

# CASA of Cochise County News & Views



[www.CASAOfCochiseCounty.org](http://www.CASAOfCochiseCounty.org)

**Abby Dodge - ADR/CASA Director    Lissete Borbon - Program Manager**

Phone: 432-7521

**Mona Burns - Support Staff**

Fax: 432-7247

## Articles

<b>Longer Days</b> .....	<b>3</b>
by the Hon Terry Bannon, Cochise County Presiding Juvenile Judge	
<b>A Birthday Surprise</b> .....	<b>4</b>
by Courtney Schinner, Cochise County CASA Volunteer	
<b>Reconnecting</b> .....	<b>6</b>
by Mary Blanchard, Cochise County CASA Volunteer	
<b>ACES Resource Guide</b> .....	<b>7</b>
by Vicki Barton, Cochise County CASA Volunteer	
<b>Bits &amp; Pieces</b> .....	<b>8</b>
by Mary Blanchard, Cochise County CASA Volunteer	
<b>An FDA Warning</b> .....	<b>9</b>
by Vicki Barton, Cochise County CASA Volunteer	
<b>Book Review</b> .....	<b>10</b>
by Abby Dodge, Cochise County ADR/CASA Director	

## Features

<b>Coordinator's Comments</b> .....	<b>2</b>
<b>March Calendar</b> .....	<b>11</b>
<b>CASA of the Month</b> .....	<b>12</b>
<b>Anniversaries</b> .....	<b>13</b>
<b>Kudos</b> .....	<b>13</b>
<b>Case Closures</b> .....	<b>13</b>
<b>Cochise County Council for CASA, Inc</b> .....	<b>14</b>
<b>From the Manual</b> .....	<b>15</b>
Eating Well on a Budget	
<b>Resources:</b>	
<b>The Village Closet</b> .....	<b>24</b>
<b>Essential Needs</b> .....	<b>25</b>
<b>Access to the Arts</b> .....	<b>27</b>
<b>Education Opportunities</b> .....	<b>28</b>



Abby Dodge & Family

Hi everyone! Welcome to March!

I don't know if you've noticed, but we're trying to do better about providing additional training opportunities this year. That was our CASA of Cochise County New Year's Resolution for 2024. So, this month we'll be having a "virtual CASAaz dashboard refresher training" (March 27<sup>th</sup>). If there are any aspects of the dashboard that you have questions about, have run into issues with, or just don't remember how they work, please send me those questions/issues as soon as possible so I can incorporate them into our agenda for that afternoon. This will be a one-hour training – don't forget, you are required to complete 12 hours of training each calendar year.

In April (date TBD) we will have a court report writing class. I will be working on a date for that soon – but if you are hoping to attend a court report writing class, please shoot me an email with your preference of whether that training be virtual/in-person and morning/

## Coordinator's Comments

afternoon/evening. I won't be able to accommodate everyone, but I will try my hardest to work with those of you who have not had the opportunity to participate in a court report writing class before.

A couple other things we will be having coming up will be a CASA Movie Night (probably in May), a CASA BBQ (sometime after school gets out for the year), and as always, our CASA Recognition Dinner will be held in September – we will be celebrating 35 years of our program this year!

In other news, I think it's safe to say that the Dodge family ran out of new fruits to eat – at least new fruits that I could find in stores in Arizona... We had a lot of fun finding fruit to try and documenting it along the way – we started it in 2020 when going to the grocery store was an adventure on its own, so I'm a little sad to say we've moved on to another adventure, but I guess it's time.

Our next adventure is a United Tastes of America tour – I found a cookbook at the library called *The United Tastes of America*, which is where I got the idea (and shamelessly stole the name from them, too). The cookbook discusses each state and foods that each state is known for. I was hoping it had more than one recipe per state, but that's what Google is for, I guess. So, we have started a weekly "state night" dinner in my house. The kids get to pick the state we focus on, and I research what foods the state is known for and put together a menu for that night. So far, we've had Mississippi, Hawaii, and Ohio – and Emily has selected New Mexico for our next stop. Here's hoping this fun approach to trying new food will actually get her to try new food, because aside from starches, fruits, and vegetables, that child will not try anything... So, at this point I am willing to try just about anything – if you have any ideas, let me know!

Have a great month! If you or your assigned kiddos do anything fun over Spring Break – we'd love to hear about it!

## Longer Days...

by the Honorable Terry Bannon, Cochise County Presiding Juvenile Judge

Dear CASAs,

I hope this correspondence finds you well. I am doing well and looking forward to Spring... all except the allergies it brings with it. I'm sure there is a steroid shot in my very near future.

I like the longer days of sunshine and so does Walter. I dedicated this past weekend to him. I do that every once in a while, so he knows how special he is to me. We went everywhere. The dog park twice. Tractor Supply and Home Depot. Lots of walks around the neighborhood. Lots of small trips in the car. Wherever I went, he was with me. We even visited a friend at her assisted living place. He made friends wherever we went. He had a blast and so did I.

I have several friends who are in kind of a crisis mode at the moment. The reasons vary. Some are health related (the worst in my opinion) and some are more or less existential. There is, I think, a common misconception that life gets easier the older you get. It doesn't. No matter what stage of life you are in, you still have to make tough decisions. Age offers no immunity.

And that's OK with me. It has to be because decisions are a part of life. Can't avoid them. If you avoid them, then the decision gets made for you. Maybe by someone else or maybe by the absence of choices caused by the delay. I've had a lifetime of making a few good decisions and lots and lots of bad ones. I survived the good ones and the bad ones. My ratio of good to bad decisions is not the greatest, but somehow, things have worked out.

Speaking of ratios, I have way cut down on my time spent on whatever it is Travis and Taylor are doing. Now that Spring is close at

hand, I will put that wintertime obsession away in favor of spending more time outside. It was fun while it lasted, but now it's time to put it away.

And that is a good decision.

Stay well Dear CASAs...

Judge Bannon



## A Birthday Surprise

by Courtney Schinner, Cochise County CASA Volunteer

The girls and I had an early birthday celebration for the youngest scheduled for February 10<sup>th</sup>. We were looking forward to it for a few weeks.

Little did we know when we scheduled it, it was going to snow for the entire morning. Just as I am pulling up to the house, the youngest calls and ask if we are still getting together, due to the snow. I say, "Yes, I am here." and they come out and climb in. I am from Colorado and a dusting of snow does not scare me.

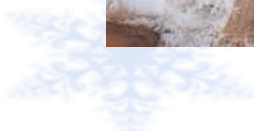
We went for birthday lunch at Chili's, then over to Walmart so she could spend her gift card from Cochise CASA Council. While we were eating our birthday dessert at DQ, the girls asked to go play in the snow.

