

March 2024

RESOURCE PARENTS

THE OFFICIAL NEWSLETTER FOR RESOURCE (FOSTER) PARENTS
INVOLVED WITH CASA - VOICES FOR CHILDREN



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SAVE THE DATE: APRIL 5TH!

Make sure to Save The Date: **April 5th, 2024, from 6-9pm** at the beautiful **Philomath Scout Lodge!** This year's theme is the Spring Swing: with local barbecue, line dancing and swing dancing lessons, a silent auction, kids activities, and more.

Get ready to grab your Stetson, slip on your boots, and come join us as we kick up our heels for kids. For information on the Spring Swing, as well as CASA and our mission, stay tuned to our website, www.casa-vfc.org, as well as our Facebook and Instagram pages.



Remember that it's you, the community, who makes this all possible; come celebrate with that fellowship and help raise money for our kids in care who need our help.

CASA-VFC Dine Out: March 16th

WE CAN DO THIS!!! FOOD WITH INTEGRITY.
COMMUNITY STARTS HERE. 25% TASTES MADE
FOIL-WRAP BURRITOS. BETTER FRESH
GOODNESS. EVERY DAY
GENEROUS. CAN CHANGE THE WORLD.
HELPING FOOD CAN CHANGE THE WORLD.
BURRITOS. BURRITOS. BURRITOS.
CAUSE. AN EFFECTIVE
OPPORTUNITIES. A BETTER
WORLD. ORDER

DO GOOD WITH CHIPOTLE



CHIPOTLE FUNDRAISER FOR CASA-VOICES FOR CHILDREN

33% OF EVENT SALES GET DONATED TO THE CAUSE

SATURDAY, MARCH 16TH | 4-8PM
2501 NW MONROE AVE, CORVALLIS, OR, 97330

ORDER ONLINE FOR PICKUP USING CODE **8QXJMWB**
OR SHOW THIS FLYER IN RESTAURANT



For online orders to count towards the fundraiser, they must be placed for pickup only from the restaurant location of, and during the hours of, the fundraiser. Delivery orders and gift cards do not qualify. \$150 minimum event sales required to receive any donation.

Quick Tips: Education Coordinator

All students need school support. An educational surrogate from CASA-VFC ensures that a child in care know that they have a caring adult in their corner to make sure that their school experience is the best that it can be!

Punxsutawney Phil the groundhog is predicting an early spring! As spring leads to summer, our Education Coordinator works to remind you to keep your kiddos engaged in learning all summer long! She has included a variety of exercises to keep kids retain academic knowledge over the summer. Below are resources to guide you.

Keep Reading, Keep Math-ing!

Ages 5-14:

- Library Reading Programs
- Weekly News Articles: [TIME for Kids](#)
- Reading Incentives
- Reading Bingo: [Learning Lift Off](#)
- Flash Cards: [Scholastic](#) OR [McGraw Hill Publishing](#)
- Read together. For a fun activity: have your child(ren) write a new ending for their favorite story.
- Write a mini book! Here are some [creative writing prompts](#)
- [Storyline Online](#)
- Practice [multiplication tables](#)
- Play a game of "ISpy"
- Taking a trip? Research and learn the history of the places you visit!



Ages 14-18:

- Ask teacher(s) for the booklist for upcoming Fall classes
- SAT Vocab List: [Flash Cards](#)
- [Math Drills for SAT](#)
- Practice [multiplication tables](#) and other math problems



Quick Tips: Future Forward Program (FFP)

The Future Forward Program is CASA's newest initiative. Its focus is preparing youth to live independently. The structure consists of one-on-one meetings with the program coordinator, Micah Von, as well as group meetings and introductions to mentors.

Topics covered range from the mundane tasks of adulthood such as laundry, grocery shopping, house cleaning, to the planning for large life events like picking a college and filling out job applications and obtaining a drivers license.

