



Direct Support Professionals Retreat

At the annual DSP Retreat in June, CCS Direct Service Professionals (DSPs) were recognized for the selfless care they extend to our customers. The annual retreat at the fairgrounds is a time to play, learn and build positive connections with fellow DSPs.

CCS DSPs and house managers working at CCS homes for people with intellectual and/or developmental disabilities throughout the mid-Willamette Valley gathered for the celebration. In keeping with our Flourish Together culture, they made time to relax, connect and to be present for one another. The retreat committee recognized their exemplary service during the past year.

[Read More](#) [View Gallery](#)

In This Issue

DSP Retreat

All-Staff Summer BBQ

Little Food Gypsy

CCSF Board Spotlight

SJS Dinner

Community Garden

St. Monica Opening

Volunteer Appreciation

Theme of the Month



Save the Date! Summer BBQ August 8th

Don't forget to mark your calendar for the annual summer BBQ and potluck! Bring a favorite dish to share with co-workers, friends and family. Hamburgers, veggie burgers, hot dogs and drinks will be provided. This year, the Culture of Wellness Team is sponsoring a friendly competition - bring your favorite salad and enter it in the salad competition for "Blue Zones®" bragging rights.



Wednesday, August 8th
11:30am - 2:00pm
River Road Park
3045 River Rd N, Keizer ([map](#))

To RSVP or to sign up to bring a lawn game, a side dish, or to enter the salad competition, please contact Marci at mholmes@ccswv.org.

[Flier to Post and Share](#)



Culture of Wellness Corner

The CCS Culture of Wellness team knows how to celebrate summer! They will be bringing the Little Food Gypsy food truck with healthy food options to the Bishop Steiner Building on **July 26th** between **11:30am-1:30pm**.

Any of the bowls can be served on brown rice, quinoa or a bed of mixed greens. They have gluten free, dairy free and special dietary options available upon request. Their lemonade and tea are made with cane sugar and fresh natural ingredients, too!

[Little Food Gypsy Menu](#)

The team is also announcing the formation of a smoking cessation support group. Meeting days and times to come soon. For more information, contact Marilee at mdarby@ccswv.org.



Board Spotlight - Lynda Harrington

CCSF Board President Lynda Harrington believes in giving back to the community and lifting up those who need it most.

"I serve on the CCSF board because of the directive in Matthew 25 that calls us to recognize Christ in the least among us and to serve them," Lynda said.

Lynda has been serving CCS since 2014, when her friend, Glenda Anderson, introduced her to the organization. Shortly after, Lynda was invited to join the board and has since held several positions including vice chair and chair.

[Read More](#)



St. Joseph Shelter

Annual Fundraising Dinner

St. Mary Parish, the Benedictine Sisters of Mt. Angel and CCS hosted the Annual St. Joseph Shelter Dinner in Mt. Angel in May. This year's fundraising goal was met, and two scholarship recipients were recognized during the dinner.

[View Dinner Gallery](#) [DHS Update](#)



Mission Benedict Opens Community Garden

The Mt. Angel Community Garden, right outside the doors of Mission Benedict and St. Joseph Family Shelter, is reducing food insecurity, increasing the availability of fresh, healthy food, and strengthening community relationships. "The garden is giving Mt. Angel community members from a variety of backgrounds the opportunity to work toward a common goal," says Mission Benedict Program Coordinator Laura Scarbro.

Having just started to take shape this spring, the garden has already received community support in the form of financial and in-kind donations from a number of partners including the Knights of Columbus Mt. Angel Council #1767, Columbia Bank, Marion-Polk Food Share, Kramer's Nurseries, Portland Nursery, Abiqua Landscaping, Eder Farms and Habitat for Humanity. Tokyo International University of America students even helped till the land and plant the first vegetables.

[Read More](#) [View Gallery](#)



St. Monica Apartments Opening

Catholic Community Services celebrated the opening of the St. Monica Apartments complex on May 16, a project made possible by a dedicated capital campaign committee led by Honorary Chair Richard Kreitzberg and General Chair Glenda Anderson. The committee raised over \$2 million to bring the project to fruition. Community members gathered to tour the facility and recognize partners who help turn the blueprints into reality - safe, stable homes for vulnerable young mothers to nurture their children.

[Read More](#)

[View Gallery](#)



Annual Volunteer Appreciation

Catholic Community Services hosted our Annual Volunteer Appreciation Celebration at the Oregon Garden. Over 100 volunteers attended and learned more

about the impact of their collective commitment to serving others.

[View Gallery](#)



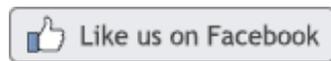
Sanctuary Theme of the Month - Being in Touch with Our Emotions Through Emotional Intelligence

Sanctuary teaches us the importance of being in touch with our emotions through emotional intelligence. Emotions play such a big role in our day-to-day lives, knowing how to manage our emotions is key.

The following tools can help us to recognize and verbalize our emotions, as well as help us to come to terms with our emotions and how to move past them in a healthy way.

[Read More](#)

[S.E.L.F. Model](#)



Forward this email

STAY CONNECTED

