



# The News

November 2025

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# Words from the Director



As we enter the month of November, I am reminded of how deeply gratitude and service are woven into the fabric of our work. This is a month of reflection and appreciation – a time to honor those who have served our nation and to celebrate the families formed through adoption.

## Honoring Our Veterans

On Veterans Day, we pause to recognize the extraordinary men and women who have worn our nation's uniform. Their courage, sacrifice, and dedication ensure the freedoms we often take for granted. Many of our veterans continue their legacy of service in our communities – as mentors, colleagues, and advocates. To our veteran staff, clients, and partners: thank you. Your resilience and leadership inspire us all.

## Celebrating National Adoption Month

November is also National Adoption Month – a time to highlight the power of family, belonging, and love. This year's theme, Strengthening Pathways for Lasting Bonds reminds us that every child deserves a permanent, supportive home. We are proud of the work our agency does to connect children with families and to support adoptive parents through every stage of the journey. To our dedicated staff and community partners who make these life-changing connections possible, your commitment is truly remarkable.

As we move toward the end of the year, let's carry forward the spirit of gratitude, compassion, and service that defines November. Whether it's honoring a veteran, supporting a family, or lending a hand to a colleague, every act of kindness strengthens the community we serve.

Thank you for the work you do each day to make a difference.

~Tommy



# Supervisor Tips

## Tips for Self-Care

- **Prioritize Sleep:** Aim for 7-9 hours of restful sleep each night.
- **Nourish Your Body:** Eat a balanced diet rich in fruits, vegetables, and whole grains.
- **Engage in Physical Activity:** Exercise regularly, even if it's just a short walk or yoga session.
- **Spend Time in Nature:** Connect with the outdoors through gardening, hiking, or simply sitting in a park.
- **Practice Mindfulness:** Engage in meditation, deep breathing exercises, or journaling to reduce stress.
- **Set Boundaries:** Learn to say no to requests that overload you.
- **Take Breaks:** Step away from work or other responsibilities for short periods to recharge.
- **Get Creative:** Pursue hobbies or activities that bring you joy, such as painting, writing, or playing music.
- **Spend Time with Loved Ones:** Connect with friends and family who support and uplift you.
- **Treat Yourself:** Occasionally, do something special for yourself, such as getting a massage, reading a good book, or watching a movie.
- **Practice Gratitude:** Take time to appreciate the good things in your life.
- **Learn to Forgive:** Release resentment and move forward with compassion.
- **Embrace Imperfection:** Accept that you don't have to be perfect to be worthy of self-care.





# Training



## Pre-Service Training - new volunteers

## In-Service Training - current volunteers

January 13, 2026

- Orientation
- 5:30pm

February 3, 2026

- Session 3
- 5:30pm

November 20, 2025

- Beauregard Parish Sheriff Office
- 5:30pm

January 20, 2026

- Session 1
- 5:30pm

February 10, 2026

- Session 4
- 5:30pm

January 20, 2026

- 5:30pm

April 16, 2026

5:30pm

January 27, 2026

- Session 2
- 5:30pm

February 17, 2026

- Session 5
- 5:30pm

February 19, 2026

- 5:30pm

May 21, 2026

5:30pm

March 19, 2026

- 5:30pm

June 18, 2026

5:30pm

For more information about becoming a  
volunteer please scan the QR code







# 2025 November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOTES:	<h2>What's Happening in Beauregard Parish</h2>					1
2	3	4	5	6	7 Veterans Luncheon War Memorial Civic Center 11am	8 Brother's Standing in Unity Veterans Day Program Bryant Park 11am
9	10	11 American Legion Veterans Day Breakfast American Legion Hall 7am-11am	12	13	14	15
16	17	18	19	20	21	22
23 Children Art Camp Real Art Gallery 2pm-4pm	24 Children Art Camp Real Art Gallery 9:30am-11:30am	25 Children Art Camp Real Art Gallery 9:30am-11:30am	26	27	28	29 Merry and Bright on Main Street 5pm-10pm
30						



# 2025 November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOTES:	What's Happening in Vernon Parish					1
2	3	4	5	6	7	8 Free Acrylic Painting Class Vernon Main Library 10am-12pm
9	10	11	12	13 LSU AG Bread in a Bag Vernon Main Library 3pm-4pm	14 Fall Back Friday Tunes Polk Outdoor Stage 6pm-10pm	15 Board Game Bonanza Vernon Main Library 1:30pm-8pm
16	17	18	19	20	21	22
23	24	25	26	27	28 Christmas on the Ranch Hwy 117 6pm Nov 28 to Dec 24	29 Christmas on the Ranch Hwy 117 6pm Nov 28 to Dec 24
30						



# Holiday Safety Tips

## Kitchen Safety

### Stay attentive:

- Never leave cooking food unattended. Stay in the kitchen when using the stove and check the turkey frequently when it's in the oven.

### Create a kid-free zone:

- Keep children and pets at least three feet away from the stove and hot food to prevent burns.

### Wear appropriate clothing:

- Avoid loose, dangling sleeves when cooking, as they can catch fire. Wear short or tightly rolled sleeves instead.

### Be mindful of hot items:

- Keep knives, matches, and other sharp objects out of children's reach. Also, keep hot liquids away from children.

### Be prepared for fires:

- Keep a fire extinguisher, baking soda, or a fire blanket handy for small kitchen fires. For an oven fire, turn off the heat and keep the door closed.

### Use turkey fryers with extreme caution:

- Deep-frying a turkey is a leading cause of house fires. If you choose to do it, use it outdoors on a level surface away from the house.

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# Holiday Safety Tips

## Food Safety

Thaw the turkey completely before cooking.

Cook the turkey to  $(165^{\circ}\text{F})$ :

- Use a food thermometer to ensure the turkey is cooked to a safe temperature.

Avoid cross-contamination:

- Keep raw meat separate from other foods and wash hands, utensils, and surfaces thoroughly after handling raw meat.

Store leftovers properly:

- Refrigerate leftovers promptly to prevent bacterial growth.

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420 McMahon Street  
DeRidder, LA 70634  
337-462-4667 phone  
337-462-1554 fax

Vernon Parish  
113 S. 3rd Street  
Leesville, LA 71446  
337-239-1970 phone  
337-239-1960 fax

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# Holiday Safety Tips

## Travel safety

### Inspect your vehicle:

- Before you leave, check that your tires are properly inflated and you have a full tank of gas and windshield fluid.

### Drive sober and alert:

- Never drive under the influence and be well-rested and alert on the road.

### Avoid distractions:

- Put your phone away and give the road your full attention.

### Pack an emergency kit:

- Have a basic emergency kit in your car for unexpected problems.

### Allow extra time:

- Leave early to avoid traffic and be prepared for potential delays.

### Keep travel plans private:

- Avoid posting your travel plans or photos on social media until you have returned home.

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# Spotlights



Thank you Judge Eaves!

Charmayne



Natasha



Jacqueline



Christine



Veleda





# Snapshot



Save the Date!

Saturday, March 21, 2026

5th Annual CASA Color Run

