

# CAPstone CATCH UP



CAPstone CHILD  
ADVOCACY CENTER

"A PLACE TO BE HEARD,  
A PLACE TO HEAL."

November 2021

## CAPstone Office Locations

Scottsbluff/Gering  
900 P Street  
Gering, NE 69341  
308-632-7274

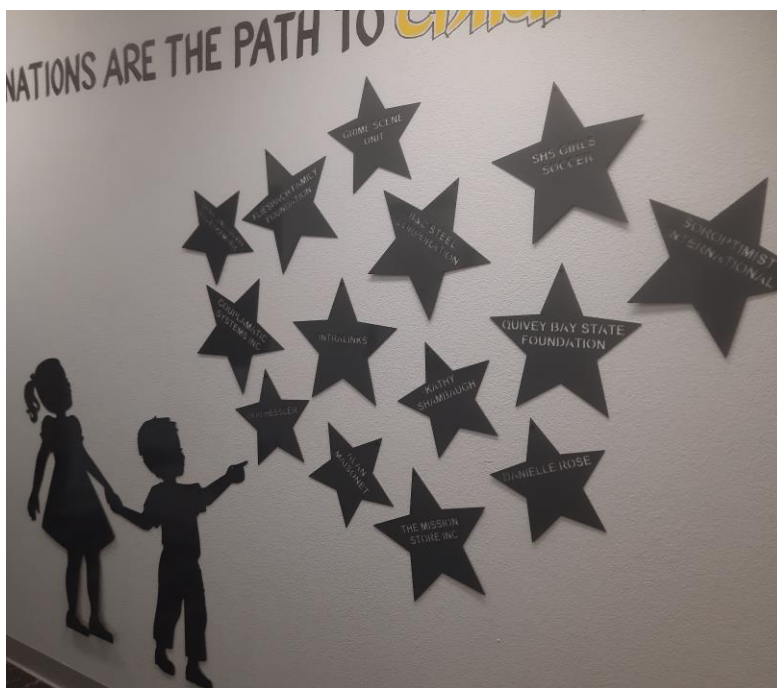
Chadron  
316 Main Street  
Chadron, NE 69337  
308-432-8145

Alliance  
2307 Box Butte Avenue  
Alliance, NE 69301

Sidney  
1109 10<sup>th</sup> Avenue  
Sidney, NE 69162

## Recognizing Some of our Amazing Donors

The CAPstone Board of Director's voted to update our Donor Wall at the Gering office. Aulick's in Scottsbluff completed the metal cut-outs of children and stars. The stars represent people/businesses who, since 2020, have donated \$250.00 or more to CAPstone. More stars to follow!!!



## CAPstone STAFF

Monica Shambaugh  
Executive Director

Lisa Collins  
Forensic Interviewer, MDT  
Coordinator

Karol Garduno  
Family Advocate

Rebecca Fernau  
Forensic Interviewer,  
Community Outreach  
Coordinator

Isabella Irish  
Family Advocate

Winnie Voss  
Child Advocate/Administrative  
Assistant

Shelley Thomas  
Forensic Interviewer

## CAPstone Donors are Superhero's



### CAPstone WISH LIST

#### For the Children

New Beanie Babies/stuffed animals  
New Blankets  
New Backpacks  
Journals  
McDonalds/Runza gift cards

#### For the Facility

Gift cards to Walmart/Target  
Individually wrapped snacks/juices

### RECENT DONATIONS

Kylie Kindred	Journals
Nichelle Paz	Framed Painting
Rene Newton	Quilts
Intralinks, Inc	Computer work
Good Coin Foundation	Target
Circle	\$1,567.63

### November is National Adoption Month

National Adoption Day is a collective effort to raise awareness of the more than 120,000 children waiting to be adopted from foster care in the United States. A coalition of national partners — the Dave Thomas Foundation for Adoption, Congressional Coalition on Adoption Institute, Alliance for Children's Rights and Children's Action Network — founded National Adoption Day.

On November 18, 2000, the coalition and the Freddie Mac Foundation encouraged nine cities to open their courts on or around the Saturday before Thanksgiving to finalize and celebrate adoptions from foster care.

The first National Adoption Day was inspired by the innovative efforts of Michael Nash, a former presiding judge of Los Angeles County's Juvenile Court. He opened the court on Saturdays, engaged the volunteer efforts of court personnel and finalized adoptions to reduce the backlog of one of the busiest courts in the nation.

Policymakers, practitioners and advocates have collaborated to plan these annual events in 400 cities across the United States.

To date, the dreams of more than 75,000 children in foster care have come true as part of National Adoption Day events.

