

The CASA Bulletin

CASA Monthly Newsletter
TERREBONNE



MEET A CASA CATHY DUET

This month we would like to introduce you to Cathy Duet. She has been a CASA volunteer for a year. She accepted a case shortly after being sworn in and is still assigned to the same case. Cathy graduated from Southeastern Louisiana University in 1985 with a degree in nursing. She worked for 30 years at Chabert Medical Center and states that she was blessed with a rewarding career. She retired in 2018 and was able to care for her mother until she died later that year.

Cathy has been married to her best friend, Jody, for 33 years. They were both nurses and met in Baton Rouge while working at Earl K. Long Hospital. After they married in 1988, Cathy and Jody moved to Houma. They have two children who are both 25 years old. Catherine and Matthew were both adopted in 2002 from Kazakhstan. They have two canine kids, Molly, a two-year-old Golden and Chiwee, a 10-year-old Chihuahua. As an animal rescue family, they have had as many as five dogs and three cats at one time. Mrs. Cathy believes "they could have been the crazy family you read about in the paper!" She does say she is the happiest just spending time with Jody and the dogs. They enjoy finding good places to eat and taking Molly to the park.

Since retirement, Cathy spends most of her time doing volunteer work. She is rooted in the Catholic faith and very active in practicing and doing the work of the faith; thus most of her volunteer work is centered on activities within her church. She helps by doing office work, teaching CCD classes and the sacraments, participating in the nursing home ministry, coordinating special giving projects and whatever else may be needed. She also volunteers at the St. Vincent Pharmacy. When she is not doing volunteer work, she travels to Reserve several times a week to care for her handicapped niece.

Cathy loves to craft, garden and is a huge fan of DIY; although she often gets in over her head. She admired her dad because he could fix just about anything that broke around their house. A few years ago when the heating element went out in her dryer she



found the schematic for the dryer, ordered the parts, and successfully changed the heating element all by herself. She loves teasing her husband about how lucky he is to have her around.

Years ago, Cathy had a neighbor who was a CASA and she knew then that when she had time she would pursue this volunteer opportunity. Cathy's CASA child is special needs. Since being appointed to her case she has watched not only the child make great progress but also has noticed true growth from the biological mother. She states that "it's a feel-good story and I am filled knowing that at some point they may be reunited and both will be better versions of their prior selves." Cathy states that if you want to become a volunteer, "it does take time, effort and commitment, yet so worth it!" As a nurse, she experienced the biggest rewards when she knew that she had taken the opportunity to help/guide someone. As a CASA, she gets that same reward. She concludes by saying, "Whether you are a trusted adult that a child can be open with or a change agent that ensures the safety and provides hope...you will make a difference. "

A CASA polo will be donated to this month's CASA Volunteer by Shelly Toups at Artistic Embroidery.

A MESSAGE FROM VALENTINE VERDIN

ADVOCATE SUPERVISOR

August celebrates National Wellness Month. This month focuses on self-care, stress management and creating healthy routines. If you have been wanting to make a change, start this month in support of National Wellness Month.

Self-care can look like different things to different people. You want to be sure to focus not only on the physical aspect of self-care, but also the mental, emotional, and spiritual aspects. I love a good massage and facial and a day to get pampered. The staff at the Zen Den know me very well! So well in fact, that I became very good friends with the owner and even helped out at the spa. Helping out there I got to see the prep work and stress and hard work that goes into making sure that the client gets the best experience possible. The same goes for being a supervisor, a parent, a spouse and even a friend. There is so much more that goes on behind the scenes that make up who we are. This is why it is so important to take care of ourselves as a whole, not just physically. Self-care is also taking some time to read a book, spend time in prayer or meditation, go to the gym, or take a nap.

Starting a healthy routine is sometimes difficult, especially when we are so used to our old routine. I used to love waking up at 5 am to go for a walk to start my day. I would meet with one of my best friends at the track for a morning walk, some good fellowship and prayer. I was also eating a lot better during that time, and even going to the gym after work a few times a week. Unfortunately, it's been over 2 and a half

years since I've been in that routine, and I am having a hard time getting back into it. This month for National Wellness Month, I am challenging myself and you to create a healthy routine and stick to it! I know my doctors will be happy about that.

As we are making these healthy changes, we can reduce the stress in our lives. If you can't make big changes at the beginning, start with small changes. Choose water instead of a soda. Take a short walk or a bike ride. If you can't clean your whole house, do one room at a time. Prioritize your workload and make a to-do list in the order of importance and urgency. Finish one task before starting another. Just breathe and know that you are doing the best you can do!

Also, this month, CASA is hosting a mini-retreat for all of our active volunteers called "Reviving Your Inner CASA". This will be a great opportunity to pick up tips for self-care, stress management and help with creating that healthy routine. Write it on your calendar for August 27th from 9:30 am to 2 pm. We hope to see you there!



