

# The CASA Bulletin



Monthly Newsletter



## MEET A CASA MOLLY ARRINGTON

This month we would like to introduce you to one of our most interesting volunteers. Molly Arrington became a CASA about a year and a half ago and has advocated on two cases with a total of three children. She is a very active member of the community and wanted to make a difference in Houma. While Houma is not her original hometown, she considers this her home. She believes the people here are some of the kindest and most open people anywhere she has lived. That is saying A LOT!! Molly was born in Iowa, lived in Alaska, moved to an hour outside of New York City then joined the army and moved around with them. She did spend a large portion of her service in Fort Hood, Tx, and did one tour in Iraq. Molly served four and a half years in the US Army. After her time in the Army, she went to college and flight school to become a helicopter pilot. She has been flying helicopters for the last 20 years. She is currently flying the S-92 for oil and gas. For about 11 years Molly would commute to the area from Austin, New Orleans, Orlando, and Kansas City. She decided to make Houma “home” a little over three years ago. She states she enjoys living close to where she works and being able to create a community in Houma and she has become passionate about improving Houma’s community.

Molly has three dogs. Titan is a four-year-old rescue. He has the best eyeliner and best demeanor of any dog she's ever met. Jazzy aka Betty White is four-years-old. She came from a hoarding situation with over 100 dogs. She has made leaps and bounds with some love and with trust. She makes her laugh all the time and is the cutest 13-pounder I know. Micky is almost one-year-old and is incredibly smart and very handsome.

In her spare time, Molly enjoys spending time with her dogs, friends and family, doing cross-fit,



cycling, kayaking, hiking, traveling, and learning new things. One of the many amazing things about Molly is that she has competed in numerous triathlons and plans to hike a 14,000-foot mountain in Colorado this year.

Molly states, “My advice to someone thinking about being a volunteer for CASA is to just do it. There are children and families right now that will appreciate your time and love more than you will ever know. The love you give to someone cannot be measured and will never be forgotten. We all need a support system and we all can be part of someone else’s support system. The amount of joy it brings to spend time with my CASA children is amazing. I want them to know that there is someone out there that has their back and helps make them feel cared for and understood. I can help them today and hopefully help to make them have a better future too “.

Molly, we thank you for your service and for all that you do for CASA and the Houma community and all those around you. You are an absolute treasure and a joy to be around.

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



# A MESSAGE FROM JENNY DOMANGUE

## LEAD ADVOCATE SUPERVISOR

Summertime is finally here. The sun is out, the beaches are packed and families are flocking to the tropical areas for vacation. For some, summertime is a time to shine... full of fun, beaches, and freedom. However, others would rather stay indoors with the shades drawn and wait for the cooler temps. Whether you are a summer-loving person or would rather the winter it is essential that you are taking care of yourself physically, mentally, and emotionally.

If you are a beach bum like myself and love to be outdoors during the summer it is recommended that you consume at least 64 ounces of water daily AT MINIMUM. If you are exerting a lot of energy or sweating a good bit, and let's be real you sweat as soon as you walk outdoors in South Louisiana, you need to increase the amount of fluid you are taking in.

Remember from TBRI training that by the time you feel thirsty, your body is already on the way to becoming dehydrated, which can lead to not being able to think clearly, fatigue and irritability. While enjoying summer fun pay close attention to the amount of sweat you are producing. This is often the first indicator of dehydration. Also, pay attention to the color of your urine. It may seem odd but the darker your urine, the more dehydrated you are.

You should aim for a faint yellow tint especially in extreme heat waves like we have been having.

Mental and emotional self-care will look different for everyone. Some like Christine love sewing and getting lost in her sewing room is a way for her to de-stress from everyday life. I hate sewing and it is so stressful for me. Some enjoy exercise, some enjoy eating, some read, and some like to chat with friends. Whatever is your way to destress and check in on your mental and emotional health make sure you are engaging in those activities. To be a healthy person includes being healthy in your physical body but also in your mental capacity and your emotional regulations.

