

# The CASA Link

January 2007

## Message from the Executive Director



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The month of December was a blur of wonderful activity, and I hope that you all had a happy holiday. We have turned the page to a new calendar year, and as an organization CASA is half way into the fiscal year. The office is always bustling with activity as we focus our energies on securing and training new volunteers, while working with our existing Advocates and getting the necessary funding to keep us moving forward. Well, you get the picture. So far this year we have trained and sworn-in 19 new Advocates and Sandy is working hard to fill another pre-service class tentatively scheduled for March and April.

CASA is pleased to welcome two new members to the Board of Directors; they are Allison DeBoer of Aurora and Neal Cerne of Naperville. Allison owns Med-Core International in Oak Brook and Neal practices family law, with his office based in Wheaton. They were introduced to CASA by Advocate Karen H., through the afternoon chapter of the Naperville Rotary Club (thanks again, Karen!). Both Allison and Neal bring lots of energy and enthusiasm to the Board, as well as a passion for helping children. Look for bios from each of them in future CASA Links.

The Board of Directors has been discussing the future of CASA and as a result they will focus on three goals; fundraising, fund development and board development. These goals are being planned strategically to bring more visibility to the organization and make CASA financially less dependent upon grants.

**Fundraising** will focus on three, theme-based repeatable events for the first year, building to a maximum of five per year. **Fund development** is based upon building our donor-base, from entry-level givers to intermediate and major donors. An integral part of this plan is "The Powerful Friends", which premiered this past December during our annual appeal. Powerful Friends are identified as those donors who give or pledge \$1,000 or more annually. **Board development** speaks to increasing board member capacity and bringing in the needed resources for CASA to thrive.

I mentioned the annual appeal which was mailed in December. Almost everyone in our database, with many new contact names added, received a letter appealing for donations. Advocates and Friends of CASA, who have already given their time volunteering, received letters asking for donations. Why, you ask? It has been proven that individuals who give of their time also give monetarily; so the decision was made to at least ask. I request that you consider the plea made in the letter and give a monetary gift, but if you feel that the gift of your time is enough, you will have my utmost respect.

Also, I am pleased to mention that CASA of DuPage County, Inc. received notification from National CASA that we were awarded our compliance certificate. Every four years local programs participate in a rigorous quality-assurance survey to be recognized as a local program in good standing. To attain the

*(Please see Kay on page 3)*

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## **In-Service Opportunities**

**Friday, January 12, 2007**

Linden Oaks Hospital

Title: Psychopharmacology for the Non-Physician

Where: Edward Hospital Education Center  
801 S. Washington St., Naperville

Time: 8:30 AM to 9:00 PM registration.

Program is from 9:00 -12:00 PM

Cost: \$25 Registration fee plus an additional \$15 for CEU's. Checks payable to Linden Oaks Hospital

Registration: Call 630-369-6363 to register.

**Tuesday, January 16, 2007**

Education Network—DCFS Northern Region

Title: Getting Appropriate Goals and Services on IEP's

Presenter: DCFS Staff or Education Liaison

Place: DCFS Aurora Regional Office,  
3<sup>rd</sup> Floor Conference Room #302.  
8 East Galena Blvd in Aurora. Park in the Hollywood Casino Parking Lot off of Galena Blvd. for \$2.

Time: 9:30 a.m. to noon

Cost: Free

Registration: Call the DCFS Office at 815-967-3832 to register.

**Tuesday, January 23, 2007**

CASA of DuPage

Title: Focus Group--Adoption

Speaker: Janet Ahern

Time: 1:00 PM to 3:00 PM

Location: CASA Office, Wheaton

In-service Credit: 2 Credits

Cost: Free

Register: Call Sandy at 221-0889 x306 or email [sandy@dupagecasa.org](mailto:sandy@dupagecasa.org)

**Wednesday, January 24, 2007**

CASA of DuPage

Title: Case Resources

Learn more about identifying resource needs for your case using genograms and get acquainted with some new county resources and search engines.

Location: CASA office

2.5 OY and regular in-service credits

Speaker: Pam Curtin

Time: 9:00 -11:30 AM

Cost: Free

Register: Call Sandy at 221-0889 x306 or email [sandy@dupagecasa.org](mailto:sandy@dupagecasa.org)

**Wednesday, January 31, 2007**

NAMI & CASA of DuPage

Title: Key Warning Signs of the early on-set of Mental Illness in Children & Adolescents

Speaker: Patricia Doyle, Education Program Director

Time: 6:30 - 9:00 PM

Where: Wheaton City Hall,  
303 West Wesley St.

In the Ganon Room on the 2nd Floor.

Park in the back of the building and enter through the back door off Wheaton Ave., NOT the door on West Wesley St.

