



Sept. 2024

Resource Parent Newsletter

The Official Newsletter for Resource Parents
Involved with CASA - Voices For Children



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OUR STAFF

CASA - Voices for Children is dedicated to providing a powerful voice for children affected by abuse and neglect. None of this would be possible without the hard work and dedication of our Advocates and program staff. We would like to thank our team for all that they do for our organization!



Anastasiya Rumega
Development &
Event Coordinator
Lincoln & Benton
County

Hello all, my name is Anastasiya and I am joining the team at CASA as their new Development and Event Coordinator. I am looking forward to collaborating with the organization on exciting new fundraising events and developing new partnerships. I have been an administrative professional and a part of the event coordination business for over 8 years. I am grateful for the opportunity to bring my expertise to this talented and dedicated group of individuals who are giving back to this community daily. When I'm not working I enjoy going to the movies with my partner and spending time with my cat, Ripley.

Greetings! My name is Naomi. I am so happy to be back in the United States after working in Japan for the past year. I live in Albany with my grandfather and my six-pound dog, Lily. Lily is quite the fashionista. She always wears a red bow in her hair and has her own purple and blue silk cheongsam that we got for her from China. I love working with kids and helping people. My goal is to reach out and help as many people as I can. I look forward to working with CASA!



Naomi Rund
Support Specialist
Benton County



Aaron Smith
Program Coordinator
Benton County

I'm incredibly excited to join CASA as a Program Coordinator. Though I'm new to this role, I'm deeply passionate about child advocacy and thrilled to be part of a team that works to make a real difference in the lives of vulnerable children. CASA's mission to ensure every child's voice is heard and their needs are met is something that resonates with me, and I'm eager to contribute to this important cause. I look forward to growing with CASA and making a positive impact on our community.

VOLUNTEERS NEEDED

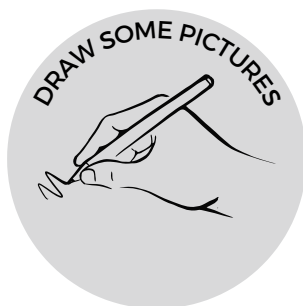
CASA - Voices for Children is always in need of Volunteers to help with tutoring, staffing community events, assisting with our donation center and more! This month, we are in need of volunteers to help work our spin-art booth at the Corvallis Fall Festival! If you or someone you know would be interested in lending a hand, click [HERE!](#)



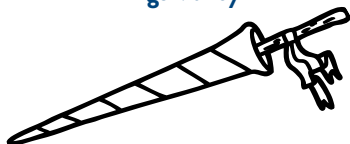


SEPTEMBER ACTIVITIES FOR THE FAMILY

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



**SHREWSBERRY
RENAISSANCE FAIRE**
September 14th-15th, 2024
Kings Valley



Come be thee blythe and merry at the Shrewsbury Renaissance Faire! Here enchantment awaits young and old alike as jousting knights and noble steeds clash on the tourney fyld while minstrels, dancers and bards fill the lanes with delight. For more information, click [HERE](#)

**TALK-LIKE-A-PIRATE DAY
TEEN BUCCANEER BASH**
September 19th, 2024
Corvallis-Benton County Public Library



Celebrate the annual "Talk Like a Pirate Day" at this swashbuckling soirée! Get ready for games, food, crafts and pirate-themed contests and prizes! Ready your sealegs, feel free to dress like a scallywag with your most pirate-y attire... And may the best buccaneer win! For more information, click [HERE](#)

2024 FALL FESTIVAL RUN
September 29th, 2024
Campus Way between 14th & 15th St



Mark your calendars! This is the 45th running of this landmark running event for the mid-valley! This affordable, family-friendly event presents a welcoming and fun atmosphere for all who want to participate. Come for the run, stay for the [Corvallis Fall Festival](#). For more information, click [HERE](#)

JOIN US FOR THE CORVALLIS FALL FESTIVAL!

Go To corvallisfallfestival.org for more!



We hope you will join us for the 51st Annual Corvallis Fall Festival, celebrating the changing of the seasons and offer a variety of activities for the whole family. This year's festival will feature a mix of traditional and new events, including live music, food and beverage vendors, arts and crafts, and much more. We look forward to seeing you at the festival!

September 28th
10:00AM - 6:00PM
&
September 29th
10:00AM-5:00PM

FREE for all Ages!

Quick Tips: Education Coordinator

Welcome Back, Students and Families! As summer days wane and the scent of freshly sharpened pencils fills the air, it's that exciting time of year again—back to school! Whether you're a student gearing up for a new grade, a parent preparing for new routines, or an educator ready to inspire, this newsletter is packed with everything you need to kick off the school year with enthusiasm and confidence.

What's New This Year?

- **Curriculum Updates:** Many schools are rolling out exciting new programs and updates. Expect fresh approaches to math and science, enhanced arts and humanities offerings, and more emphasis on social-emotional learning. Check with your school for details on what's new in your child's curriculum.
- **Safety Protocols:** With health and safety always a priority, schools are updating their protocols based on the latest guidelines. This includes measures for both physical health and cybersecurity. Stay informed about any new procedures to keep your family prepared.

Back-to-School Tips

- **Organize and Prep:** Help your child get ready by organizing their school supplies and setting up a designated study area. A tidy space can make a big difference in focusing and staying on track.
- **Stay Positive:** Encourage a positive mindset about the new school year. Share your excitement and highlight the opportunities for learning and growth. Your enthusiasm will help set a hopeful tone for the year ahead.

Upcoming Events

- **School Supply Drives:** Some communities hold school supply drives to help families in need. If you're able, consider contributing to these initiatives to support local students.
- **Extracurricular Sign-Ups:** Keep an eye out for information on extracurricular activities and clubs. Getting involved in sports, arts, or academic clubs can enrich your child's school experience.

