



Breakthrough!

The Cambridge English dictionary defines a breakthrough as an important discovery or event that helps to improve a situation or provide an answer to a problem.

We are all searching for that one thing that will bring us out of the fog and uncertainty of the last few years and get us back to that feeling of comfort and security that we once felt. For some, that feeling is slowly coming back to reality, but for our survivors here at CASA, that comfort and security may not have existed. However, when they reach out to us, they are taking that first step to improve their situation and get help in solving their problems. In essence, they are making a **breakthrough** in their lives, and we are here to help.

Our mission here at CASA is to help them achieve this breakthrough by ending domestic violence through:

- Providing a safe, supportive environment
- Instilling confidence and self-esteem
- Supplying information and resources
- Teaching individuals and children non-violent alternatives
- Encouraging people to realize personal goals
- Acting as agents of social change

We LOVE our community!!!!

The American Irish Club

The American Irish Club of West Citrus supports Citrus Abuse Shelter Association, Inc. (CASA) throughout the year with various donations for our shelter survivors. Recently, they presented CASA with a check for

\$2,000, the proceeds of their annual golf tournament. CASA is blessed to have such wonderful partners in our community who want to support our mission to help victims and survivors of domestic violence by providing shelter, safety, intervention, and education, and to educate the community for social change. We truly appreciate their continued commitment to our cause.



Photo from left to right: President Charles D. Kowalski, Sunshine Arnold CASA CEO, and Rich MacDowell Vice President and Golf Tournament Chairman.

FSS and Heart to Heart



On behalf of the Citrus County Abuse Shelter Association, Inc. (CASA) and the many families and individuals we serve, we would like to thank FSS and Heart to Heart for their generous donation of handmade shower totes and pillowcases, scrubbies, toiletries, notebooks, pens, and paper for our shelter participants.

Domestic violence is an epidemic that affects the entire community. The generous support of individuals and groups in our community makes it possible for us to provide survivors with a safe haven and the necessary services to begin the healing process. In addition to providing emergency shelter and intervention services, CASA is committed to breaking the cycle of violence by educating professionals, community groups, and providing prevention education to our youth.

Pictured left to right are Laurena Ludwig, Chair of FSS and Heart to Heart and Marilynn Tuten, CASA Program Assistant.

Creative Quilters

The mission of the Citrus Abuse Shelter Association (CASA) is to help victims and survivors of domestic violence by providing shelter, safety, intervention, and education, and to educate the community for social change. CASA is grateful for all the support we receive from our generous community.



Recently, we received a dozen quilts from the Creative Quilters Club. The handmade quilts are truly beautiful and will be greatly appreciated by our participants.

Pictured left to right are club members Nory McGahey-Anderson and Franee McGahey with CASA CEO Sunshine Arnold.

Pam Atkinson



Meet Pam. Pam, is one our volunteers here at CASA that we count on everyday to help keep things running smoothly. From answering the phones to greeting people coming into the outreach office to accepting and organizing donations in our donation room. Pam was talking with a friend one day when the friend brought up an interesting video about a teenager who had been abducted by an older

gentleman and was rescued because of a video that she had seen on TikTok. The video described a specific hand signal that was created to help victims of domestic violence relay the message "I need help" without having to say anything in case their abuser was in close proximity. The teenager was in the man's vehicle and was displaying the signal to passing motorists. Finally, one motorist recognized it and called 911. The teen was rescued and the man was arrested.

Pam brought this information to the attention of her managers at CASA and now this hand gesture is taught to all of our employees to relay to participants that stay in our shelter and attend our various classes so that they can use it in case they are ever in a situation where they need to let someone know they need help and cannot verbalize it. Thanks to Pam, we have raised awareness of this gesture to help domestic violence victims and perhaps save someone's life. Below is Pam demonstrating the steps to perform the live saving hand gesture.



Hand up, Thumb extended



Thumb folded into palm



Fingers closed over thumb

Upcoming Events

- Tickets are \$25
- 4 hours of unlimited craft beer tasting
- Home brews and local favorites such as Marker 48 Brewing, Hiatus Brewing, and many more
- Food Trucks available for food purchase

A promotional graphic for the 'Hops for Hope' 2nd Annual Craft Brew Fest '22. The text 'Hops for Hope' is in a large, stylized font with hop cones and a butterfly. To the right, it says '2nd Annual Craft Brew Fest '22'. Below that, it says 'Hosted By: NINE STATE BREWERY'. The event is on 'Sat., April 30, 2022' from '4pm-8pm at Nine State Brewery, 200 Tompkins St., Inverness, FL 34450'. At the bottom, it says 'To Benefit: CASA The Citrus County Abuse Shelter Association'.

Inverness Brewers Union Presents:

Hops for Hope

2nd Annual Craft Brew Fest '22

Hosted By: NINE STATE BREWERY

Sat., April 30, 2022
4pm-8pm at Nine State Brewery
200 Tompkins St., Inverness, FL 34450

To Benefit: CASA The Citrus County Abuse Shelter Association

- Live Music by The Dance Strutt Band

Tickets sold out last year so get your early. Tickets can be purchased online at <https://www.eventbrite.com/e/inverness-brewers-union-presents-hops-for-hope-2022-tickets-272411779967>

You can also become a sponsor! Sponsorships range from a Pint Sponsor \$200 to a Barrel Sponsor \$2,500.

If you would like to become a sponsor [click here](#) for the sponsorship form. And thank you for Supporting CASA.



Donors March 2022

We would like to extend our sincerest thank you to our individual donors for the month of March of 2022. Without your donations, we would not be able to do the work that we do in the community:

Robert & Suzanne Delfino (In Memory of Gail Tierney), Michael Kramer, Deborah Netemeyer, Crystal River Lions Club, Daniel's Heating & Air Conditioning, Inc., Melisa L. Militello, P.A., Trak Logistics, LLC, Wilson Technology Group, LLC, Homosassa Springs Church of Christ, Inc., CMRNR c/o Barbara Uhlinger, Nature Coast Unitarian Universalists, Crystal River Eagles.

If you would like to donate to CASA now, you can go to our website www.casaf.org.

[Donate Now](#)



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