  
Rolaine Blaser  
Jean Britt  
Dee Condon  
Joy Dannelly  
Renee Held  
Scarlett Johnson  
Carrie Kreber  
Kim Olsufka  
Theresa Seipel  
Joan Smith  
Annette Swantek

## Staff

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CASA Connection is affiliated with  
the Nebraska CASA Association &  
The National CASA Association.

CASA Connection is a  
Columbus Area United Way partner  
agency

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### Facebook:

CASA Connection, Columbus, NE

### Instagram:

@casa\_connectionnebraska

### Twitter:

@CASAConnectNE

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