VOLUNTEER SHOUT-OUTS

- **Molly Arrington-** Thank you for inviting your supervisor to your child's visit, even though she wasn't able to make it, it seems like this case is really bringing out the best in you and we are here for it!
- **Nathan Aucoin-** Thank you for being on top of your case so quickly, and for attending your first official hearing for your case. You are amazing!
- **Terri Brown-** Thank you for letting your Supervisor go with you on both of your child visits this month. It was such an amazing experience and loved seeing how great of an advocate you are in person!
- **Priscilla Callais -** Words that we repeatedly use to describe you; Rockstar, Awesome, Amazing, Phenomenal. There is no length she will not go to advocate for her CASA children's best interest. Even when they are completely uninterested in their own best interest!
- **Rebecca Clement-** Thank you for seeing your case through to adoption. I know a lot of personal challenges came along for you, but you maintained contact with your kids, and you and the two children are bonded for life.
- **Corree Eschete-** Thank you for choosing your first case, for attending your first hearing, and for going on your first child contact visit. You rock!
- **Christian Falcon -** Thank you for taking his first case and making that first visit with the child. I am excited about what you will bring to this case!
- **Rushelle Fitzgerald -** Even when she has everything stacked against her, she continues fighting and advocating and showing up for her CASA children's best interest. She has trudged through a case that is FINALLY nearing conclusion. She never lost sight of the end goal and she never let anyone forget where the children started from.
- **Paige Gisclair-** Thank you for jumping in head first on your first CASA case. You are doing an amazing job!
- **Tiffany Guy-** Thank you for your continued dedication to your sibling case. Keep up the good work!
- **Timothy Hitt -** He reminds me of the little engine that could. He is constantly in the background pushing and advocating for his CASA child. He attended his family team meeting and completed his court report independently on time. Thanks, Tim!
- **Karey Kinnard-** Thank you for completing your first court report and allowing your supervisor to go with you on your child's visit. This case has been a little bumpy, but you're handling it with ease.
- **Edward Olivier-** Thank you for seeing both of your cases to the end. You have been an amazing advocate and we appreciate you.
- **Brandy Pitre -** Thank you for choosing her first case and hitting the ground running!! You rock!!
- **Jonathan Russo -** He had a total knee replacement on Monday and then made himself available for a family team meeting on Wednesday! Thanks for being superman and staying on top of your case even when you are down with your own issues.
- **Danielle Walker-** You do such an amazing job on your case each month! Thank you for letting your Supervisor tag along with you on your child's visit.

JULY DONATIONS

Blackbaud Giving Fund
Tori Rayne
Jude Fanguy
Penny Hebert
Sherry King
Bobby & Sara Bond
Blake Web
Shannon Simons
CASA-AP

AUGUST BIRTHDAYS

Rushelle Fitzgerald 8/21

AUGUST VOLUNTEER ANNIVERSARIES

2 Years

Amber Berry
Tara Pellegrin

3 Years

Meagan Verret

6 Years

Carey Redmond

7 Years

Blayne Bergeron
Penny Hebert

8 Years

Traci Hawthorn
Timothy Hitt

CASA VOLUNTEERS ROCK!

July Stats

45

Active Volunteer
Advocates

66

Children
Served

140

children waiting
for a CASA

1,093.2

Miles
Traveled

116.75

Hours Spent
on Cases

PURCHASE YOUR TICKET TODAY!

pairings for a purpose

JOIN US FOR A FUN NIGHT OF
CRAFT COCKTAILS
and
CULINARY CUISINES

August 12, 2022

6 PM - 10 PM

BAYOU TERREBONNE DISTILLERS
8043 Main Street, Houma, LA

Benefitting
CXSA
Terrebonne

For More Information: \$75 Per Ticket
WWW.CASAOFTERREBONNE.ORG

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Advocate Supervisor

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Valentine Verdin

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FINDING A FOREVER HOME

Congratulations to Rebecca Clement for being there to see their CASA children become part of her forever family! Rebecca was overcome with a mix of emotions when she learned about the adoption day. She was so happy the children will be in a home full of love but sad that it meant her case was coming to a close!

Check out the following for continuing education hours:

In-Service:
REVIVE YOUR INNER CASA
Saturday* August 27, 2022 * 9:30 AM - 2 PM (4.5 Credit Hours)



Burnout is a state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress. CASA of Terrebonne will be hosting an in-service to rejuvenate and refocus on our mission and build a stronger and healthier community of change for the children we serve. Join us for a day of self-care and getting to know your fellow CASA community members. *Active CASA volunteers can find the registration link "Continuing Education" online at www.casafterrebonne.org.*

In-Service: TBRI
EMPOWERING
Wednesday * August 17, 2022 * 5:30 pm - 8:45 pm (3 Credit Hours)

In the third installment of our TBRI In-service training series, Jenny Domangue will present the TBRI® Empowering Principle. In the TBRI® model, this term describes the attention to addressing the physical needs of a child and their felt safety. Empowering principles help children learn important skills like self-regulation. *Active CASA volunteers can find the registration link "Continuing Education" online at www.casafterrebonne.org.*



June Gift Card Winner: Danielle Walker

She has won a gift card of her choice for visiting with her CASA children and putting in her contact logs by the last day of the month.

To be entered into the monthly drawing, volunteers must see their CASA children and enter contact logs by the last day of the month.