CAPstone BOARD OF DIRECTORS 2021

SHARON WALKER  
Retired Social Worker

GEORGE SCHLOTHAUER  
Bridgeport Schools

KAYLA IMUS  
City of Scottsbluff

LAURA BURGESS  
SBCO Attorney's office

KATHERINE BATT  
DHHS

RACHEL DELLE  
Scottsbluff Schools

JANE FLIESBACH  
Fliesbach Foundation

ADAM FRERICHS  
Cheyenne County Sheriff's Office

PAMELA BARKER  
Gering Public Schools

SARA GRANT  
CSC

TINA JAMES  
CS Precision

MELISSA VAN GALDER  
Guardian Belle's

VICKY MORENO  
SBCO Attorney's office

Amanda Bosse  
RWMC

BETH RUZICKA  
RWMC

JEFF PECK  
Intralinks

KATHY STOKEY  
Retired

## Website

[www.capstonenebraska.com](http://www.capstonenebraska.com)

## Email

[director@capstonenebraska.com](mailto:director@capstonenebraska.com)

## Facebook

<https://www.facebook.com/CAPstone-Child-Advocacy-Center-310733285741/>

## To report child abuse/neglect

**Nebraska child abuse/neglect  
hotline**

**1-800-652-1999 or call your  
local Law Enforcement  
agency.**



## 25 Random Acts of Kindness for the Season



What better way to celebrate the season but to do a random act of kindness for others! The great thing is, it doesn't have to cost you money, it doesn't even have to take a lot of time, but it just might mean a whole lot for another person. We here at CAPstone will be striving for 25 random acts of kindness during the Month of December to celebrate 2021. Let us end the year showing one another support and caring and let's make this small part of our world a better place.

+Share your random acts of kindness and tag our Facebook page with the hashtag #25randomactsofkindness so that we can all enjoy what great things are being done.

+Share on our CAPstone Facebook by posting your ideas for different random acts of kindness. Look for the post on top that mentions 25 Random Acts of Kindness. Others might love one of your ideas and give it a try.

+Enjoy the fact that you probably made someone's day just a bit better.



**ATTENTION ATTENTION  
READ ALL ABOUT IT**

If there is something you would like to see in our newsletter or would like to add to our newsletter, such as a job opening or an event you are having, please let us know.

Email Rebecca at [outreach@capstonenebraska.com](mailto:outreach@capstonenebraska.com) or call at 308-432-8145

## **WE ARE HIRING**

CAPstone Child Advocacy Center is offering an opportunity for caring and compassionate individuals to join a team that is committed to helping reduce trauma and promote healing by providing advocacy, education, and referral to community service as a Family Advocate. This position will work directly with victims and their families primarily in our Chadron and Alliance offices.

Minimum requirements: Bachelor's Degree in human service-related field. Qualified candidate must have two years of experience working with children and families where abuse is an identified issue. Previous experience in the criminal justice field, child welfare, or as a member of a multi-disciplinary team is preferred. This position may require some on call responsibilities in emergency situations. Weekend, evening, and holiday hours may be required. Interested candidates must possess a valid driver's license and proof of insurance. Must submit to a national criminal history background check and Central Registry check. This position does require travel, primarily in Nebraska.

If you have a passion for working with children and families while making a difference in the lives of others, submit letter of interest and resume to Monica Shambaugh at [director@capstonenebraska.com](mailto:director@capstonenebraska.com). Applications will be taken until position is filled.



# Connect the dots to stay healthy at any age

Connect with your doctor if you have specific questions regarding your health.

Be extra safe by wearing your seatbelt, limiting alcohol, staying away from drugs, and excessive amounts of sun.

Visit your doctor for an annual exam, plus a dentist visit twice a year.

Once approved by your doctor, get at least 150 minutes of physical activity each week, plus two strength training exercises.

Eat a balanced diet, limit the ultra-caffeinated or sugar-sweetened beverages each day.

Find ways to reduce stress, such as meditation, yoga, visiting with a friend or family member.

Find opportunities to safely bike, walk, or roll to destinations such as work, school, or other community locations.

Reach out to a professional if you or a family member needs support with mental health, addictions, or other personal/family issues.

# HEALTH SCREENINGS BY AGE



Visit your primary care doctor yearly to keep up on your health and be sure to ask what health screenings apply to you!

## Everyone, every year:

- Flu vaccine
- Skin cancer screening (every 3 yrs btw ages 20 and 40, and every year for ages 40+)
- BMI and weight evaluation
- Depression screening

### Other screenings:

- Blood pressure
- Lipid/cholesterol
- Diabetes
- HIV testing
- TDAP vaccine

### Starting at 50+

- Colonoscopy (doctor may recommend 45+)
- Hepatitis C Screenings
- Lung cancer screening
- Shingles vaccine

### Starting at 60+

- Osteoporosis screening: at 65+ if at risk

- Pneumococcal vaccine at 65

\*Please contact your doctor for specific screening recommendations

## Gender Specific

- Women starting at 20+ pap smear cervical cancer screening
- Women starting at 40+ mammogram
- Men starting at 50+ prostate cancer screening
- Men starting at 60+ abdominal aortic aneurysm screening at 65+

## Panhandle Public Health District (PPHD) programs and services

Reach out to learn more!!!

- |                               |   |
|-------------------------------|---|
| • Alcohol Education           | • National Diabetes Prevention Program (NDPP) |
| • COVID Vaccination           | • Opioid Education                            |
| • Colorectal Cancer Screening | • Seatbelt Safety                             |
| • Health Coaching             | • Suicide Prevention                          |
| • Healthy Families            | • Sun Exposure                                |
| • Living Well                 | • Tobacco Cessation                           |
| • Mental Health Referral      |   |

Please reach out if you have questions regarding your assessment results or programs available, contact:

Nicole Berosek

nberosek@pphd.org; 308-262-2217

www.pphd.org & www.pphd.org/pwww.html