Credit: 2.5 regular and/or OY credits

Cost: Free

Register: Call Sandy at 221-0889 x306 or email [sandy@dupagecasa.org](mailto:sandy@dupagecasa.org)

**Tuesday, February 20, 2007**

Education Network—DCFS Northern Region

Title: What To Do When Students Are Failing, Struggling or Truant

Presenter: DCFS Staff or Education Liaison

Place: DCFS Aurora Regional Office,  
3<sup>rd</sup> Floor Conference Room #302. Office is located at 8 East Galena Blvd in

## In-Service Opportunities

Aurora. Park in the Hollywood Casino Parking Lot off of Galena Blvd. for \$2.  
 Time: 9:30 - 12:00 PM  
 Cost: Free  
 Registration: Call the DCFS Office at 815-967-3832 to register.

**Thursday, February 8, 2007 (New Date)**  
 CASA of DuPage and Breaking Free

Title: Project Safe Program & Discussion of Issues Related to Substance Abuse

Many of our CASA kids have moms that go into rehab programs such as Project Safe. Our speaker will explain the program and talk about issues related to women and substance abuse. She will also talk about how substance abuse in a home affects children prior to and during recovery.

Presenter: Ginnie Seaman, Director of Women's Services

Where: Breaking Free Naperville Office  
 800 W. 5th Ave. #102B. ( At Mill & Royal St. George behind the Cress

Creek Mall, in the Office Building with the radio station. Breaking Free is in the basement.) Their telephone number is 630-355-2585.

Time: 6:30 - 8:30 PM (or 9:00 PM depending on questions).

Cost: Free

Registration: Call Sandy at 221-0889 x306 or email [sandy@dupagecasa.org](mailto:sandy@dupagecasa.org)

**Friday, February 9, 2007**  
 Linden Oaks Hospital

Title: Anxiety and Altruism in Prevention of Eating Disorder Relapse

Where: Edward Hospital Education Center  
 801 S. Washington St.  
 Naperville

Time: 8:30 - 9:00 PM registration.

Program is from 9:00 -12:00 PM

Cost: \$25 Registration fee plus additional \$15 for CEU's. Checks payable to Linden Oaks Hospital

Registration: Call 630-369-6363 to register.

*(Kay continued from page 1)*

certification we had to demonstrate an understanding and utilization of several standards including, but not limited to, program governance, development and implementation, human resource management, volunteer management, public relations and record keeping.

As we move into 2007, we have many fresh ideas and it promises to be a year full of new beginnings and dynamic growth. We look forward to working with all of you.

Kay



**The CASA Office will be closed on  
 January 15th in honor of Dr. Martin Luther King's  
 Birthday**

## Requested Recipes from our Holiday Gathering

We've had several requests for recipes of dishes that were served at our Christmas gathering on December 5<sup>th</sup>. Here they are for you to enjoy.

### Shortbread Cookies

(JanHagels)

Cream until fluffy

- 1 Cup butter
- 1 Cup sugar
- 1 egg yolk

Then combine with

- 2 Cups flour
- 1/4 tsp. cinnamon
- dash of nutmeg
- 1/4 tsp. salt

Press into a jelly roll pan that has been lightly greased.

Brush top of cookie with 1 egg white that has been mixed with one tbsp. water.

Top with 1/4 cup finely chopped pecans ( you can also use walnuts but I used pecans)

Bake at 350 for 20 minutes on the middle rack in the oven.

Cut into squares in the pan while still warm and let cool.

Enjoy

### Artichoke Dip:

1-8 oz. can- artichoke hearts in water

3 cloves garlic, minced

1 Cup Mayonnaise

1 Cup Parmesan Cheese, grated

Drain and chop artichokes. Mix all ingredients together. Place into a bowl. Bake (covered) for 35-40 minutes then remove cover and bake 10 or so additional minutes until browned in 350 degree oven. Serve with bagel chips or some firm type cracker.

Easy Chili Dip (from Seasoned with Love, pg. 8)

1 8-oz. package cream cheese, softened

1 can chili, no beans

1 small can chopped ripe olives

2-3 scallions, chopped

1 cup cheddar cheese, grated

1 cup mozzarella cheese, grated

Spread softened cream cheese in bottom of glass pie plate. Spread chili on top of cheese. Sprinkle with chopped olives and scallions. Top with cheddar and mozzarella cheese.

Heat in microwave or oven until cheese melts (about 2 minutes in microwave). Serve with chips.

### Pistachio Cake

1 pkg. white cake mix

1 pkg. instant pistachio pudding (4 serving size)

4 eggs

1 cup oil (canola or similar)

1 cup sour cream

1 large ( 8 oz.) Hershey Almond Bar

Mix with large spoon all ingredients except the Hershey bar. Pour half the batter in Bundt Pan sprayed with Pam spray. Chop Hershey bar up and sprinkle 1/2 on the batter. Pour remaining batter in pan and sprinkle remaining candy bar. Bake at 350 degrees for 50 - 60 minutes (check at 30 minutes). Let cool 10 minutes, then loosen sides with knife or spatula, turn upside down onto plate. Cool further and frost or dust with powdered sugar.



