

Solar Eclipse Safety Guidelines

Whether you stocked up on canned food and filled your gas can weeks ago or are thinking the solar eclipse is likely to come and go without a hitch, safety guidelines should not be ignored. For example, only certain brands of the solar eclipse glasses are approved. Some have been recalled.

Please review the [Marion County Eclipse Information Guide](#) for a complete overview of how to prepare for and enjoy the event. For additional information, consult [Solar Eclipse Watch Safety Recommendations](#).

Remember that as a pro-active measure, the Bishop Steiner Building will be locked on August 21st. This is not a paid holiday and staff may work, however it is anticipated that many staff will take the day off as a PTO day and that few people will attend appointments at the BSB that day.

In This Issue

Solar Eclipse

Summer Fun

St. Monica Update

2017 Annual Luncheon

Blue Zone Tips

Theme of the Month



Summer Fun in Good Company

CCS, CCSF and ISN staff are making time to enjoy the company of co-workers, the people we serve and their neighbors this summer. The all-staff barbecue took place at Claggett Creek Park in Keizer with employees, family members and customers joining the festivities.

An impromptu opportunity to socialize came during the heat wave when HR hosted a shaved ice break. Later in the month, they also helped the Murdock house staff and residents host a block party for neighbors. View photos from these three fun summer happenings below.

[Company Barbecue](#) [Shaved Ice Break](#) [Murdock Block Party](#)

To keep the summer fun and camaraderie going, Adell House staff have extended an open invitation to all staff members to drop by for a barbecue happening every Friday from 12:00pm to 2:00pm at the house. To RSVP, contact Bbracken@ccswv.org.

[Download Adell House BBQ Flier](#)



St. Monica Apartments Update

Thanks to the efforts of the St. Monica Capital Campaign Committee, led by Honorary Chair Dick Kreitzberg and General Chair Glenda Anderson, \$1.2 million has been raised for the St. Monica Apartments. In August of 2016, work began with the demolition of the old Apple Blossom Apartments. After a number of unexpected delays, we are happy to report that construction is now underway.

[Full Story](#) [View Gallery](#)



CCS 2017 Annual Fundraising Luncheon

Our Annual Luncheon is set for Wednesday, October 18th at the Salem Convention Center. Our theme this year is *Flourish Together*. Volunteers are needed to host tables, greet and register guests and set up and clean up. To volunteer, contact



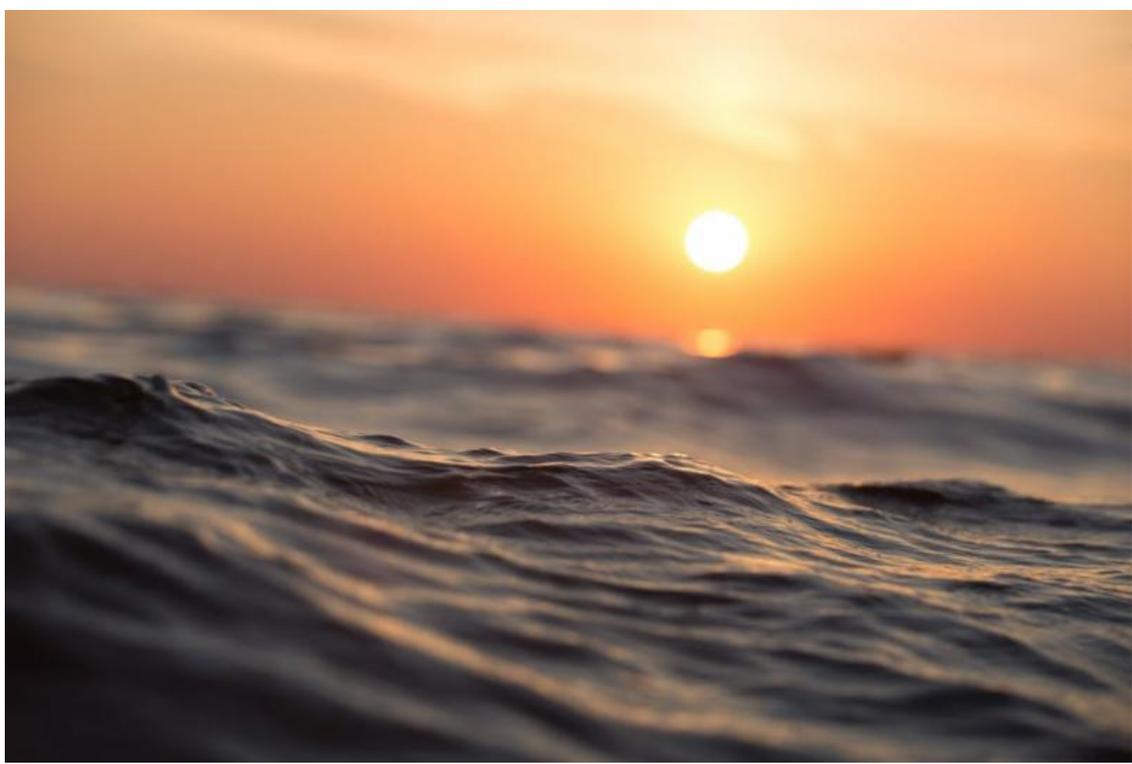
Blue Zones Tips for Living Healthier, Longer

Three of the six affirmations that our *Flourish Together* project team shares at every opportunity relate to health:

- We cherish and enjoy safe, stable, nurturing relationships
- We cherish and enjoy good health
- We cherish and enjoy gaining the knowledge, skills and virtues we need to succeed in the things that are most important to us in life

All of these affirmations are interrelated, and they build on one another. One of the key resources the *Flourish Together* and other FIT project teams have discovered, especially in helping staff and those we serve gain knowledge to achieve good health, is a study by Dan Buettner and Blue Zones, LLC. This research identified regions of the world, now referred to as Blue Zones, that have the most people living longer, healthier lives. The communities with the largest concentrations of centenarians were found in Sardinia, Italy (a small island off the coast of Italy, specifically an area called the Nuoro Province); Ikaria, Greece; Okinawa, Japan; Nicoya, Costa Rica; and Loma Linda, California. Learn more about the Blue Zones study and its findings in the research cited [here](#).

Sign up to receive Blue Zones tips for living a longer, healthier life [here](#).

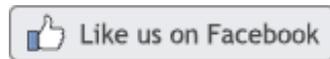


Sanctuary Theme of the Month - Open Communication

In most workplace cultures, we are expected to leave our personal lives at the door. Your work-life is your work-life, your home-life is your home-life, and the two don't mix. Our Sanctuary commitment to Open Communication turns this cultural norm on its ear.

Our commitment to Open Communication encourages us to be open, honest and transparent when communicating with others. Sanctuary teaches us that there is value in knowing where everyone is at, on an emotional level, on a given day; it helps us to work together more efficiently as a team. We strive to create an environment of trust, so we can feel safe when sharing information that can be tough to share.

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