# Catholic Community Services

February 2018





#### We Flourish Together Kick Off

The CCS We Flourish Together Design Team and guests celebrated the kick off of the We Flourish Together Initiative on January 26 at the Northwest Viticulture Center in Salem. CCS house managers and administrative staff gathered for fellowship and to learn more about how the initiative aims to make CCS group homes and the neighborhoods where they are located among the best places to live and work in the Mid-Willamette Valley.

Read More

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#### **CCS Breaks New Ground with Villa Esperanza**

Catholic Community Services and Fostering Hope Initiative have broken ground on a new affordable housing complex in Woodburn. The project is expected to be completed by the end of the year.

Villa Esperanza, or Hope Villa, will offer 16 apartments for low-income families. The complex is an innovative new approach to quality, affordable, supported housing in Woodburn. Through years of working with struggling families, CCS has learned that securing stable housing is not enough. Families also need accessible services. The major barriers families face, in addition to housing, are transportation and child care, barriers which will be addressed in the new apartments. In addition to a community room and child care space, there will also be private meeting rooms for service providers to offer direct services to the families living at the apartments.

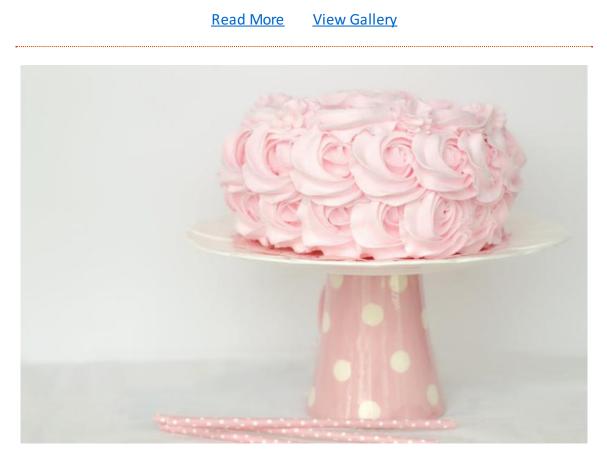
Read More View Groundbreaking Gallery



### **CCS Customer Spotlight: Artist Brian Havlik**

Brian was born with intellectual and developmental disabilities. He wasn't officially diagnosed with autism until he was a teenager but, growing up, Brian's mom knew that he was different.

Being different can be a good thing. Brian's family knew that he was gifted. He always loved art, and his family encouraged him to pursue his passions.

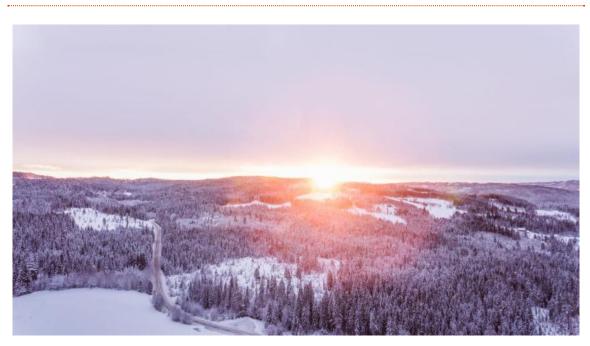


### Save the Date for the Bake Sale!

The United Way Campaign Committee has an exciting line up of employee events

planned this year! This year will feature brand new events, like a plant sale and a salad competition along with some classics like the Souper Social and the Basket Blowout. Our first event of the year will be our Bake Sale on **Monday, March 19th**. Spend all weekend whipping up your confectionery concoction and enter it in the cake competition. The categories this year are "All Things Spring," "Pinterest Fail," "Let the Games Begin," "The Oscar Goes To..." and "Director and Officer Look-Alike."

#### Learn More



# Sanctuary Theme of the Month - Emotional Intelligence

Emotional intelligence can be defined as our ability to identify a wide variety of emotional states in ourselves and others, to express our feelings in words and to respond to the emotions of others with patience and empathy. Research shows that emotions play a major role in our behavior at work, and they influence both the social climate and productivity of any organization.

#### Learn More



## **CCS Culture of Wellness Team Off and Running**

Did you know that CCS has a wellness committee? A team of us have been meeting regularly to develop a Culture of Wellness for **all employees** using elements from the Blue Zones Project.

- We've started small with some enhancements around the BSB building such as a vending machine with healthy snacks located near the first floor kitchen, hand sanitizers at every copy station and fresh water coolers in each break room.
- We are holding brown bag lunches each month where staff can socialize, connect and brainstorm wellness ideas.
- From the Blue Zones Project, click here for 6 Steps to a Pain-Free Office

Please keep an eye out for ways to make your lives healthier and happier with resources from Kaiser Permanente, Blue Zones Project and other opportunities coming from the wellness committee. If you'd like to join the wellness committee, please contact Steve Nass at <u>stevenass@ccswv.org</u> for more information.

Culture of Wellness Team Members: Jennifer Blyeth, Marilee Darby, Kyle Deets, Steve Nass, Lori Simpson and Mechelle Trefethen

