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# CASA OF CENTRAL VIRGINIA



Issue No. 1

January 2011

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## Message from the Executive Director

**Greetings! January is always a time of new beginnings. What better time than now to launch a new, electronic newsletter for CASA of Central VA! Lorna Rexrode has been working hard to develop the new format, which will continue to evolve. The newsletter will enable us to keep CASA volunteers and CASA friends and supporters informed. Please feel free to forward the newsletter to anyone who might be interested in becoming involved with CASA (there is a "forward e-mail" link at the end of the newsletter to click on). We often hear people remark that they have never heard of CASA, even though over 400 volunteers have been advocating for over 2,700 children across the region since February 1990 - soon to be 21 years! Please help us increase public awareness about the problem of child abuse and neglect in our area and how CASA volunteers help bring about positive outcomes for children who otherwise would be denied a voice in court.**

I ran across the following quote: "We make a living by what we get, but we make a life by what we give." It reminded me of our wonderful CASA volunteers who give so much to the children. Thank you for making CASA a part of your life. Best wishes for a happy 2011!

## November Activity

*Jane Francis*

12 New Volunteers Inducted  
72 Volunteers Assigned  
230 Children Served by Program

## CASA of Central Virginia in the News

Read on-line articles



## Volunteer Spotlight

### Pamela Ferrell

**Advocate Manager:** Lorna "The Best" Rexrode  
**Court served:** 24<sup>th</sup> District - Lynchburg  
**Occupation:** Team Manager, Genworth Financial  
**Length of time as a CASA volunteer:** 2 years

from the Bedford Bulletin  
and the Smith Mountain  
Lake Laker



**Most Memorable CASA Moment:** There are many moments that remind me of the importance of CASA's mission and I am sure every volunteer has his or her favorites. Just recently, however, as I shopped for Christmas, I ran into a little boy and his adoptive parents from my first case as a CASA. I was thrilled to see how happy the family was and how much this little boy had blossomed in a loving and supportive home. I received updates on his two siblings from very proud parents as the little boy chattered away non-stop. I made plans with the parents, who reminded me that I would always be "family", to visit soon and see all the children. There is no doubt in my mind that CASA, as well as the other individuals involved on this case, made a difference between surviving childhood and thriving for 3 very precious children who will always hold a special place in my heart.

**[New CASA Volunteers -  
A dozen advocates  
added to program:  
more needed](#)**

**[He Speaks When A  
Child Can Not](#)**

Buy a Beautiful  
Starfish Necklace from  
CASA of Central VA for  
\$20



Order Starfish  
Necklaces On-line

**[Read the Starfish Story  
and View Additional  
Necklaces](#)**

Helpful Links

**[CASA of Central Virginia](#)**

**[National CASA Association](#)**

**[Virginia's Judicial  
System](#)**

**[Virginia Department of  
Social Services](#)**

**[Voices for Virginia's  
Children](#)**

**What means the most to you about being a CASA volunteer?** I was in my mid-twenties before I realized not everyone had parents like mine. I was (indeed I still am) blessed to have two supportive and loving parents. When I met my husband, who grew up in foster care, I learned that many children grow up in a very different reality. Before becoming a CASA, I had volunteered in various capacities, including mentoring young Virginia inmates via correspondence. In those interactions, I often wondered how differently these young lives might have turned out if someone had stepped in to break the cycle of violence, abuse, and neglect that was their world as a child. As a CASA, I truly believe that I can make a difference for the children I am privileged to work with, learn from, and grow to love.

## ***Holiday Volunteer Luncheon***

Twenty eight CASA Volunteers and all CASA staff came to Bentley Commons on December 7 for the CASA Volunteer Holiday Luncheon. This was an opportunity to show our appreciation to the volunteers, as well as to celebrate the holiday season. Thank you, volunteers, for your dedication to abused and neglected children in our communities.



From left to right- Beth Doan, Sue Pratt, Maureen Smith, Laura Bailey

## CASA STAFF

Executive Director  
**Jane Francis**,  
Associate Director  
**Lorna Rexrode**,  
Advocate Managers  
**Jennifer Martin**  
**Angela Skarp**  
**Connie Shannon**  
Recruiting Coordinator  
**Anne Wojcikowski**  
Bookkeeper  
**Julie Chipman**



From left to right - Terri Cornwell, Carole Saunders, Connie Villa

## CASA of Central VA Board of Directors

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Richard J. Sterne, Jr.  
Ken Towler  
Phyllis Webb  
Consuella Woods



From left to right - Rene Matteucci, Katie Bawell, Diane Davis

Thank You to Bentley Commons for the use of their beautiful dining room and catering our luncheon.



