



## Mt. Angel Community Reaches Out to Neighbors in Need

This year set a new record for community outreach in the form of Christmas food boxes at St. Joseph Family Shelter and Mission Benedict. The Mission collected enough food for 158 boxes for families in need. Fr. Philip Waibel blessed the boxes before they were distributed to the families for the holidays. St. Mary Parish, Holy Family Academy, St. Luke's School and DirectLink donated toys and gifts to the mission, and thanks to their generosity, children from 124 families were able to open a gift on Christmas morning.

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## In This Issue

Mt. Angel Christmas Boxes

ILP Gift Making

Culture of Wellness Corner

CCS Holiday Happenings

Theme of the Month



## **ILP Gift Making**

Last year, the CCS Independent Living Program (ILP) helped 136 youth who have been in foster care develop life skills on their way to becoming responsible, independent adults.

ILP hosted their 8th annual Christmas craft night in December at the Kroc Center where youth created gifts for Christmas. Gifts included glass lanterns, sugar body scrub, metal stamped bracelets, reindeer and melted crayon ornaments, fleece blankets, decorative Post-It holders, rustic painted mason jars, and colorful coasters. There was a fully stocked gift wrap and card making station so they could package their creations to take home as gifts. Volunteers from the community came to teach some of the crafts. Each youth won two store-bought gifts in the raffle and two grand prizes of \$50 gift cards were awarded.

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## Culture of Wellness Corner: Blue Zones Overview

What do the cities of Barbagia (Sardinia), Ikaria (Greece), Nicoya Peninsula (Costa Rica), Loma Linda (California), and Okinawa (Japan) have in common? These places have the highest life expectancy rates or the highest proportions of people who reach 100 years of age. A recent study led by Dan Buettner called these regions Blue Zones® and the lifestyle habits of the people living in these zones are being adopted around the globe. Life expectancy of an American born today averages 78.2, but this year, over 70,000 Americans have reached their 100th birthday. What are they doing that the average American isn't, or won't do?

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[Blue Zones Video](#)

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**Holiday Happenings in a Chest-Nutshell...**

CCS celebrated the spirit of generosity and fellowship this season in a variety of ways.

CCS employees got into the holiday spirit at the All-Staff Christmas Party on December 5th at St. Edward Catholic Church. Staff members enjoyed lunch, great company, goodie bags and the chance to win raffle prizes. Winners of the annual United Way Souper Social event were announced. Dina Redding won first place, Tonya Sorensen and Alexa Armstrong tied for second, and Marci Holmes took third place.

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[Christmas Party Gallery](#)

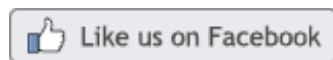
[Holiday Potluck Gallery](#)



### **Sanctuary Theme of the Month - Self-Determination**

Self-determination is the idea that you control your actions. You get to decide what goals you set and what dreams you achieve. You get to choose how you see the world. Self-determination is empowered free will. As we leave 2018 in the past and look forward to 2019, relish the idea that more than 300 new days full of opportunities await you. What will you accomplish?

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