The staff at CASA of Terrebonne knows that we have lived in a chaotic world for the last two-plus years so to help with some self-care we have planned a workshop for all of our active volunteers. We are officially inviting you to "Revive Your Inner CASA". A day to celebrate you and to help you with self-care. We will have yoga sessions, giveaways, continuing education hours, and lots of fun. This mini-conference will be held on August 27th from 9:30 am -2 pm at the Houma Municipal Auditorium. I hope that you plan to join us to learn how you can best take care of our most important component of CASA of Terrebonne...

**YOU!!**



## VOLUNTEER SHOUT-OUTS

- **Edward Olivier**- Thank you so much for being an amazing advocate on this case. It really hasn't gone the way we would like, but you have stuck it out from the beginning and we appreciate you for that.
- **Danielle Walker**- Thank you for attending the Family Team Meeting on your case and being an amazing advocate for the foster mom and your CASA kid. Keep up the amazing work. We are almost at the finish line.
- **Sheila Johnson**- Thank you for being such an amazing CASA on your case. You saw it through to the end and we are forever grateful.
- **Jonathan Russo** - Welcome back to active status! We are so excited to have you back on a case and ready for action. We know you are going to do great!
- **Mary Guidry** - Thank you for taking your 4th case! You are an influential part of every aspect of our program! Thanks for also attending your child's court hearing!
- **Yvonne White** - She has chosen to take the sibling of the case she is currently working on. She is such a kind soul that we love when she visits! our office so I can just imagine the kiddos who visit with her monthly!
- **Elaine Beyer** - You, my dear, are a precious gem to our program and your CASA teen. Thank you for continuing to push when no one else is willing to.
- **Meagan Verrett** - Thank you for walking hand in hand with your CASA child. You have truly made your caring spirit known to her. Thank you for completing your court report and attending the Family Team Meeting and court.
- **Sherry Mahaney** - Thank you for the timely court report and for attending court. You are doing a terrific job with your case!
- **Jennifer Kryvanick** - We are so happy to have you back in action! Thank you for attending court for your CASA child! I am very excited to see all that you will bring to this case.
- **Buddy McNabb** - You have chosen to accept another case and to continue working with your other one. Thank you for stepping up! You are doing a great job!
- **Traci Hawthorne** - Thankful to have you start another case! You are going to do wonders for these three children!
- **Josie Authement**- Thank you so much for taking such an interest in your first case and visiting Family Preservation Court.
- **Ann Beeson** - We are excited you have taken another case. She is an amazing advocate who has a heart of gold. We are happy that she has chosen to come back and do what she loves!

## JUNE DONATIONS

Martin Majewski, III  
Tori Rayne  
Texas Roadhouse - Houma  
GiveNola Day Anonyms Donor  
Houma Invitational Oil Tournament  
CASA-AP

## JULY BIRTHDAYS

Penny Hebert	7/4
Timothy Hitt	7/7
Sulma Reyes	7/9
Carol Bergeron	7/10
Meagan Verret	7/10
Rebecca Clement	7/20
Josie Authement	7/21

## JULY VOLUNTEER ANNIVERSARIES

### 4 YEAR

Jennifer Kryvanick

### 12 Years

Edward Olivier

# CASA VOLUNTEERS ROCK!

## May Stats

**39**

Active Volunteer  
Advocates

**65**

Children  
Served

 **138**

children waiting  
for a CASA

**1,380**

Miles  
Traveled

**124.35**

Hours Spent  
on Cases

## SAVE THE DATE!



## CASA STAFF:

**Christine Aucoin**

Executive Director

**Jenny Domangue**

Lead Advocate Supervisor

**Heather Falls**

Advocate Supervisor

**Anna Merlos**

Office Manager/Marketing Coordinator

**Sulma Reyes**

Training/Outreach Coordinator

**Valentine Verdin**

Advocate Supervisor

## BOARD OF DIRECTORS:

Martin Majewski, III

Mary Laing-Guidry

Bonnie Naquin

Shelly Toups

Rev. Charles Brown

Cindy Courville

Carl "Buddy" McNabb

Reis Prevost

Angelle Caro Thibodeaux

## 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](http://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](http://www.casafterrebonne.org).



### June Gift Card Winner: Buddy McNabb

He has won a gift card of his choice for visiting with his CASA children and putting in his 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.