

COURT APPOINTED SPECIAL ADVOCATES
NOVEMBER 2018 NEWSLETTER

Our office will be closed on Monday November 12th in observance of Veterans Day. In addition, our office will be closed on Thursday the 22nd and Friday the 23rd for the Thanksgiving Holiday.

On Thursday November 8th the Noon-Networking will feature a video called 13 Families: Life After Columbine. Come and learn what families went through. We look forward to seeing you here!



Just a couple of things.....

- ◆ If you know you will be unable to attend court please call the CASA office to let the staff know.
- ◆ Please go above and beyond to ensure you are meeting the minimum requirement of seeing your CASA child(ren) once a month. If this is proving to be difficult please alert the CASA staff immediately.

Many thanks to each of you for all the work do!!

Happy November

Birthdays!

Sherry Centanni - 2nd Brooke Stokes- 10th
Linda Kestner - 12th John Jones - 14th
Karen Elliott- 16th Bob Bergman - 17th
Susie Lee - 20th

Enjoy Your Special Day!

Congrats to the 16 new

Adams County CASA Volunteers!

Maria Richmiller	Brooke Hunsaker
Dusty Dietrich	Barb Hayden
Kari Kleinlein	Dawn Whitcomb
Misty Arrington	Ciara Rose
Anne Meyer	Brenda Wiskirchen
Jessica Jansen	Hope Audet-Williams
Kylee Straube	Brooke Stokes
Erica Parrish	Cynthia Wort

Below you will find a brief overview of a new book that has been recently added to our CASA Library and is now available for checkout! Winter is a great time to cozy up with a book or a movie from our Library while collecting those continuing education credits at the same time!

***Trauma Stewardship:
An Everyday Guide to Caring for Self While Caring for Others***

A longtime trauma worker, Laura van Dernoot Lipsky offers a deep and empathetic survey of the often-unrecognized toll taken on those working to make the world a better place. We may feel tired, cynical, or numb or like we can never do enough. These, and other symptoms, affect us individually and collectively, sapping the energy and effectiveness we so desperately need if we are to benefit humankind, other living things, and the planet itself. In *Trauma Stewardship*, we are called to meet these challenges in an intentional way—to keep from becoming overwhelmed by developing a quality of mindful presence. Joining the wisdom of ancient cultural traditions with modern psychological research, Lipsky offers a variety of simple and profound practices that will allow us to remake ourselves—and ultimately the world