## Advocate Manager Helping Corner

### Caring For Yourself In The Face Of What Can Sometimes Be Difficult Work

Being an advocate for an abused or neglected child can provide a great feeling of satisfaction, knowing that you can make a difference in the life of a child. It comes with a lot of responsibility and at times can be frustrating and stressful. Although CASA volunteers always have their advocate manager for support, applying the strategies below can assist us all in taking care of ourselves and improving our well being on a daily basis.

**10 Things to do each day to help maintain your resilience and better prepare you to do great work with care, energy and compassion.**

1. Get enough sleep.
2. Get enough to eat.
3. Do some light exercise.
4. Vary the work that you do.
5. Do something pleasurable.
6. Focus on what you did well.
7. Learn from your mistakes.
8. Share a private joke.
9. Pray, meditate or relax.
10. Support a colleague.

This resource courtesy of Professional Quality of Life  
[Professional Quality of Life](#)



United Way  
of Central Virginia  
Partner Agency

## **CASA Volunteer Training Begins Soon**

Applications are being accepted for our upcoming Volunteer training. Classes begin January 20, 2011 and run through March 31, 2011. Classes will be held on Thursday evenings from 5:30-8:30 at the Pearson Regional Cancer Center in Lynchburg.



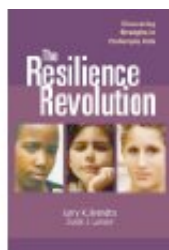
We are consistently receiving referrals from the local J&DR judges and are always in need of volunteers. If you know anyone that may be interested, please spread the word and direct them our way.

Training funded by The Greater Lynchburg Community Trust



[Volunteer Application](#)  
[Training Flyer](#)  
[Course Schedule](#)

## **The CASA Library**



### **This Month's Featured Resource**

[The Resilience Revolution](#) - Discovering Strengths in Challenging Kids by Larry K. Brendtro and Scott J. Larson  
This book focuses on giving at-risk youth the most important factor in their success: a positive adult connection. This positive connection helps youth build resilience, the ability to persevere through and recover from

adversity.

The authors use scientific research on resilience to reframe challenging behavior as pain-based behavior. They carefully describe practical strategies adults can use to help young people overcome their pain and develop resilience.

Many additional books, DVD's, manuals, and additional resources available for check-out in the downtown CASA office. CASA Volunteers can utilize library resources as an additional option for completing their yearly requirement of 12 hours of in-service training.

Library Resources funded by



## **Upcoming Events**

### **CASA LEGISLATIVE DAY AT THE GENERAL ASSEMBLY - JANUARY 19, 2011**

Please join us as we travel to Richmond to the General Assembly on January 19 to meet legislators and discuss the vital role CASA volunteers can play in the lives of children. We have a chance to be introduced on both the House and Senate floors! Please contact Jane at 528-2552 or at [jane@cvcasa.org](mailto:jane@cvcasa.org) if you are interested in carpooling with us by January 12. We will need to get to Richmond by 8:30 a.m., so we will plan departure times accordingly. If you are unable to attend, you can still have an impact by contacting

your delegate and state senator and letting them know how important the CASA program is. As a constituent, your opinion matters! You may contact them by phone, e-mail or mail. Contact Jane if you need the contact information for your representatives.

## CASA OF CENTRAL VIRGINIA BRUNSWICK STEW SALE



Place your orders for Brunswick stew by Feb. 1 by calling (434) 528-2552 or e-mailing [jane@cvcasa.org](mailto:jane@cvcasa.org). Quarts of stew will be available for pick up on Sat. Feb.12 at the Forest Kroger by 11:30 a.m. and at the Wards Road and Boonsboro Road Krogers by 2:30 p.m. You can pay for your stew (\$8.00 a quart) when you pick it up. Thanks to Kroger for donating all the supplies. All proceeds benefit CASA of Central VA. And a special thanks to Barbara and Larry Hudson and Danny and Debbie Beamon for cooking the stew and to CASA board members for helping with this fundraiser!

[Brunswick Stew Flyer](#)



## 12th ANNUAL HEART AND SOLE SHOE MARKET

Lynchburg City Armory - 1219 Main Street

Preview Party - Friday, April 8, 2011, 5:30 TO 7:30 p.m. (advance tickets for \$25)

Saturday April 9, 2011 - 8:00 a.m. to 3:00 p.m.

Sunday, April 10, 2011 - 1:00 to 4:00 p.m.

Vendors wanted for Heart and Sole Boutique

Cost: \$250 for entire weekend or \$200 for Saturday only

For more information,call (434) 528-2552 or e-mail [jane@cvcasa.org](mailto:jane@cvcasa.org)



Thank your for your interest and support of CASA of Central Virginia.

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