Catholic Community Services

September/October 2017

St. Joseph Shelter News

The Benedictine Sisters of Oregon and Catholic Community Services have agreed to transfer operation of St. Joseph Shelter, Mission Benedict and CASA Adele to CCS.

Previously administered under a management agreement between the two organizations, these ministries now operate as programs of CCS sustained in partnership with the sisters.

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United Way Campaign: Souper Social

Do you have a super soup recipe? Whip up a batch and enter your favorite soup for the chance to win a custom-made trophy. Tasters will decide whose soup reigns soup-reme. The Souper Social will be held on **Friday, October 13th** in room 300 and 301 in the Bishop Steiner Building from **11:30-1:00pm**. To RSVP, email Stephanie Stoker at sstoker@goisn.org. If you're interested in volunteering for any of the United Way campaign events, email Heidi Frederick at hfrederick@ccswv.org.

Don't forget to mark your calendars for the Holiday Bazaar & Bake Sale on **Thursday, November 9th** and the Big Basket Blowout & Potluck on **Thursday, December 14th**.

Save the Date! Open Enrollment & Wellness Fair

Mark your calendar for these important dates! The popular Health and Wellness Fair is

on **Thursday, October 12th** from **12:00-4:00pm** at the Bishop Steiner Building. There will be exhibitors, door prizes, food and activities. Don't miss it!

Open Benefits Enrollment for 2018 starts **Monday, October 16th**. Choose your benefits by logging into Ultipro. Benefits enrollment must be completed before Monday, October 30th.

For more information, contact Marilee at mdarby@ccswv.org or 503-856-7003.

View the flier

Volunteer Spotlight - Lauren Lang, Jesuit Volunteer

Before being placed with CCS as a member of the Jesuit Volunteer Corps, Lauren Lang had never even set foot in Oregon. Lauren joined Jesuit Volunteer Corps Northwest shortly after graduating from Saint Joseph's University in Philadelphia.

"I found out about CCS after being accepted to JVC Northwest and receiving my 'service placement' here, which was based on my past experiences as well as my interests," Lauren said. "To me, it was a perfect fit!"

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Annual Luncheon Volunteers Needed

Our Annual Luncheon is just around the corner on Wednesday, October 18 at the Salem Convention Center. The theme this year is ***Flourish Together***. Volunteers are needed to assemble gifts, host tables, greet and register guests, and set up and clean up. To volunteer, contact hfrederick@ccswv.org. To host a table, or for more information, contact communications@ccswv.org.

Sanctuary Theme of the Month - Loss

When you think of loss, a lot of times you think of the passing of a loved one or perhaps the loss of something material, but in reality any time a change occurs in your life, so does loss. Loss can be a challenging thing to face, but the S.E.L.F. model is a helpful tool when trying to acknowledge and move past loss. The acronym S.E.L.F. stands for safety, emotion management, loss and future. The model helps facilitate important dialogue that will guide you through big changes in your life. Recognizing and sitting with vulnerabilities and emotions that come with loss are vital steps in the

process of grieving so that you may focus on moving forward to what lies ahead.

Don't Forget to Get Your Flu Shot

It is flu season again. Kaiser members receive a flu shot at no cost. You can get the injection while you are at your Health Care Provider's office or visit the Flu Shot Clinic starting October 8th. For information about the shot clinics, click here.

For the most up-to-date information, including vaccine availability, call 1-800-813-2000 (toll free). Press '1' for Medical Care to speak with a representative.

To learn about ways to protect yourself and those around you, click here.

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