



April 6th–12th
is National
Volunteer
Week.
Thank you for
choosing to be
a CASA.

CASA Volunteer Spotlight—Jenny Huegel

Please welcome Jenny Huegel, our newest CASA volunteer in Floyd County.

Following in the footsteps of her mother and grandmother, Jenny taught special education for 32 years at Washington Elementary School in Charles City. Now retired, Jenny enjoys being actively involved in her community, promoting education and city improvements. She

volunteers as a hospital Pink Lady, preschool reader and greeter, and on behalf of Dollars for Scholars. She says, “throughout my teaching career I was help-



ing others and now I volunteer in my com-

munity to do the same.”

Jenny and her husband of 29 years, Vince have three sons, Kyle (27), Aaron (24), and Jacob (21). All three are in medical school or college.

When asked to describe herself in one word she used the word caring, “I am an only child and I believe that is why family and friends are so impor-

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North Iowa CASA Recognition Event April 23rd

Mark your calendars! North Iowa CASA will host our volunteer appreciation event April 23rd, 2014.

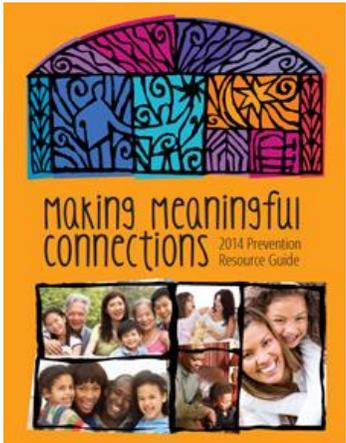
The theme for the evening is “You are the wind beneath their wings.”

Nayeli Torres, a youth from Achieving Maximum Potential (AMP), a program

of the partnership of Iowa Foster Care Youth Councils will be speaking about her experiences in the foster care system.

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April is National Prevent Child Abuse Month

National Child Abuse Prevention Month is a time to acknowledge the importance of families and communities working together to prevent child abuse and neglect, and to promote the social and emotional well-being of children and families. During the month of April and throughout the year, communities are encouraged to share child abuse and neglect prevention aware-

ness strategies and activities and promote prevention across the country.

The theme for this year's National Child Abuse Prevention Month and the 19th National Conference on Child Abuse and Neglect is "Making Meaningful Connections."

When we make meaningful connections with the children, youth, and families in our communities, we

can help parents build the knowledge and skills and access the resources necessary to raise happy and healthy children. Everyone can play a role in preventing child abuse and neglect and promoting child and family well-being. Below are ways to get involved to strengthen your community and the families in your community.

<https://www.childwelfare.gov/preventing/preventionmonth/get-involved/>

There can be no keener revelation of a society's soul than the way in which it treats its children. ~ Nelson Mandela



Get involved to strengthen your community!

Baby steps

- Meet and greet your neighbors
- Go to a parents meeting at your child's school
- Participate in an activity at your local library or community center

Small steps

- Set up a playgroup in your community at homes or local park (consider inviting people who may not have children at home, like local seniors)
- Organize a community babysitting co-op

Big steps

- Volunteer at your child's school through the school's administration or the parent's organization
- Encourage local service providers to produce a directory of available services that are easy to find in the community
- Organize a community event (a block party, father/daughter dance, parent support group)
- Run for an office in the parent organization at your child's school
- Attend local government meetings (city council or school

- board meetings) and let them know how important resources are in your community. Let them know how parks, strong schools, and accessible services help to strengthen your family and other families.

Floyd County Prevent Child Abuse Month Events

Blue Ribbons will be tied around Charles City to raise awareness of Child Abuse. Yard signs will be placed throughout the county.

Coloring Contest pages will be available at the library displays and will be handed out at the movie on April 12. Four winners will be selected and announced in the newspaper during the last week of April. Each winner will also receive \$25 Chamber Bucks.

Displays will be placed at the Charles City Library, Rockford Library, and Nora Springs Library.

Coloring Contest sheets will be available at these displays. Education materials and information will also be placed with these displays.