## *All in the Family*

Sue Tannura was born in La Grange, IL, the second oldest of five children. Her family moved to Downers Grove in 1970. Sue received a degree in Accounting in 1982 from Loyola University of Chicago and met her husband of 21 years while attending Loyola.

Sue worked with a small Insurance Underwriting Agency for ten years. During that time two of her three children were born. She did not return to full time work when her third child was born. Her children are 19, 16 and 9 years old. Her oldest daughter, Elizabeth is a sophomore at the University of Denver. Her son Nicholas is a Junior at Lyons Township High School and her youngest daughter is in the fourth grade at Cossitt School.

Sue and her family moved to La Grange from the city soon after their oldest child was born. She's been an active volunteer at her children's school as well as in the community since moving. She is very involved in the Secret Santa program for the Community Nurse Health Association in La Grange. The Health Association provides free health and dental care for the working poor (including 1,300 children) in 15 surrounding communities in the Western Suburbs. Any child who is registered with the clinic is eligible for the Secret Santa Program. This program provides free Christmas gifts such as a brand new clothing, toys, books and school supplies. These gifts are given to the parents to wrap up and give to their children. This program is a year-round volunteer process and services over 1,000 children each year.

Sue read about CASA in a magazine and began training when her youngest child was in first grade. She has been an Advocate since 2003 and enjoys the challenges of working with children who really need her help. In her spare time Sue enjoys traveling with her family, visiting her daughter in beautiful Denver, yoga, gardening, home remodeling projects, and entertaining family and friends in her home. Sue is also busy with her youngest daughter who is in a competitive dance company. Last summer the company participated in a week long national competition out in Las Vegas.

## Events

### Information Session Scheduled

An information session for individuals interested in becoming a CASA Advocate will be held in January: Thursday, January 11 from 10-11 AM at the CASA office in Wheaton and January 18, 7- 8 PM at the Naperville Municipal Center, 400 S. Eagle, Naperville. Attendance at an information session is a prerequisite for an interview. Email [sandy@dupagecasa.org](mailto:sandy@dupagecasa.org) to sign up.



**Sunday,  
April 29, 2007**

### "Elves" Raise Awareness & Dollars

Our annual gift wrapping event was a great success. Almost \$1,800 was raised at various Barnes & Noble stores throughout the area. Our sincere thanks to all our "elves" who made time in their busy schedules to support this event.

**Store Coordinators: Arlene Chval, Gayle Parker, Joan Ranz, Nancy Battaglia, Vivian Sharkey and Marilyn Miklos. Wrappers—Arlene Berger, Dee Borkovec, Sarah Burnson, Paul Carmignani and Family, Jan Courter, Mary Deasy, Betty DiBickero, Lynn Dilley, Sandy Dunlap, Diane Garcia, Rosemary Grant, Elaine and Richard Hummer, Liz and Chris Johnson, Norma Hagstrom, Karen Helm, Shirley Headlee, Iris and Yvette Kolon, Dorothy Krushing, Jean Lacher, Linda and Emily Lewis, Peach and Marlan Matthas, Marsonne Myers, Mary McAuliffe, Joanne Mueller, Sharon Nelson and Family, Denise and Diane Niesman, Cate Nufer, Gayle and Ernie Parker, Eileen Petitto, Connie Puchalski, Mary Pulcifer, Joan and John Ranz, Karen and Margo Regis, Chris Ricketts, Margaret Schmitt, Amy Schwartz, Trisha Serrano, Edie Sharkey, Arlene and Neil Stokkee, Jenny Tomchek, Anne Wentz and Lori Vardas and Family.**

# Powerless Children Need Powerful Friends!

## Our Gratitude to Advocates & Friends



A big thanks goes out to advocates who accepted new cases in December: **Alice Barney, Paul Carmignani, Karen Lutz, Holly Osterman, Shawn Preuss, Amy Schwartz, and Linda Vezzetti.** We'd also like to thank **Judy Elenbaas, Marylu Cloutier and Deanna Golden** for their good work on cases that recently closed.

## Kids Donate Bears for CASA Kids

**Cynthia McGann** a volunteer mom for "Kids Make A Difference" at the **Fairview School in Darien** donated 25 teddy bears. Thanks, Cynthia, and to all the **fourth and fifth graders** at the school who contributed \$1.00 toward the purchase of the bears. It was a great way to show how much you care.