We piled in the car and headed up Carr Canyon. We played, had snowball fights, built 2 snow people and had a grand ole time. The girls seemed so happy, carefree, and like kids again for the hour we spent playing in the snow.

I will treasure that moment forever.



## A Birthday Surprise - Continued



# Reconnecting

by Mary Blanchard, Cochise County CASA Volunteer

One of my former CASA kids and I stayed connected after she aged out. We were visiting regularly when she suddenly stopped answering her phone. She had just moved, so I didn't know where she lived. I had no way to contact her except by phone, so I would call every week or so, just in case her phone was temporarily disconnected. That was several years ago.

Two weeks ago, I got a call from one of our CASAs, Courtney Schinner, who was working with my girl. Courtney mentioned to the girl that she was a CASA. The girl asked Courtney if she knew Mary Blanchard. Courtney said Yes, and emailed me the girl's contact information.

I called, we reconnected, and we had our first visit. She is now married and has a 9-month-old son. The baby is adorable, and my girl and I had a wonderful visit. She told me she had broken her phone and had no way to retrieve her contacts.

We agreed we want to stay in contact. She told me she needs to find a job and she knows about a reliable day care. I told her I would be a reference. I used to visit her at the fast-food place where she worked, so I have actually observed her, and she is an excellent worker.

She is close to her husband's family, but she has just one friend of her own. I will be available to encourage her. She has settled down, and she is ready to find a part-time job.

When our CASA kids age out, they may or may not stay in contact with us. If they are on their own, they can choose what they want. If they are adopted, the adoptive parents have a say in continuing the relationship.

My policy is that I always offer to stay in contact. If they are on their own, they may decide they prefer to be independent. I always give my aged-out kids my email and my cell phone number. Sometimes a CASA kid decides to reconnect; I welcome them back.

I had one young man where we spent two years together, and he resented everything I did for him. He didn't want me to force him to go to school. He

reluctantly sat in his classroom. I countered by visiting his class every day. The other students let him know that they wanted him to start working, so that I would stop coming to class. This pattern continued until he graduated. He did not want to continue our connection and went on about his life. After several months, he needed help getting funding for school, so he had a friend call me. I immediately agreed to help him, and he got his funding. We lost contact, and I didn't see him again until I was walking in the mall, and he came running out of Radio Shack. Frankly, I was a bit scared when this very large man came barreling towards me. I stood my ground. He asked me to come and see his store. I did, and he introduced me to all his coworkers and said we had been friends for 4 years.

This was a very important moment. I realized that his perception of our friendly relationship had become reality. So, we suddenly became longtime friends. When things have not been going well with a CASA kid, and the young person suddenly becomes cordial, then I follow their lead and make a fresh start.

This is especially important with aged-out kids. If they reach out for support, then it needs to happen. Just move up to the next level. Now you are an unofficial advocate for a legal adult, who suddenly needs you. Don't overdo the support. Do what you can to help. Most of the time the young adult becomes an occasional contact or a happy memory.

I do have one former CASA kid who was assigned to me 20 or so years ago. We still are in contact because she doesn't have any family. So now she checks in every now and then and we catch up.

As a CASA, you have a choice. You can fade away the minute the case closes, or you can stay in touch, depending on whether you are asked to stay. Don't be hurt if you don't get an invite. You did your job, and now the young person has moved on.

# ACES Resource Guide

by Vicki Barton, Cochise County CASA Volunteer

Just received this ACES Resource Guide by the CDC. The link connects to a 35-page pamphlet.

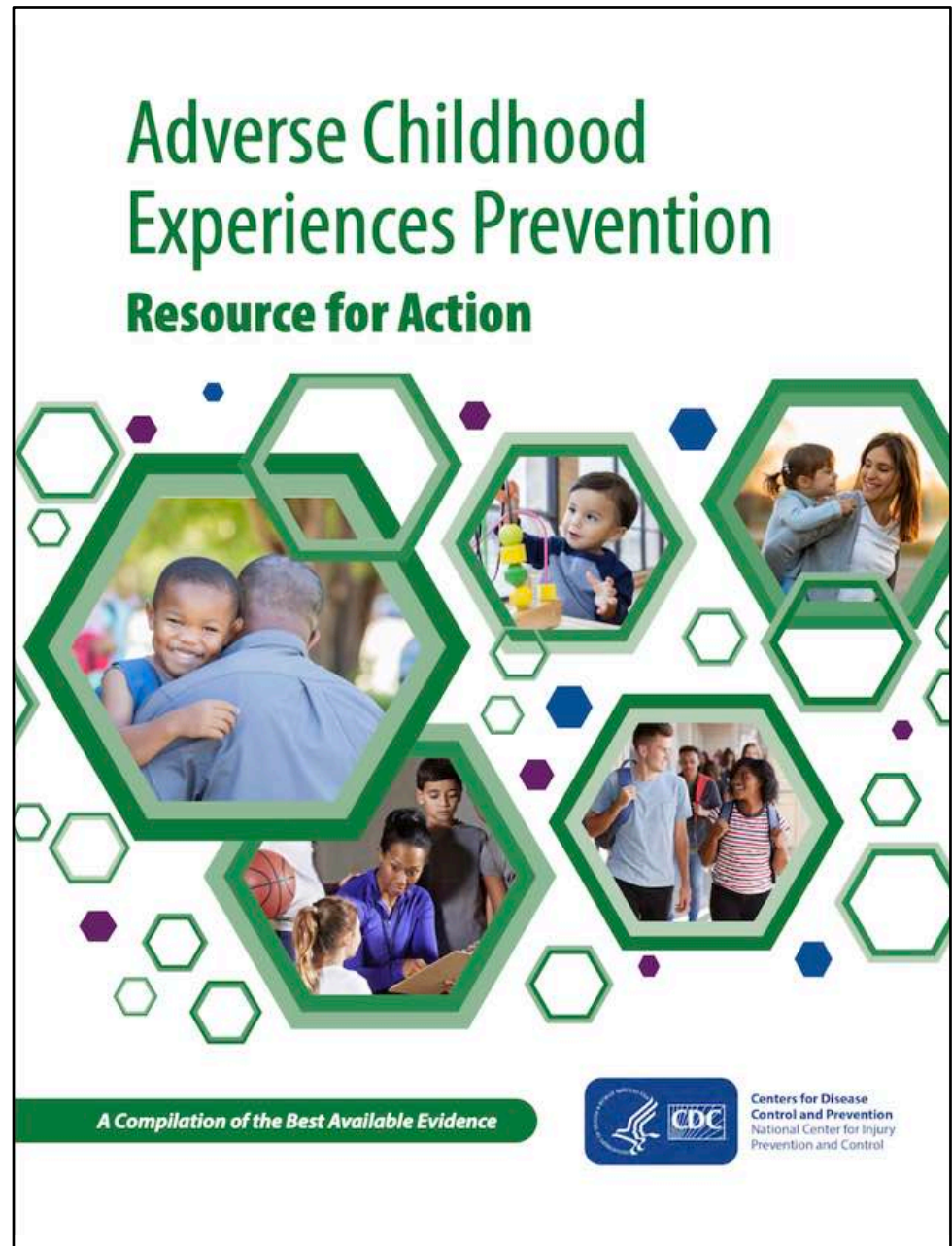
Source of Information:

Sarah M Reed

Training & Community Outreach Coordinator  
Children's Advocacy Center of Southern Arizona  
(520) 724-2193

Hey all - check out this guide from the CDC on best action practices for preventing ACEs.

I think we could base some of our action steps off their recommendations: [https://www.cdc.gov/violenceprevention/pdf/ACEs-Prevention-Resource\\_508.pdf](https://www.cdc.gov/violenceprevention/pdf/ACEs-Prevention-Resource_508.pdf)



## Bits & Pieces

by Mary Blanchard, Cochise County CASA Volunteer

### Routines

I need a lot of sleep. My daily schedule is to get up at 9:00am and go to bed at 11:00pm. My dog is used to my schedule. She usually dozes off before 11, but she checks on me when I actually go to bed.

At 9 every morning, my alarm rings and I get up. I know too much sleep is not healthy, and since I conk out for maximum recommended sleep time, I get up as soon as it rings. The dog gets up as soon as I do.



One morning I had to get up at 6:30. I set the alarm and got up as soon as it went off. It was still dark outside, but I staggered out to the kitchen to fix my breakfast and start my day. The dog usually joins me the minute I get up (she doesn't react to my bathroom breaks during the night). I had started my oatmeal and made my pot of coffee. Usually, the dog has been with me from the moment I start breakfast. No dog.

I picked up her bowl and banged it around a bit. No dog. She finally joined me when I sat down to eat my breakfast. She was not ready to start the day, but she loves me, and she did her duty. She went back to bed after we ate. I was tempted, but I didn't join her.

### Walking in the Neighborhood

I acquired a dog when my ex had to go into a care center. I have walked in the mall for years, but I realized that I needed to walk the dog, so I started walking her in the neighborhood.

I quickly found out that all the people are friendly, but some of the dogs go berserk when another dog walks by. I did the sensible thing and now walk on the streets with the fewest barking dogs. My route has its own little roadmap so I can maximize the peace and quiet.

People speak to me when I walk by. One woman brings her dog out for a chat. Today a man was sitting in his wheelchair in his gravel yard. As I drew near, he began wheeling himself across the gravel and asked if he could pet the dog. I told him it would be okay, but he needed to be careful or the dog would lick him. He not only let the dog lick him, but he invited her to climb up in his lap. I felt it was time to move on and said goodbye.



One evening, a teen who is already an acquaintance came driving up to me and stuck his head out of the car to tell me a big dog was loose and was heading my way. I thanked him, and he watched me until I was safe.

## An FDA Warning

by Vicki Barton, Cochise County CASA Volunteer

I just read this article and thought it might be good info to put out to CASAs so we can all be more aware of what is targeting our youth.

The FDA warns consumers not to purchase or use Neptune's Fix or any tianeptine product due to serious risk.

<https://www.fda.gov/drugs/drug-safety-and-availability/fda-warns-consumers-not-purchase-or-use-neptunes-fix-or-any-tianeptine-product-due-serious-risks>

*Excerpts from the article:*

Tianeptine was developed in the 1960s and is used in some parts of Europe, Asia, and South America to treat depression and pain. Some brand names include Coaxil, Stablon, and Tatinol.

Since tianeptine is not regulated and is easily available in powder, liquid, or capsule form at gas stations and online, its popularity has surged.



## Book Review

by Abby Dodge, Cochise County ADR/CASA Director

### **Evicted: Poverty and Profit in the American City**

By Matthew Desmond

*313 pages (plus almost 100 pages of notes/supporting information) – Worth 3 hours of training credit*

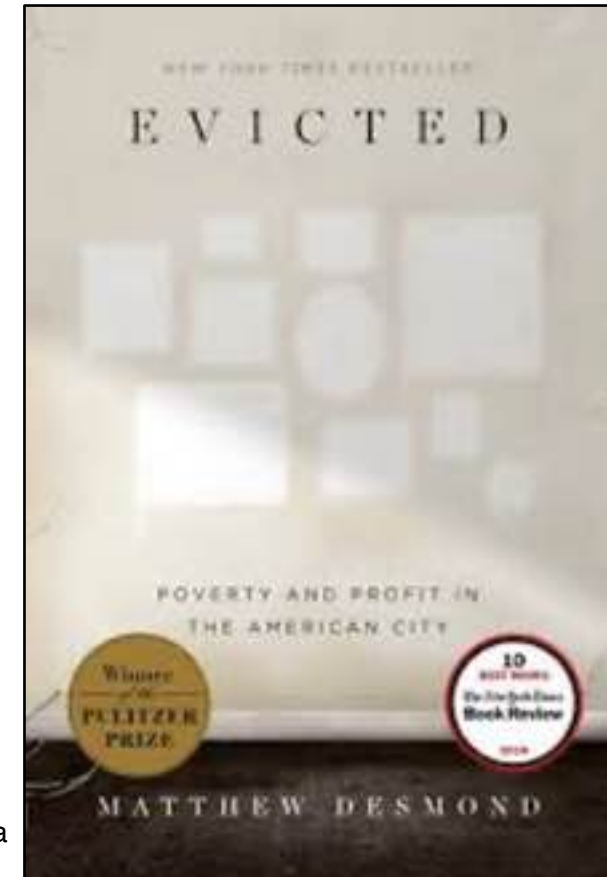
Available through the Cochise County Library District – there are several copies available throughout the county; they even have the digital version!

*Evicted* provides a window into some of the poorest neighborhoods of Milwaukee, Wisconsin, a city with a metropolitan area population of approximately 1.5 million people. Having spent almost all of my childhood living 2 hours north of Milwaukee, I was immediately drawn to this book because of my own knowledge and familiarity with the city.