Radio Ads will play on KCHA throughout the month to raise awareness for Child Abuse Prevention.

April 12 at 1 PM at Central Park %Chalk for a Cause+ Everyone is invited to come color the sidewalks at Central Park for the cause of Child Abuse Prevention. This is a free event.

April 12 at 2 PM at Charles Theatre Smurfs

2 will be playing Smurfs 2 was chosen as BLUE is the color for Child Abuse Prevention month; those who attend are encouraged to wear blue as well! Pinwheels will be handed out as a prize for the children and coloring contest pages will also be distributed. Free will donations will be accepted at the door.

April 18 -Floyd County Child Abuse Prevention Council is assisting to sponsor the Full Moon 5K that is hosted by Caring Connections.



Iowa Cubs Baseball Game to Prevent Child Abuse

Join Prevent Child Abuse Iowa in celebrating Child Abuse Prevention Month at the Iowa Cubs Baseball game on **Tuesday, April 15**. We are offering discounted reserved seat tickets (\$7 instead of \$11). All children will receive a pinwheel at the gate and superheroes will be in the stands during the game. Wear blue in support of pre-

vention!

Purchase tickets online at <https://www.eventbrite.com/e/iowa-cubs-game-tickets-10451836725>

Discounted tickets must be ordered through Prevent Child Abuse Iowa at least 24 hours in advance. If you are a group, please purchase your tickets as

one order to ensure you are seated together. Tickets will be available for pick-up on game day at will call (Gate B, Window #4). The rain date is April 21 at 6:35 p.m.

This event is sponsored in part by Michelle and Reed Pulver.



Making a Difference in North Iowa

Family Connections, a parenting and child development support service, offered by Mercy Medical Center-North Iowa is making efforts to protect children by spreading awareness throughout the month of April.

They ask that volunteers or groups

interested in spreading awareness in their own communities by completing simple projects contact them at 641-428-2525 or email Sydney Crippen, Family Connections Coordinator, at Sydney.crippen@mercyhealth.com.

Plant a Pinwheel Garden for Awareness





“NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED CITIZENS CAN CHANGE THE WORLD; INDEED, IT’S THE ONLY THING THAT EVER HAS.”

-MARGARET MEAD

Recruitment Challenge

We need volunteers! Not only do we have an initiative to increase the number of children served but we are often asked to take a case when we just don't have a volunteer available.

Word of mouth remains our best recruitment method. Our volunteers know best who would make a great CASA volunteer.

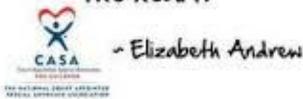
In March Suzan announced that for every completed application we

receive that was a current volunteer's referral, we will place your name in a drawing for a **\$50 gift card** to the business of your choice.

The only catch..... We won't draw a winner until we have 10 applications!



"Volunteers do not necessarily have the time; they just have the heart."



be the **change** you wish to see in **the world...**
-gandhi



CASA Volunteer Spotlight – Jenny Huegel

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tant to me therefore I have always been caring and helpful towards others."

Jenny's greatest childhood memory is that of traveling with her parents and grandparents on camping trips, especially a one month trip to Europe when she was 16 years old. She identifies

her parents, grandparents, and teachers as her greatest childhood role models.

Jenny's favorite things to do include quilting, reading, exercising, traveling, and especially spending quality time with family and friends.

Jenny is just getting started on her first case but

has enjoyed learning all that has been offered thus far, from training to being sworn in by District Associate Judge Karen Salic.

She shares the best advice she's ever been offered: Always tell the truth And Life is not fair!

Thoughts of Summer...Raspberry Lemonade Yogurt Ice Pops

Makes approximately 10 ice pops.

- 1/4 cup granulated sugar
- 1 tablespoon lemon zest
- 1/2 cup fresh lemon juice
- 1 1/2 cups plain yogurt
- 6 ounces fresh raspberries, cleaned, large ones cut in half

Evenly distribute raspberries among ice pop molds.

In a medium bowl, combine lemon zest and sugar. Smash lemon zest with a fork until all sugar is coated in lemon. Add lemon juice and yogurt. Stir until well combined.