Below are some ideas for activities for youth of various ages to try out

Ages 13-14: Make Your Bed

At any hour of the day, go make your bed. It doesn't have to be perfect, but try to make it nice. Make sure the pillows are straight and the blankets and covers are even on both sides of the bed. Once you're done, take a step back and look how your made bed looks in your room. Then, immediately jump into it! Roll around for a few minutes and get cozy! As you're laying there, picture what it'd be like to have a long, annoying, and stressful day, then imagine how it would feel to get into that bed after that day.



Ages 15-16: High, Low, Buffalo Journal

Take a normal sheet of paper and label it in the following way. Write the day of the week, and underneath it write the words, "High", then skip a line, "Low", skip a line, and then write "Buffalo". Finally at the bottom write the word, "Connections." As you climb into your bed, think back on your day. Write down one sentence each describing the high point of your day, the low point and something unexpected/weird/unique about your day. At the end of the week, read back over the journal and write down any connections that you can make. If something or someone is consistently making you happy, tell them thanks or try to see how you can put more of that thing into your life! If someone or something is consistently making you angry, think about how you can make them or it better and try to implement those changes the next week.



Ages 17-18: Cooking Basics: Chicken, Mac & Cheese

Learning how to cook is an essential part of becoming an adult. Here is a quick guide to making one simple meal: Chicken, Mac & Cheese, and a Side Salad!

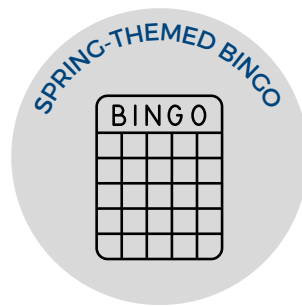
For a detailed step-by-step guide on how to make this meal, click [HERE](#)





MARCH ACTIVITIES FOR THE FAMILY

New experiences are a great way to engage with your kiddo(s) and make lasting memories this spring. Below are some of our favorite ideas for fun and inexpensive ways to enjoy the changing seasons with the whole family!



SQUISHTIVITIES

March 21st, 10:30-11:15 a.m.
Monroe Community Library



Bring the family and come create, play, and learn through sensory play and crafts at the "Squishtivities" event at the Monroe Library (Adults must attend with their youth.) For more information, click [HERE](#).

NEWPORT SHAMROCK RUN

March 16th, 9 a.m.
2320 SE Marine Science Dr



Celebrate St. Patrick's Day in Newport by registering for the Newport Shamrock Run! Three races are available: half marathon, 5K Walk/Run, and a Kids Fun Run. For more information, click [HERE](#).

WHITESIDE THEATRE: "SHE'S SPEAKING - LIVE"

March 9th, 7 p.m.
Whiteside Theatre



Whiteside Theatre is presenting, "She's Speaking -LIVE"; a forum where women singer/songwriters voices can be heard and appreciated by all. Pre-sale tickets are \$20, and \$25 at the door. For more information, click [HERE](#).



MUSIC À LA CARTE EVENTS

Music à la carte events are held at the Memorial Union on **Fridays at noon**. These musical performances are free and open to all. Take a break and immerse yourself in the wonders of musical performance.

March 1st: Brian Quincey (viola) & Denise Fujikawa (harp)
March 8th: OSU Percussion Studio
March 15th: Jonah Parzen-Johnson (flute and saxophone)

To learn more, click [HERE](#).

COMMUNITY OPPORTUNITIES



LIBRARY EVENTS

The Corvallis-Benton County Public Library is now offering in-person as well as virtual events! Check out their site to learn about fun opportunities for kids, tweens and teens!



SCHOLARSHIP PROGRAM

The Parks & Recreation Scholarship Program is accepting applications for the Fiscal 2023-2024 year. Visit the website for more information and eligibility requirements.

Resource Parents! Escape the rain at **Corvallis Indoor Park (CIP)**

Located in the Frist Presbyterian Church on the corner of 8th St. and Monroe Ave.

For children Kindergarten or younger open Corvallis school days from 9A.M.-2P.M.