## National-Louis University Makes a Difference

We would like to thank **Stephanie Tenuta**, Campus Services Coordinator at National-Louis University for coordinating a toy and book drive to benefit the children for whom we advocate. She wanted to make a difference in the lives of abused and neglected children in foster care and proposed her idea of giving back to the community to the Director of Human Resources and the idea blossomed! The staff and faculty donated books, toys, games, assorted stuffed animals and small denomination gift cards to Hollywood Video and Barnes and Noble bookstores. Thanks so much to Stephanie, the staff and faculty at National-Louis for helping make Christmas brighter for our kids!

## A Cool Idea Brings Forth Donations

New Advocate **Karen Lutz** had a brainy idea—invite people over for a cookie exchange and explain that they could donate money to CASA in lieu of a hostess gift. The result was a total con-

tribution of over \$1,300 and people got some great cookies in return. We are grateful to Karen and her "Friends" for their generous spirit.

## Volunteer Appreciation Gathering

There was a lot of good conversation and laughter at our Volunteer Appreciation Gathering held on Dec. 5<sup>th</sup>. We'd like to give a big THANK YOU to our hosts **Pam and Dan Curtin** for opening up their home, providing wonderful treats, and making us all feel so welcome. Our appreciation also goes to **Diane Brislan, Mary June Choate, Sue McFarlane, and Rose Mary Filippello.** They are friends of the Curtin's who volunteered to make appetizers, cookies, and other desserts (they were all very tasty!) plus help out at the event. Thanks, also, to staff and advocates who brought other goodies and beverages that helped make this a truly festive evening.

## Roundup of Grant Funding and Other Donations

Thanks to everyone for their generosity and warm hearts to choose us as their charitable organization.

The **Rotary Club of West Chicago** donated \$1,000 to be used for purchasing a projector to present power point presentations for our training and in-services. **William Lutz** sent us a Matching Gift Application along with a generous donation of \$2,000.

*(Please see Thanks on page 7)*

## Happy Birthday!

Marsha Nathan

Delanne Reiss

Eileen Robbins

Barbara Gulick

Renee Pollock

Vanessa Luna

Stacie Gannon

Deborah Chenery-Wasko

Janet Courter

## News You Can Use

### Safe Harbor Facilities Open to Advocates

Recently CASA Staff toured the Safe Harbor Children's Waiting Room located on the first floor in the 505 Courthouse Building. Their director was aware of the role of advocates and indicated that Safe Harbor is available for Advocates to use for their own children when they come to court for their CASA cases. For more information about hours and registration information go to the County's web site at [http://www.dupageco.org/courts/generic.cfm?doc\\_id=2246](http://www.dupageco.org/courts/generic.cfm?doc_id=2246). If you have any questions, contact Laurie at 630-407-8791.

### Teens Getting High On Legal Drugs

According to a government-funded study, conducted by the University of Michigan and backed by the National Institute on Drug Abuse, slightly fewer adolescents abused illegal drugs and alcohol in the last year, but fairly high numbers of them continued to abuse prescription narcotics. A high number of teens are taking over-the-counter cold medicine to get high. Measured for the first time, teenagers' abuse of such medicine is widespread, the survey said.

However, officials characterized the overall survey results as generally positive, saying they reflect a slow decade-long decline in the percentage of teenagers who have experimented with illegal drugs.

The number of students who had tried an illicit drug in the past year also declined from peak levels in the mid-1990s, the study said. Underage drinking continued to decline as well.

By far the most popular illegal drug continues to be marijuana. For the fifth year in a row, the percentage of 10th- and 12th-grade students using marijuana declined, but there was

no corresponding decline in the percentage of eighth-graders who experimented with pot.

The scientific survey of 50,000 students in 400 schools nationwide marks the 32nd consecutive year the "Monitoring the Future" study has been done. Anti-drug officials and academicians agree the study has become the key barometer in providing a window on trends of drug use among teenagers at critical decision-making stages of development.

Use of inhalants, LSD and other hallucinogens showed virtually no change in the past year, along with heroin, tranquilizers, sedatives and club drugs such as Ketamine and Rohypnol. Of some concern to the researchers was a slight increase in the use of ecstasy, and the continued relatively high use of OxyContin and Vicodin. Researchers are particularly concerned about the abuse of OxyContin due to the addictive potential of this strong narcotic drug. From: Terry Frieden, CNN

*(Thanks continued from page 6)*

The following funding was received through grant requests:

- the **Topfer Family Foundation**, \$40,000 and the **Grace Bersted Foundation**, \$15,000.
- **Nancy Battaglia** donated mutual funds through Vanguard which totaled \$25,000.
- Also, two **anonymous donations** for \$10,000 and \$3,000 were received.

Our Powerful Friends donors this month are **Andy Zakrajsek & Terry Spaeth, Bryan Austin and Russ Graunke**. (For details on this new Annual Appeal please see Kay's article under "A Message from the Executive Director".)

Additionally, one-hundred twenty wristbands were donated by **Photogenic, Inc.**, to be used at the Winter WonderFest at Navy Pier.