



### United Way - Kudograms!

February is a great month to show you appreciate someone, and the United Way planning team is here to help you do just that. As part of a year-long series of United Way workplace giving events, **Kudograms are available today through February 28** and can be picked up from Marci Holmes, Marilee Darby or Nichole Dickey. Take and send as many Kudograms as you like, and consider making a free will donation to United Way of \$1 or more for every kudogram you send.

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## **Strong Families, Resilient Neighborhoods**

Dave Hafner, Josh Graves, Senator Jackie Winters and Dick Withnell met recently to discuss the Strong Families, Resilient Neighborhoods (SFRN) community mobilization movement. Eight core Fostering Hope Initiative nonprofit partners: CASA of Marion County, CCS, Community Action Agency, Family Building Blocks, Liberty House, Mano a Mano, Options Counseling and Family Services, and Salem Leadership Foundation seek to engage, educate and enlist the entire community in promoting the Strengthening Families Protective Factors™.

[Read More](#)

[SFRN One Sheet](#)

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## **2019 CCS Futures Plan Update**

The 2019 Futures Plan Update has been approved by both the CCS and CCSF Board of Directors. The updated plan is linked below and available on the Intranet under Board of Directors on the main menu. All teams are asked to be familiar with and

reference the plan closely during the operations planning process in the coming weeks and months.

### [Updated Futures Plan](#)

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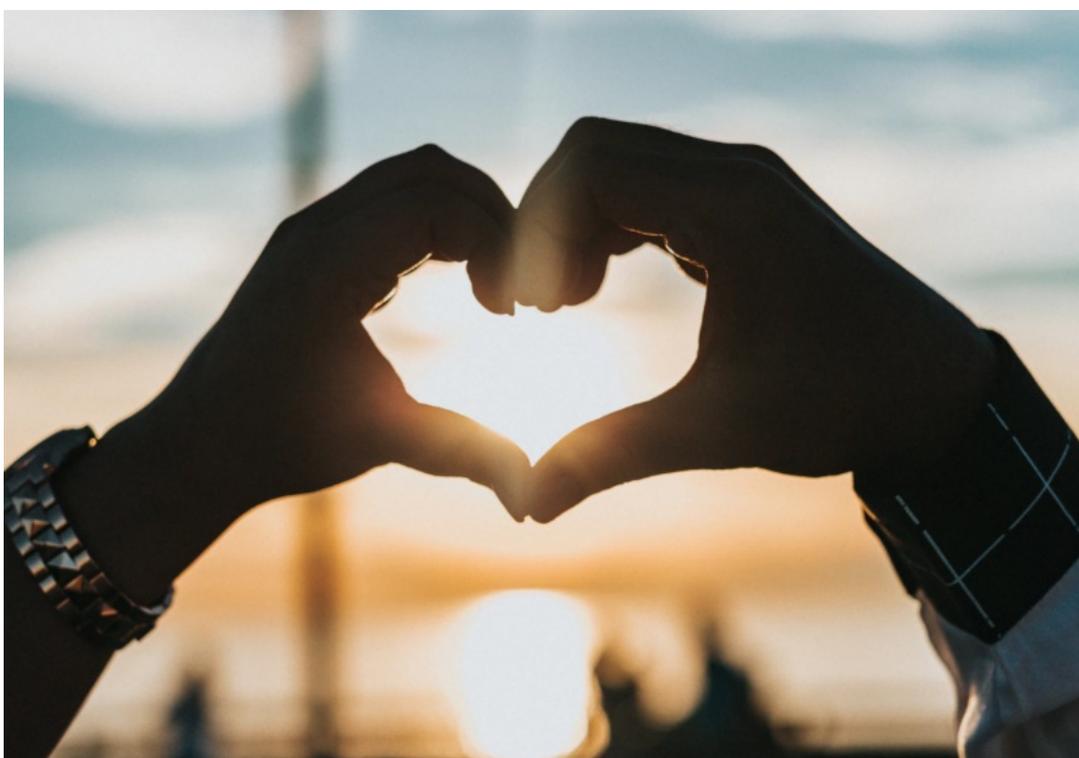


### **Culture of Wellness Corner - Right Tribe**

Being born into or choosing the "right tribe" is one of the Blue Zones® Power 9™ habits for a long and healthy life. We introduced the Power 9 in last month's CCS Community News: move naturally, know your purpose, down shift, 80% rule, plant slant, wine at 5, **right tribe**, community and loved ones first. According to the Blue Zones Project, the world's longest-lived people belong to social circles that support healthy behaviors.

[Read More](#)

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## Sanctuary Theme of the Month - Love

*"The fruit of love is service, which is compassion in action"*

-Mother Teresa

Love is one of our core values, and it's in everything we do here at CCS. Whether your role here is care or administration, we all strive to be loving people in everything we do. In the field of service, we tend to give and give until we can't give anymore. When we are exhausted and pushed to our limits, we are more likely to snap and respond in a way that is not compassionate. At the end of the day, it can be helpful to bring yourself back to your ground of being - back to the things that you know to be true for yourself and how you want to show up in the world.

[Read More](#)

[The Four Big Questions](#)

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## Holiday Door Decorating Winners!

Congratulations to the Holiday Door Decorating contest winners Dawnna Garrison, Alicia Rogers, Ben Carlson and Kathi Harvey!

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