Parents Corner

- **Stay Informed:** Keep open lines of communication with teachers and school staff. Regular updates and parent-teacher meetings are crucial for staying informed about your child's progress and any areas of concern.
- **Support Learning at Home:** Encourage reading, exploration, and curiosity outside of school. Simple activities like visiting a museum, discussing current events, or engaging in educational games can complement classroom learning.

We have Trauma Informed Tutors that are ready, able and willing to work with your kids at school, your home or the CASA office. Please call the CASA office at 541-753-5838 and ask for our educational coordinator, Kelley Young for more information!

Quick Tips: Future Forward Program

As the new school year begins, setting up a solid morning routine can help you start each day on the right foot. Here are some tips to help you create a morning routine that will boost your energy, improve your focus, and set a positive tone for the rest of your day!

1. Wake Up At The Same Time Every Day

Consistency is the key. Try to wake up at the same time each morning. This helps regulate your internal clock, making it easier to get up and get moving. Aim for at least 8 hours of sleep each night to ensure you're well-rested and ready to take on the day.

2. Hydrate First Thing

After a long night's sleep, your body is dehydrated. Start your morning by drinking a glass of water. This simple habit can jumpstart your metabolism, improve your skin, and help you feel more awake.

3. Get Moving

Incorporating some physical activity into your morning routine can help wake up your body and mind. Whether it's a quick workout, a yoga session, or even just a few stretches, getting your blood flowing can boost your mood and energy levels.

4. Eat a Nutritious Breakfast

Breakfast is the most important meal of the day! Fuel your body with a balanced meal that includes protein, healthy fats, and whole grains. Try options like eggs and toast, yogurt with fruit, or a smoothie packed with greens and protein.

5. Plan Your Day

Take a few minutes each morning to plan out your day. Write down your tasks, set goals, and prioritize what needs to get done. This can help you stay organized and focused, reducing stress as you navigate your day.

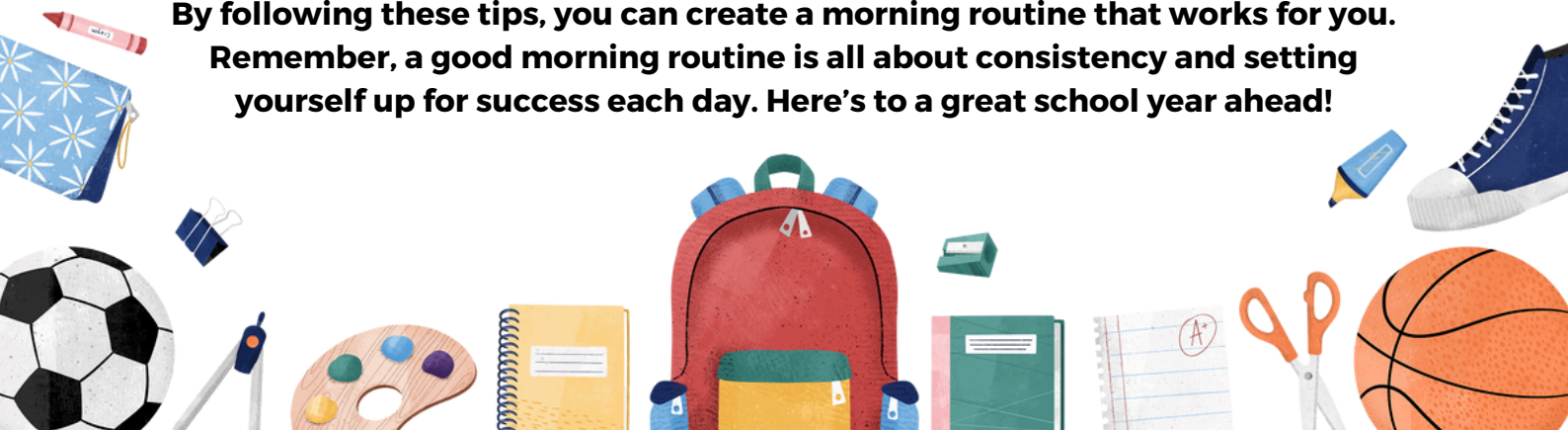
6. Avoid Screen Time

It's tempting to reach for your phone as soon as you wake up, but try to avoid screen time during the first 30 minutes of your day. Instead, focus on waking up, eating breakfast, and preparing for your day. This can help you start the day with a clear mind.

7. Prepare the Night Before

Make your mornings easier by preparing the night before. Lay out your clothes, pack your backpack, and plan your breakfast. This can save you time in the morning and reduce the rush.

By following these tips, you can create a morning routine that works for you. Remember, a good morning routine is all about consistency and setting yourself up for success each day. Here's to a great school year ahead!



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! Beat the Heat 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](#)

The CASA - Voices for Children Learning Center on our website has additional resources available to help support families, including information about [ACEs \(Adverse Childhood Experiences\)](#), learn about [LGBTQ+ Youth](#), and more!



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 Summer!

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

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(541) 753-5838



LINCOLN COUNTY OFFICE

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



www.casa-vfc.org



Special Programs

Kelley - Educational/Extracurricular Coordinator

Micah - Future Forward Program Coordinator

Catherine - Project Coordinator

Ginger - Support Specialist

OUR STAFF

Kari - Executive Director

Program

Deisy - Program Supervisor

Anne - Program Coordinator (BC)

Emme - Program Coordinator (BC)

Steven - Program Coordinator (LC)

Shannon - Program Coordinator (LC)



Development

Anastasiya - Development & Event Coordinator

Hayden - Development Assistant