The author tells the story of eight different families who are living in rundown apartments and trailers in inner city Milwaukee. These families were surviving, if you can call it that, off of government assistance through a program known as W-2 (Wisconsin Works). This program required recipients to work, either in the private sector or in a job created by the state. Participants were only paid for the hours they logged on a job, whatever that job may be. This book was published in 2016 and it uses the monthly benefit amounts of \$673 for beneficiaries who worked and at \$628 for those who didn't or couldn't, usually because of a disability. A quick Google search showed me that "depending on the hours of work and activities you do, you may receive a monthly payment of up to \$653." This shows that this program has not increased benefits to match increased costs/inflation. Which makes me wonder how families who were struggling this much 10 years ago are still surviving with the same assistance amounts.

The author focuses on two landlords throughout this book, both of whom own several low-income properties in Milwaukee. Sherrena purchased several buildings throughout the inner city when the market was low and has continued to invest in properties as she is able. Tobin was running one of the worst trailer parks in Milwaukee. Throughout this book, Sherrena and Tobin show willingness to work with tenants in some situations and a rush to eviction in others. However, throughout the book you'll see that experiences have caused them to react this way.

I wasn't sure I would like this book as much as I did, aside from the setting. However, the author does an exceptional job of telling these families' stories (although the names of all are changed) and showing how a simple act of a child being a child can sometimes be enough in these situations to send a family down the road to an eviction. And once someone has an eviction on their rental history, finding suitable housing becomes increasingly difficult. This is overall a great book about economic hardship and although Cochise County is nothing like Milwaukee, Wisconsin, it does still shed light on what many of the families we work with are facing on a daily basis.



# MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 World Compliment Day 	2
3 I Want You to be Happy Day 	4	5	6 <u>Vicki</u> : Report due for D cases.	7 <u>Karen R</u> : Report due for LP  <u>Mary Kay</u> : Report due for L case.	8	9
10 Mario Day 	11 <u>Monica</u> : Report due for JO.	12	13	14 <u>Bill</u> : Report due for KB.	15 Alison V. 	16
17 	18	19 Let's Laugh Day 	20	21 Absolutely Incredible Kid Day 	22	23 Puppy Day 
24	25 <u>Dragoo's</u> : Report due for JG.	26	27 <u>CASAaz REFRESHER TRAINING</u> Please check your email for more info!	28	29	30 Take a Walk in the Park Day 
31						

# CASA of the Month

## Chris Cranmore

The CASA of the Month for February 2024 is Chris Cranmore!

Chris joined our program in 2021 – we are celebrating 3 years of having Chris as a CASA!

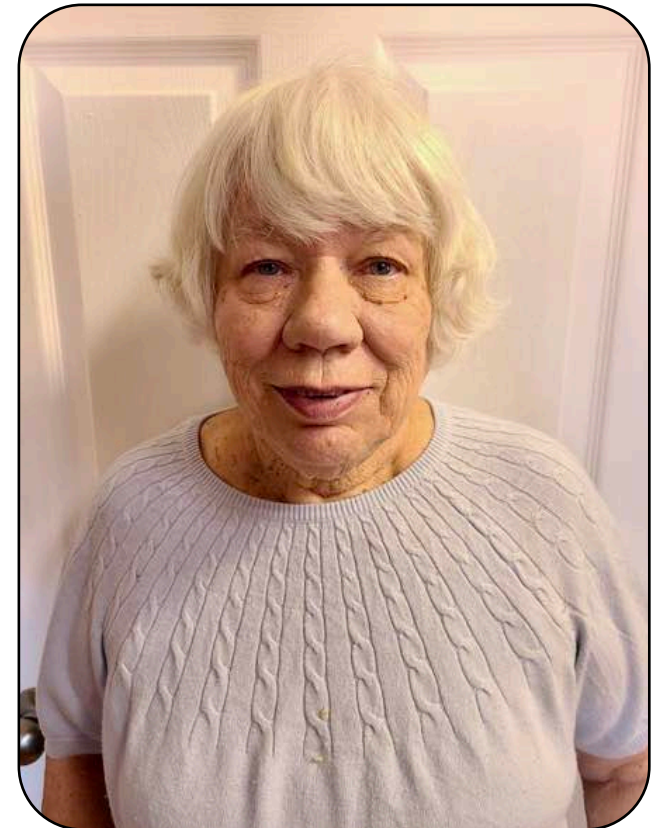
Chris has always gone above and beyond for the youth she is assigned to, ever since she started. However, her current case I think might take the cake. She is currently working with two young girls who are in a kinship placement. Right off the bat, Chris had found herself a way to help the family and ensure she was getting to spend additional time with the girls. She volunteered herself to pick the girls up weekly and bring them to therapy. Although transporting children to appointments is not a requirement of a CASA, I am always thrilled when I see CASAs finding something that they can help with to take one thing off the plate of the placement.

Chris has recently committed herself to taking the girls to their biological mother's church to allow them to attend church with her. She stays with the family the whole time, but this allows the children to attend with their mother if they want to.

Although Chris has expressed frustration at times with the mother's attitude during some of these visits, she has never once mentioned quitting taking them. She clearly cares deeply about these girls and wants to see the family succeed, even if it means having these weekly commitments with the girls. I know not everyone can be this involved, but I believe that this level of involvement is just right for this particular family – and I am so glad Chris is able to support them in this way.

Thank you, Chris, for all you do!

## February 2024



# We celebrate!

## Anniversaries

**LuRue Troyer - 21 years**  
*Since 3/4/2003*

**Mary Kay Holcomb - 17 years**  
*Since 3/2/2007*

**Karen Fasimpaur - 6 years**  
*Since 3/1/2018*

**Susan Anderson - 2 years**  
*Since 3/7/2022*

**Ali Hayward - 2 years**  
*Since 3/25/2022*

**Cindi Dunn - 1 year**  
*Since 3/3/2023*

# Kudos



**Mary Kay Holcomb**  
*FCRB, 1/12/24*

The Board thanks the CASA for attending the review and providing a statement on the children.

**Gabi Hodgkin**  
*MEO, 2/6/24*

Mr. Molitor commended Ms. Hodgkin for her work in this case. AND The Court heard from Ms. Hodgkin and acknowledged the CASA Court Report and thanked her for her services in this matter.

**Alison Vigil**  
*DCS Addendum Report, 2/13/24*

CASA Alison made this outing for the siblings an amazing outing.

## Case Closures in February



The case actually dismissed for 2 of Jim and Dora Cleveland's 5 children on January 10 because the children reunified with their parent(s)

The original Minute Entry Order was incorrect and has been amended to show both children.

# COCHISE COUNTY COUNCIL FOR CASA, INC.

WELCOME TO COCHISE COUNTY  
COUNCIL FOR CASA, INC.



