

Mental Health Awareness Month



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Whether you realize it or not, mental health plays a big role in your overall well-being. When you're mentally healthy, you are able to enjoy your life and the people in it, feel good about yourself, keep up good relationships, and deal with stress. It's normal for your mental health to shift over time – we all face difficult situations in our lives. Creating positive habits is a great way to support your mental health.

Here are some things that can help maintain good mental health:

- Good Food Choices & Nutrition
- Get Plenty of Exercise
- Practice Stress management
- Get Adequate Sleep
- Learn Coping Skills
- Building a Support System

For more information you can visit [Mental Health America](#), [Mental Health.gov](#), or the [National Alliance on Mental Illness](#).

Survivors Speak

"My advocate always listens to me and takes time to help my children. She cares and wants to see us happy and safe. I can trust her!"

"My advocate always listens and is



caring. I am able to go to my advocate for help with anything.”

"My advocate helped me calm down by talking to me." - Child survivor

We Love Our Community!!!

Inverness Brewers Union

Inverness Brewers Union - IBU presents donation to CASA from Hops for Hope 2023. The annual brew festival in downtown Inverness raised \$13,128 dollars to support survivors of domestic violence. These funds will provide safety, hope, and healing.



Pictured left to right are Mike Rall, Best in Show Winner 2023 Blonde Girl Brewing-Karla Grzeca, Sunshine Arnold, John Koch, Jeannie LeSage, Mark Ryder, and Nick Rossi.

Punishers LEMC



CASA was presented with a check from the Bunny Run event that the Punishers LEMC of Citrus County, Lake County and Marion County hosted to benefit 3 local Domestic Violence centers. We want to give a big THANK YOU to the Punishers LEMC Fort King Chapter Florida, Punishers LEMC Leesburg Chapter, FL and the Punishers LEMC Flying Eagle Chapter of Citrus County. Many wonderful people worked together to bring awareness to Domestic Violence and help survivors. We can not do this without the support of our amazing community.

Phil Royal Legacy & Will Wilson of Citrus Sports Apparel

Thank you to [Phil Royal Legacy](#) and Will Wilson of Citrus Sports and

Apparel for providing CASA staff with the most delicious gift of appreciation today! The **Tropical Tarpon** food truck came to the CASA outreach office and surprised staff with a phenomenal lunch break!

There is no designated "Advocate" week. Our Advocates do so much to help survivors in Citrus County and we want them to know how much they are appreciated!!



Pictured is CASA advocate Kimberly Hauter



Creative Quilters

Creative quilters donated several beautiful quilts to comfort the families residing at our shelter home.

The quilting group has been donating quilts to the shelter home for many years and always brighten our families' spirits.

Pictured left to right are: Suzi Gemmell, Franee McGahey, CASA CEO Sunshine Arnold, and Nory Anderson.

Girl Scout Daisy Troop 14216

These strong, smart, and adorable young ladies from Girl Scout Daisy Troop 14216 stopped by to donate some delicious cookies for our shelter survivors to enjoy. We are so grateful to the adults in our community who are raising their children to be good humans!

Pictured are Troop Leaders Elysha Revell and Rachel Montgomery and kiddos Lacie, Lex, Cassidy, Alice, and Rylee.



Citrus Hills Women's Club

Our CEO attended a beautiful luncheon hosted by Citrus Hills Women's Club who made a generous donation to support our safe house. This group of ladies does so much for our community and we are honored to have their support.



Photo credit: Barbara Sprague of another great charity Community Food Bank



Our CEO gave a domestic violence presentation to the Rotary Club of Central Citrus County. We love getting out in the community to teach about domestic violence and raise awareness about all the supportive services CASA can provide.

If your business, group, or club would like to have a presentation just reach out to us at 352-344-8111.

Pictured left to right: Chuck Clark, Sunshine Arnold, John Clardy, and Bill Buckner.

Photo credit: Roger Carlson



Rotarians are such a giving and caring group! We are so very thankful for the Rotary Club of Crystal River



Cornerstone Baptist Church

We wanted to give a BIG THANK YOU to Cornerstone Baptist Church. They put together and delivered enough Easter baskets for all of our shelter participants this year.

Pictured is April (left) and Tracie (right) from Cornerstone Baptist Church.

Ron & Irene Kornatowski

Ron and Irene Kornatowski donate to our shelter on a regular basis. We appreciate those who

continuously think of us and our participants!

Pictured left to right: Marilyn Tuten, CASA Program Manager, Irene Kornatowski, Ron Kornatowski, and Christina De Bruyn CASA Advocate



Laurie Ludwig - Heart 2 Heart



This is Laurie Ludwig from Heart 2 Heart. She made 38 shower totes to include toiletries, 24 pillowcases, paper, pens and notebook and tissue cover. Thank you for your continued support of survivors of domestic violence! Your time putting together these wonderful gifts is so precious and appreciated!

Want to help CASA like these amazing survivor supporters?

You too can host a third party fundraiser to help support CASA. A third-party fundraising event is when a business, organization, community group, school, or individual plans and hosts an event that benefits CASA. This is a great way for you to support CASA, to team build, and invest back into our community. Here are some examples of third party fundraising:

- Employee competitions (dress casual day, jean Friday, department with most funds raised.)
- Portion of proceeds from event tickets, retail items, specialty menu item
- Host a fundraising event
- Tournaments (bowling, cornhole, golf, tennis, etc.)
- Payroll deduction donations
- Donation drives (food, pet supplies, children school supplies, etc.)

Feel free to come up with something that works for you or your organization/company.

When you are ready to host a third party fundraiser reach out and let us know and we can help promote your efforts!

**Donors
April 2023**



We would like to extend our sincerest thank you to our individual donors for the month of April 2023. Without your donations, we would not be able to do the work that we do in the community:

John Comer, Joseph Frisbie, Sandi Gladu, Bonnie Groves, Victoria Iozzia, Joanne Jenuleson, Amy Jobe, Kay Johnson, Betty Lewis, Richard and Rosemary Nilles, Pamela Payne, Sheila Reagan, Rhiannon Steiner, Ronald Vaughan, Citrus Hills women's Club, Inc., Community Foundation of Tampa Bay, Inc., Crystal River Rotary Club, Crystal River Eagles AERIE 4272, Punishers LEMC Leesburg Chapter, Inc., St Elizabeth Ann Seton Parish.

If you would like to donate to CASA now, you can go to our website www.casaf1.org.

[Donate Now](#)



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