Pour into molds. Cover with aluminum foil and add sticks. Freeze for 4 -24 hours. Enjoy!



Local Events April, May & June 2014

- April 19 Easter Egg Hunt, Central Park, Clear Lake
- April 25-26 Rodeo, North Iowa Events Center
- May 10-11 Fun Time Circus – North Iowa Events Center
- May 22-26 76th North Iowa Band Festival , East Park, M.C.
Parade – Saturday 10:00 AM
- May 30-June 1 Charles City Challenge: Whitewater Weekend
call 641-228-4237 for more info
- June 1 Vintage Car Day, Kinney Pioneer Museum
- June 21 Greek Festival – Greek Orthodox Church,
1311 2nd SW, M.C.
- June 28 Cannonball Days, East Park, M.C.
- June 28 UV Splash by Color dash 5k Run, Newman
Catholic School
Packet Pick Up 8 PM – Race Begins 10 PM
[http://www.uvsplashcolordash.com/
mason-city-iowa.html](http://www.uvsplashcolordash.com/mason-city-iowa.html)
- June 28-29 International Festival, Heritage Park,
Forest City

Nothing is impossible, the word itself says 'I'm possible!' ~ Audrey Hepburn



North Iowa CASA
 Cerro Gordo Co. Courthouse
 220 N. Washington Avenue
 Mason City, IA 50401

Volume 7, Issue 2



Phone: 641-421-3080
 Fax: 641-421-3134
 Toll Free: 866-295-5262

30 Ways to Promote Child Well-Being During National Child Abuse Prevention Month

PARENTS

Protective Factors	Nurturing and Attachment	Knowledge of Parenting and Child Development	Parental Resilience	Concrete Supports for Parents	Social and Emotional Competence of Children	Social Connections
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Write down questions for your next appointment with your child's doctor.	2 Share your personal accomplishments with others via Facebook or Twitter.	3 Talk to friends about organizing a babysitting co-op.	4 Establish a daily routine so your child knows what to expect.	5 Get outside! Start a parent-child walking or biking club with neighbors.
6 Talk to your faith community about starting a parent-support ministry.	7 Have a family game night! Even young children can play board games on an adult's "team."	8 Explore the world from your child's point of view.	9 Set goals for yourself and list the steps you will need to take to accomplish them.	10 Find out what classes your library or community center offers. Sign up for one that interests you.	11 "Catch" your children being good. Praise them often.	12 Make a play date with friends who have children the same ages as yours.
13 Plant a pinwheel garden with your child in your front yard, near your mail box, or on your front porch.	14 Ask your children who is important to them.	15 Reflect on the parenting you received as a child and how that impacts how you parent today.	16 Make time to do something YOU enjoy.	17 Dial "2-1-1" to find out about organizations that support families in your area.	18 Role play emotions with your child—what do you do when you're happy, sad, or frustrated?	19 Find and join a local parent or community café, like Circle of Parents®. http://www.circleofparents.org/
20 Hold, cuddle, and hug your children often.	21 Make something with your child. Arts and crafts are fun for adults, too!	22 Find a local parenting group (e.g., MOPS). http://www.mops.org/	23 Talk to a trusted friend when you feel stressed, overwhelmed, or sad.	24 Ask your school principal or PTA to host a community resource night.	25 Teach your child to resolve conflicts peacefully.	26 Join a Girl Scout or Boy Scout troop with your children.
27 Host a potluck dinner with neighborhood families to swap parenting stories.	28 Volunteer at your child's school.	29 Spend time observing what your child can and cannot do. Discuss any concerns with your child's teacher.	30 Treat yourself to a spa day at home: Take a bubble bath, try a facial mask, and paint your nails a new color.	<p>Child Welfare Information Gateway https://www.childwelfare.gov/preventing</p> <p>strengthening families http://www.strengtheningfamilies.net</p> <p>U.S. Department of Health and Human Services Administration for Children and Families Children's Bureau http://www.acf.hhs.gov/programs/cb</p>		