## ABOUT US



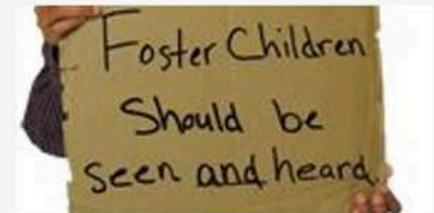
### How We're Helping

We are a nonprofit organization focused on supporting the local CASA Program. We provide financial support for both the CASA Volunteers and directly to children in foster care.

501(c)(3) Qualified Foster Care Charity for Arizona Income Tax Credit

### Get Involved

Are you passionate about what we're doing? Let us know! We are always looking for volunteers to help us make our vision a reality. We'll help you find a way to volunteer that best suits you. We're excited to have you join the team!



# CCCC

## Cochise County Council for CASA

Is a nonprofit organization that raises funds to the unmet needs of abused neglected and abandoned children in the CASA of Cochise County Program. The primary focus is to ensure that educational progress of CASA children through tutoring and scholarships. In addition the council provides clothing, toys and personal items.

**If your CASA child/youth has an unmet need, consider the Cochise County Council for CASA to help!!**

Call your CASA Coordinator at 432-7521 OR

Send an email to [ADodge@courts.az.gov](mailto:ADodge@courts.az.gov)



<https://cochisecountycouncil.org/>



## From the Manual

# EATING WELL ON A BUDGET

**Note:** *I chose this because March is National Nutrition Month – and as food prices continue to increase, I thought it would be helpful to have some tips on how to eat well on a budget that can be shared with families who are struggling.*

Today, many of us are living on a budget and looking for ways to reduce food expenses. With these tips, you can save money while still enjoying tasty, nutritious meals.

By Lawrence Robinson and Melinda Smith, M.A.  
*Last updated or reviewed on January 31, 2024*

Reviewed by Tami Best, MS, RDN, CDN, IFNCP, a  
Certified *Registered Dietitian at Top Nutrition Coaching*  
*specializing in gastrointestinal issues and mental health*  
*modifications*

## The challenge of eating well on a budget

Eating a healthy diet is crucial to your mental and emotional health as well as your physical wellbeing. It can make a huge difference to your mood, energy, waistline, and how well you think and feel. But at a

time when so many of us are out of work, facing an uncertain financial future, or living on a tight budget, finding food that is both wholesome and affordable can be a challenge.

Along with a lack of time, having a limited budget is one the major barriers to eating a healthy diet. When you're hungry and pushed for time and money, processed and fast food can seem like the best options. Convenience foods are often tasty and filling, designed to trigger the pleasure-centers in the brain and causing you to want to eat more, often to the point of overeating. They also tend to be loaded with calories, sugar, and preservatives, and lacking in essential nutrients. And despite what you may have been lead to believe, eating processed and fast food is rarely cheaper than eating healthy, home-cooked meals.

## Eating healthy for less is about more than just the cost of food

The pleasure of eating even the simplest of meals increases when you share it with other people. Whether you cook for the whole family or live alone, you can find ways to make inexpensive meals more enjoyable—and more beneficial to your health and wellness—by making them more social experiences.

~Continued on next page~



## From the Manual

### EATING WELL ON A BUDGET - Continued

**Shop with others.** Getting your kids involved in shopping for groceries and preparing meals is a great opportunity to teach them about different foods, how to read food labels, and how to balance a budget. Alternatively, shopping with a friend or roommate can give you a chance to catch up without falling behind on your chores. It's also a great way to share new meal ideas and save money on discount deals like “buy one, get the second half price.”

**Make mealtimes a social experience.** The simple act of talking to a friend or loved one over the dinner table can play a big role in relieving stress and boosting mood. Gather the family together and stay up to date on everyone's daily lives. If you live alone, invite a friend, coworker, or neighbor over. If it's not possible to be physically in the same space as friends or loved ones at a mealtime, try eating together while video chatting. One prepares the entrée, the other dessert, for example.

**Cooking with others** can be a fun way to deepen relationships. Splitting the costs can make it cheaper for both of you and being in the company of others can also help you avoid overeating out of boredom or loneliness. If it's not possible to be physically in the same space as friends or loved ones at a mealtime, try eating together while video chatting.

#### Eat healthy for less Tip 1: Plan ahead

Saving money on food involves revising your shopping habits, eliminating waste, and focusing on healthier choices—and that can require a little planning ahead. There are a number of websites and smartphone apps that can help you create and track a budget for food and groceries. Or you can simply start with a well-thought-out shopping list. Sticking to a shopping list to help avoid impulse buys.

**Plan on eating out less.** Because of \$1 deals advertised at many chains, it may seem that fast food is less expensive than cooking at home. But a meal for two at a fast-food restaurant in the U.S., with drinks and a side of fries each, is still likely to cost \$10 to \$15; for a family of four it's closer to \$20 to \$30. Preparing a simple, healthy beef stew or roast chicken with vegetables, for example, can cost a fraction of that and leave you with leftovers as well.

**Create your shopping list.** As you prepare meals throughout the week, make a note of food and supplies you need. Check your cupboards, refrigerator, and freezer to see what you already have and make a note of any upcoming expiration dates. You can even download sample shopping lists so you simply need to check the appropriate boxes (see “Get more help” below).



## From the Manual

### EATING WELL ON A BUDGET - Continued

**Keep a supply of staples.** These include such ingredients as olive oil, flour, old-fashioned oats, nuts, seeds, frozen vegetables and fruit, dried herbs and spices, pasta, brown rice, stock cubes, and canned tomatoes, beans, and fish.

**Find cheap and healthy recipes.** Try to think of foods that are versatile yet nutritious. For example, combining foods in different bowls and creating different sauces and seasonings can add variety and interest to your meals. Brown rice topped with black beans, corn, salsa, and chili-lime seasoning or sauce creates an inexpensive and easy Mexican dish. An easy switch-up could be to use the same rice, but with edamame, cubed chicken, and soy or stir-fry sauce for a balanced meal with an Asian flare.

#### Tip 2: Make smart food choices

Try to eliminate unhealthy foods from your list, such as soda, cookies, crackers, prepackaged meals, and processed foods. These foods are packed with unhealthy ingredients and offer little in the way of nutrition. These junk foods can also often cost you much more than the price on the sticker. A poor diet can take a toll on your health and lead to increased medical and drug bills as well as reduced energy and productivity.

