



January 2021 Newsletter

Adams, Brown, Cass, Hancock, Morgan, Pike, Schuyler

Topic One



Happy New Year from the CASA Staff! We hope 2021 is a great year for you!

Topic Two

The Office will be Closed:

January 1st
(New Years Day)

January 18th
(Martin Luther King Jr. Day)



Topic Three



- 1- Nancy Kellam
 - 7- Debra Hertenstein
 - 6- Dennis Senter
 - 6- Kay Reddick
 - 8- Hobson Bale
 - 16- Crichtette Gower
 - 19- Jeanie Brown
 - 21- Karen Sedovic
 - 28- Bree Hartley
 - 29- Kelly Harrison
- Enjoy Your Day!**



Adams County
Noon Networking
January 14th @ Noon
People's Prosperity Bank
Via Zoom
*Link will be sent out closer to noon networking.

Hancock County
CASA Networking
January 14th 6:00pm
Via Zoom
*Link will be sent out closer to networking.

Pike County
Learn & Grow:
Mandated Reporter Training
January 21st
5:30pm
Via Zoom

<https://us02web.zoom.us/j/88021867531>

Anyone from any county can attend.

*Mandated reporter training is required yearly as a new federal requirement.

2021

2021

The agency has tripled the amount of abused and neglected children, advocates are serving since 2017

With this being said we continue to need more advocates and want our current advocates to take care of themselves, especially in the new year.

If you know anyone that is interested in being a volunteer send them our way!
Thank you for all the work you do in improving the lives of children! Go Team!

Here are 12 ways to get started with your self-care.

1. Make sleep part of your self-care routine.
2. Take care of yourself by taking care of your gut.
3. Exercise daily
4. Eat right for self-care.
5. Say no to others, and say yes to your self-care.
6. Take a self-care trip.
7. Take a self-care break by getting outside.
8. Let a pet help you with your self-care.
9. Take care of yourself by getting organized.
10. Cook at home to care for yourself.
11. Read a book on self-care for self-care.
12. Schedule your self-care time, and guard that time with everything you have.