Thanks to partnership between CIP & CASA-VFC, resource parents can enjoy the park at no charge. Please stop by the CASA-Voices for Children office to check-out a key for entrance.



CORVALLIS ART CENTER

The Corvallis Art Center inspires creativity and contributes to community well-being through equitable access to and engagement with the visual arts.



VISIT CORVALLIS

Stay up-to-date on the latest events within the City of Corvallis! This site hosts an event calendar of upcoming kid-friendly activities to enjoy with your kiddo(s)!

UPCOMING TRAINING OPPORTUNITIES



**Interesting in furthering your education
on key topics such as child welfare,
mental health, and more?**

Please visit our website to explore a wide variety of scheduled live training & webinar options. Available trainings are hosted from local organizations as well as nationwide learning resources.

<https://www.casa-vfc.org/live-trainings>



FAMILY RESOURCES



National Child Traumatic Stress Network - NCTSN offers a wide array of webinars and e-learning courses on best practices for helping children who have experienced trauma. Visit the link below to create an account for free access to training materials.

[VISIT PAGE](#)

Focus on Foster Families App - This app is designed to support foster children, youth, and their caregivers & advocates. Through video interviews and online tools, FOCUS on Foster Families helps users improve their skills related to communication, emotional regulation, problem-solving and goal setting.

[VISIT PAGE](#)

Oregon Family Support Network - OFSN is a statewide non-profit organization that supports families who are raising a child with significant mental health challenges. They provide education, support and advocacy for individual families and support systems.

[VISIT PAGE](#)

Oregon Post Adoption Resource Center - The OPARC provides services for Oregon DHS adoptive and assisted guardianship families. Services include information, assistance, referral, in-depth consultation, advocacy and support, and education and training for families and advocates.

[VISIT PAGE](#)

FASCETS: Fetal Alcohol Spectrum Consultation, Education and Training Services - FASCETS presents an array of human-centered resources for learning about FASD.

[VISIT PAGE](#)

Byram Healthcare: Byram Healthcare is a national leader in disposable medical supplies, including diapers, delivered directly to your home while billing insurance plans. Visit the link below for eligibility and more information.

[VISIT PAGE](#)



DON'T FORGET!

We have tons of great resources for you and your kiddo(s). Please call or email if you are in need of any of the following items.

Clothing
Shoes
Books

Jackets & Winter Coats
Sports Equipment
Backpacks & Duffle Bags

Quilts
Birthday Gifts
Holiday Gifts

If we don't have the item you are looking for, please let us know and we will try our best to find it for you!

For more information please contact:

center@casa-vfc.org
541-250-0767



FOLLOW US ON SOCIAL MEDIA

Keep up with CASA on your favorite social media sites! Follow us on [Facebook](#) and [Instagram](#) for updates on events, learning opportunities, fun activities for kids, and more!

**REPORT
CHILD
ABUSE!**

To report child abuse, please call these child abuse hotlines:

Local: 541-757-5019

Toll Free: 866-303-4643



Happy Spring,

RESOURCE PARENTS!

Thank you

for the vital role you play
in providing for our
most vulnerable
population.

- CASA-VFC STAFF

WE ARE HERE FOR YOU!

BENTON COUNTY OFFICE

129 NW 4th St., Suite B
Corvallis, OR 97330
(541) 753-5838



LINCOLN COUNTY OFFICE

308 SW Coast Hwy.
Newport, OR 97365
(541) 265-3116



www.casa-vfc.org



Program

Deisy - Program Supervisor

Mikayla - Program Lead (LC)

Anne - Program Coordinator (BC)

Karen - Program Coordinator (BC)

Robyn - Program Coordinator (LC)

Steven - Program Coordinator (LC)

OUR STAFF

Kari - Executive Director

Special Programs

Emme - Support Specialist

Tim - Research & Data Analyst

Micah - ILP Coordinator

Kelley - Educational & Extracurricular Coordinator



Development

Waino - Development & Connections Coordinator

Hayden - Development Assistant

Catherine - Project Coordinator

Alyssa - Communications Coordinator