**Choose whole foods.** Convenience foods can save you time, but will cost you more. For example, buying a block of cheese and slicing or grating it yourself is cheaper than buying processed cheese slices or bags of grated cheese—and helps you avoid additives to prevent caking, etc. Similarly, buying a head of lettuce and washing and chopping it yourself is cheaper than purchasing bagged salad—and will often stay fresher for longer.

**Buy frozen fruits and vegetables.** Frozen fruits and veggies are just as nutritious as their fresh counterparts and still taste good, but are often less expensive. They'll also last longer than fresh fruits and vegetables, preventing expensive food waste. If you have freezer room, the largest frozen bags tend to offer the best value.

**Purchase generic/store brands.** When you shop at conventional grocery stores, the store or generic brand will often be cheaper than the name brand for the same quality product.

**Look for simple ways to save money throughout the day.** Instead of picking up a morning coffee on your way to work or school, for example, make your coffee at home. Instead of buying breakfast or lunch, prepare your own using leftovers or home-made salads, sandwiches, or boiled eggs.

~Continued on next page~



## From the Manual

### EATING WELL ON A BUDGET - Continued

**Buy in bulk.** Buying non-perishable items, such as dried beans and canned fish, in bulk can save you money as well as shopping time. If you have the space, you can store bulk-bought grains and cereals in airtight containers and freeze perishable items, such as meat and bread, in smaller portions to use as needed. Alternatively, you can split them with a friend—saving you both money.

**Shop for produce in season and buy by the bag.** When produce is in season it is at its cheapest, as well as its tastiest and most nutritious. It's also often cheaper to purchase fruits and vegetables such as apples, oranges, grapefruit, potatoes, and onions by the bag, not by the piece—as long as you'll be able to eat it all before it spoils.

**Look for whole grains.** Whole, unprocessed grains such as brown rice, oats, and quinoa are often less expensive than their processed alternatives (sugar-laden cereals, white rice, and white bread) and contain little to no harmful added sugar and refined flour.

**Drink water instead of soda.** It's free and you can easily add variety by flavoring your water with fruit such as lemon, lime, or orange.

#### Can you eat organic on a budget?

Even when you're shopping on a limited budget it's still important to

think about the quality of the food you purchase. While organically grown food reduces the potential health and environmental hazards posed by pesticides, genetically modified organisms, irradiation, and additives, it can often cost more than conventionally grown food. However, there can still be ways to enjoy the higher quality and stay within your budget:

**Opt for locally grown food.** Some small local farmers use organic methods but aren't certified organic due to the cost involved. Visit a farmer's market and talk with the farmers to find out if their produce is organic in all but name.

**Be selective.** Some fruits and vegetables have more chemical residue than others. Generally, if you eat the skin (such as apples, strawberries, cucumbers) choose organic. For produce such as bananas, pineapple, or avocados, stick to cheaper, conventionally grown items. The Environmental Working Group (EWG) offers annual produce lists of the "Dirty Dozen" and the "Clean Fifteen," which can help you navigate how to choose between organic and conventional produce.

**Compare prices.** Shop around for organic items and compare costs at the grocery store, the farmers' market, online retailers, and food co-ops.

~Continued on next page~



## From the Manual

### EATING WELL ON A BUDGET - Continued

**Remember:** organic doesn't always equal healthy. Having an organic label on baked goods, desserts, and snacks might make them sound healthier, but even organic processed foods are still high in sugar, salt, fat, or calories. Always read the labels carefully.

#### Tip 3: Shop wisely

The neighborhood grocery store is not the only place to shop. Sometimes other venues can offer significantly cheaper ways to purchase healthy food.

**Discount stores.** Warehouse or club stores like Costco offer great bargains for seasonal produce, and foods such as chicken and cheese. To avoid waste, freeze large portions in smaller, more manageable sizes.

**Search out Farmers' Markets.** Many places host weekly farmers' markets where local farmers sell fresh food directly, often cheaper than the grocery store. Towards the end of the market, some vendors sell remaining perishable items at a discount.

**Join a CSA** (community supported agriculture) group. A CSA is a great way to have local, seasonal food delivered directly from a farmer. Buying clubs can also help make grocery shopping a more social experience.

**Ethnic markets** and corner stores are worth looking into. Many feature an impressive, affordable selection of fruits and vegetables, as well as other products.

**Online retailers.** There are plenty of websites available that offer grocery deliveries—which can save you plenty of time and in some cases also money. Some online retailers offer discounted rates over traditional grocery stores while others (such as Thrive Market in the U.S.) also focus on healthy, non-processed foods. Always factor in any delivery charges or membership fees when comparing prices.

#### Shopping tips

Wherever you choose to shop, these tips can help you stick within your budget.

**Shop the perimeter of the store first.** This way you'll expend more of your budget on healthy whole foods like fruit and vegetables, leaving less money for expensive and unhealthy foods that often line the center aisles.

**Don't shop when you're hungry.** It's much harder to stick to your grocery list and avoid impulse or unhealthy buys when you're hungry. Eat a healthy snack before shopping.

~Continued on next page~



## From the Manual

### EATING WELL ON A BUDGET - Continued

**Take advantage of sales.** If you have the shelf or freezer space, stock up on staples or products that you use often when they go on sale.

**Be smart about coupons.** Coupons can offer tempting discounts, but they're often for unhealthy packaged and processed foods. Don't fall into the trap of buying junk food just because the price is reduced.

**Join a grocery store savings club** for more discounts and savings.

#### Tip 4: Find cheaper protein options

Your body relies on protein for many of its functions. It's an important energy source and supports your mood and brain function. Affording some meat and fish sources of protein, though, can put a real strain on your food budget. By making a few dietary adjustments, you can save money and still enjoy plenty of protein in your diet.

**Purchase less expensive cuts of meat** by comparing the price per pound on different options. Cheaper cuts of meat can taste delicious—and stretch further—when they're slow cooked. Try using chicken thighs rather than breasts, or stewing beef rather than a prime cut of steak to make tasty casseroles, soups, stews, and stir-fries.

**Bulk out meat dishes with other ingredients.** Add rice, pasta, fresh or frozen vegetables, beans, or whole grains to meat to make delicious, filling meals. Combine ground meat with black beans in tacos, for example, add whole grains to meatloaf, or add lots of veggies to a chicken stir fry.

**Experiment with vegetarian sources of protein.** Going meatless one or more days per week doesn't mean missing out on protein—but it can mean substantial savings. Unprocessed veggie proteins, such as soy, tofu, beans, and lentils, can be tasty, easy to prepare, and inexpensive. But steer clear of highly processed veggie “meats,” though, as they can be more expensive and contain unhealthy ingredients.

**Eggs are not just for breakfast.** Veggie omelets and frittatas, for example, make quick and healthy meals that are high in protein and low in cost. Add a side of rice, beans, or salad for a satisfying lunch or dinner.

**Enjoy probiotics.** Yogurt, soft cheeses, and kefir are inexpensive sources of protein and calcium and also contain probiotics or “good” bacteria which can improve your digestive health. Non-dairy probiotic foods include sauerkraut, vegetables that have been pickled in brine rather than vinegar, miso soup, and tempeh.

~Continued on next page~



## From the Manual

### EATING WELL ON A BUDGET - Continued

**Use canned fish or chicken** as a healthy, inexpensive option for things like sandwiches, enchiladas, casseroles, and salads.

#### Tip 5: Stretch your money when you cook

Preparing large portions of food to use over multiple meals can save you time and energy as well as money.

**Cook once and eat multiple times.** Cook a large meal at the beginning of the week so that you have extra to use later in the week when you don't feel like cooking.

**One-pot dishes**, such as soups, stews, or casseroles, save on preparation time, money, and dishwashing. Freeze leftovers or re-use them for lunch. For a cheap and nutritious breakfast, cook one pot of oatmeal and heat up a serving each morning; vary it by adding fruit, nuts, or seeds.

#### Make new meals from old ones

Instead of throwing away leftovers or forgetting about them at the back of the fridge, get creative and use them to make new meals.

**Soups, stews, or stir-fries.** Create a base with broth or a sauce, or by sautéing onion or garlic, then add any leftovers you have. A small amount of meat is perfect to add flavor and substance. You can also experiment with herbs and spices to create unique flavors.

**Everything burritos.** Most leftovers make very tasty burritos. Simply put everything into a tortilla shell (try to get whole grain) with a little cheese or salsa and enjoy.

**Experiment with combinations.** You may be surprised how many foods with different flavors go well together. For example, try making a large green salad and adding cooked whole grains and veggies on the top, as well as pieces of meat from another meal.

#### Cooking without a proper kitchen

If you live in a dorm, bachelor apartment, hotel room, or other type of housing without a full kitchen, you may have limited space to store perishables and leftovers and minimal kitchen equipment for cooking your own meals. While not having a full kitchen can certainly present additional challenges, it's not impossible to prepare your own healthy meals and stay within budget.



## From the Manual

### EATING WELL ON A BUDGET - Continued

If you're unable to store much in a fridge or freezer, you'll have to shop more often and for smaller quantities, which can make finding bargains harder. Try looking for bagged vegetables that can be cooked in a microwave and topped with oil, spices, or cheese for an affordable meal or side.

While you can invest in an inexpensive appliance such as a steamer, toaster oven, or hot plate to quickly and easily prepare meals, your best option may be a slow cooker or crock-pot.

A slow cooker can easily create healthy, one pot meals like soup, stew, and chili, with minimal clean up after. Just add meat, veggies, stock, and water and your meal will cook while you're at work during the day. When slow cooked, even cheaper cuts of meat can taste delicious. A slow cooker also uses less energy than a conventional oven and won't overheat your living space in the summer.

Even if you're not in a position to prepare all your own meals at home, by at least cutting down on the amount of processed and takeout food you consume—even for just a few meals a week—you can still experience plenty of health and financial benefits.

#### Tip 6: Make sweet treats healthy and affordable

Eating well on a budget doesn't mean denying yourself a treat or cutting out all desserts. Most of us crave sweets from time to time. But instead of expensive, processed desserts packed with sugar, such as cakes, cookies, and muffins, there are healthier ways to satisfy a sweet tooth.

**Popsicles.** Freeze your own 100% fruit juice popsicles. If you don't have a Popsicle tray, use an ice-cube tray with plastic spoons as handles.

**Home-baked items.** Oatmeal cookies with rolled oats are a good example of a healthier, home-baked dessert. Try reducing the amount of sugar any recipe calls for—many desserts taste just as good.

**Yogurt.** Buy a large container of plain yogurt and make each serving unique by adding seasonal fruit.

**Frozen treats.** Try freezing grapes or berries or cutting bananas or peaches into pieces and then freezing. For an amazing dessert pour dark chocolate sauce over the fruit.



## From the Manual

### EATING WELL ON A BUDGET - Continued

**Dark chocolate.** Many of us have chocolate cravings—and dark chocolate is actually quite high in antioxidants. Enjoy the occasional square of dark chocolate (70% cocoa or higher is best).

Whether you're at school, living on your own, or raising a family on a budget, with these useful tips you can enjoy healthy food without breaking the bank. The more you focus on purchasing local, unprocessed food, preparing meals at home, and reducing waste, the healthier and tastier your diet will be, the better you'll feel, and the more money you'll save.

#### References

01. *Carbohydrates* | American Heart Association. (n.d.). Retrieved March 8, 2022, from
02. Li, L., Pegg, R. B., Eitenmiller, R. R., Chun, J.-Y., & Kerrihard, A. L. (2017). Selected nutrient analyses of fresh, fresh-stored, and frozen fruits and vegetables. *Journal of Food Composition and Analysis*, 59, 8–17.
03. Vigar, Myers, Oliver, Arellano, Robinson, & Leifert. (2019). A Systematic Review of Organic Versus Conventional Food Consumption: Is There a Measurable Benefit on Human Health? *Nutrients*, 12(1), 7.

Retrieved from <https://www.helpguide.org/articles/healthy-eating/eat-healthy-for-less.htm>



***If you have donations, ideas, or are willing to help in any way, please call:***

**Bisbee:**

Call Cheryl anytime (520) 234-8881 or email [ctomlinson@casaaz.gov](mailto:ctomlinson@casaaz.gov). Someone will meet DCS Case Managers with clothing items at an agreed-upon location anywhere in Cochise County.

Most sizes are available; less selection and supply in sizes 5 through teens.

**Sierra Vista:**

Call LuRue Troyer (520-266-9409) between the hours of 8:00am and 10:00pm for pickup during those hours, or other times can be arranged ahead of time. She has a few boxes and bags, ranging from Newborn Girl to Age 10.

**Willcox:**

Call Mike Beam (520-349-9153) at any time. He has boxes and bags for smaller sizes.

Please mention The Village Closet to your DCS Case Managers so that they are aware of what is available to them.

**And please let your foster families know that clothing is available!!**

**Needs:**

**Pullup Pants...We need *all* sizes.**

Also needed: **new undies**, again all sizes welcome, but we need **toddler sizes, girls especially**.

# Essential Needs



## Essential Unmet Needs Ready for Foster Youth & Families in Need

Resources are subject to availability & may include:

- New & gently used clothing & shoes newborn to adult
- New socks & underwear
- Diapers, formula & wipes
- Beds & bedding
- Car seats
- School supplies, backpacks & uniforms
- New Placement Packs for babies and teens
- Holiday & Birthday Celebration Bags
- Personal hygiene kits
- Home cleaning kits
- Homemade quilts & drawstring bags for kids

\* Other urgent family needs will be evaluated on a case-by-case basis and approved based on the availability of resources.



Open to Kinship, Foster Placements, Group Homes, DCS Staff, Behavioral Health, & Licensing Staff. Contact Aviva at 520-527-9359 with your requests.

- Foster Families bring the Notice to Provider.
- Professional staff (DCS, BH, Licensing, GH) please bring Case ID, Case Name, and child & placement



55 S. 5th Street, Sierra Vista, AZ

Please email [wishlist@avivatucson.org](mailto:wishlist@avivatucson.org) or call 520-527-9359



## DIAPER BANK DISTRIBUTION

Are you or someone you know struggling to provide diapers? Help us spread the word!

Benson Hospital is now working with the Diaper Bank of Southern Arizona to address this need in our community. The first and third Monday of every month, from 5pm to 7pm will be our ongoing diaper distributions. We hope to be able to provide up to 50 diapers a month free of cost to families that need them. Supplies available for all ages. (Quantity depending)



TO MAKE THIS DISTRIBUTION COVID-19 SAFE WE ARE USING A ONE WAY DRIVE THROUGH MODEL.

1. PLEASE ENTER THE HOSPITAL OFF OF OCOTILLO AND FOLLOW THE BLUE LINE.
2. TURN LEFT ON THE GREEN LINE.
3. STOP WHERE AT THE DIAPER BANK DISTRIBUTION TABLE.
4. STAY IN YOUR CAR AND ROLL DOWN YOUR WINDOW.
5. A VOLUNTEER WILL ASK YOU SOME QUESTIONS, INCLUDING THE DIAPER SIZE YOU NEED
6. A SECOND VOLUNTEER WILL PUT THE DIAPERS IN YOUR BACK SEAT.
7. WHEN YOU ARE DONE PLEASE FOLLOW THE YELLOW LINE OUT OF THE HOSPITAL.

FOR MORE INFORMATION  
CALL 520-720-6613.



diaperbank  
of Southern Arizona



# S.A.H.A.R.A



Welcome to S.A.H.A.R.A – Southern Arizona Humanitarian Aid Resource Alliance

Sahara is here to help, please use the address and phone numbers below for more information.

**S.A.H.A.R.A**  
**Humanitarian Resource Inc**  
 Food Pantry & Thrift Store

<b>Rick Hackney</b> 520-331-3830	<b>Jredia Newton</b> 520-331-2883
-------------------------------------	--------------------------------------

425 N. Huachuca Blvd.  
 Huachuca City, AZ 85616

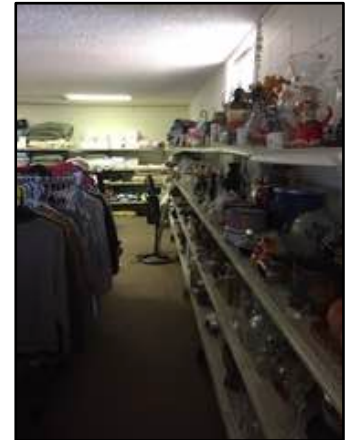
S.A.H.A.R.A – Humanitarian Resource INC.

(520) 987-0404 Calling available during business hours.

425 Huachuca Blvd. Huachuca City, AZ.

<https://www.saharahelps.org/>

**Thrift Store Hours:**  
**Wed-Sat;**  
**10:00am-4:00pm**



**Our food bank for all Cochise County residents in need is open the 2nd and 4th weeks of each month on Wednesdays and Fridays only from 10:00am to 2:00pm.**

**No appointment is required!** Simply drive up to our food pantry and come on in. Please bring ID with local address.

# Access to The Arts




**Culture Pass**

<https://act1az.org/culture-pass/>

or [cochiselibrary.org](http://cochiselibrary.org)

## What is Culture Pass?

Act One's Culture Pass provides access to the arts for students, retirees, and under-resourced families to visit Arizona's arts and cultural treasures.

## How Do I Get Started?

To get started you must have a library card for one of our participating libraries.

### What places are available at my local library?

#### Southern Arizona Libraries:

Amerind Museum  
 Arizona-Sonora Desert Museum  
 Boyce Thompson Arboretum  
 Cave Creek Museum  
 Children's Museum Tucson  
 Desert Botanical Garden  
 The Heard Museum  
 Pueblo Grande Museum  
 Reid Park Zoo  
 Scottsdale Museum of Contemporary Art  
 Sedona Heritage Museum  
 Superstition Mountain Museum

The Arb at Flagstaff  
 Tohono Chul Park  
 Tucson Botanical Gardens  
 Tucson Museum of Art  
 University of Arizona Museum of Art  
 Sedona Heritage Museum  
 Superstition Mountain Museum  
 The Arb at Flagstaff  
 Tohono Chul Park  
 Tucson Botanical Gardens  
 Tucson Museum of Art  
 University of Arizona Museum of Art

\*\*\*Visit website for other Destinations

# Education Opportunities

<https://earntolearn.org>

ABOUT | Our Mission



## Mission

**EMPOWERING STUDENTS TO ACHIEVE THEIR GOALS AND BE WORKFORCE READY WITH LITTLE TO NO STUDENT DEBT.**

We accomplish this mission through an innovative, four-pillar approach to financial preparation for postsecondary educational attainment, including:

- Matched Savings Scholarships
- Success Coaching & Near-Peer Advising
- Financial Training
- Workforce Development

<https://www.newcrossroadsacademy.org>

Registration Information

Career and Technical Ed

School Policies

Governing Board

Current Students

Welcome to



Our Vision is to help Opportunity Youths (high-risk students) between the ages of 16 – 22 live to their potential and rise like a Phoenix by providing motivation, direction, purpose, and opportunity.

We are all born with something in our DNA that promotes greatness. Using a comprehensive systems-thinking approach, our educators, parents, and community members can work collaboratively to uncover the niche found in every student. This information is powerful when it correlates with the needs of our society. Education, when applied correctly, will provide economic independence for our students and economic success in our community, cities, states, and nation.

*Jacqui Gray*  
Cochise County School Superintendent

## New Crossroads Academy

Students Living to Their Potential! Rising like a Phoenix!



# CASA of Arizona



<https://www.azcourts.gov/>