



## Save the Date for the All-Staff BBQ!

Mark your calendar for the annual All-Staff Summer BBQ and Potluck!

**Wednesday, July 31**  
**4:30pm-7:00pm**  
**River Road Park**  
**3045 River Road N, Keizer**

We will be hosting our 2nd annual salad competition! Please notify Marci Holmes before *Friday, July 26* if you plan on entering the competition.

To RSVP, please contact Marci at (971) 719-0574 or [mholmes@ccswv.org](mailto:mholmes@ccswv.org). Families are welcome. We hope to see you there!

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## Catholic Community Services 2018 Annual Report

View 2018 highlights and read inspiring stories of those we serve. Check out our community impact, and don't miss the Celebrations pages featuring our 80th anniversary year and some of the events, projects and people who made 2018 a banner year for CCS!

[View Report](#)



## Safe Families for Children 2019 Collaborative Conference

Over 200 attendees representing 12 counties statewide gathered for the 2019 Oregon Collaborative Conference in April. Sponsored by Catholic Community

Services, The Ford Family Foundation and Safe Families for Children, the theme of this year's conference was "Building Community Resilience."

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[Opening Session](#)

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### **CCS Cookbook - Call for Recipes**

Over the next few months, the United Way Campaign Committee will be collecting recipes for our first ever CCS Cookbook! Cookbooks will be for available for pre-sale at our annual bake sale on Wednesday, November 6th. All proceeds from the CCS cookbook will go to United Way.

To have your favorite recipe featured in the cookbook, please email Marci at [mholmes@goisn.org](mailto:mholmes@goisn.org) by **Tuesday, October 1st**.

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### **Join in on Fun, Fit Fridays!**

Fun, Fit Fridays have begun and will continue every Friday until November 1! All interested walkers will meet every **Friday at 1:00pm** on the first floor of the BSB near the healthy snacks vending machine. Walkers, runners and sprinters of all experience levels are welcome! Once again, we will hold monthly raffles for a wellness prize. Each week you participate gets you a ticket to the drawing, which will occur on the first Friday of each month, starting in July!

[Read More](#)

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### **Culture of Wellness Corner - Plant Slant**

People of the Blue Zones® hold the secret to a longevity diet. People in these areas have a diet that consists primarily of seasonal fruits and vegetables, whole

grains and beans all year long. Leafy greens are key, particularly spinach, kale, collards and chard. Whole grains have high levels of fiber and offer a wide spectrum of nutrients. Beans are a great superfood and the cornerstone of most centenarian diets, including fava, black, soy and lentils. Meat, fish, dairy, eggs and sugar are consumed very sparingly.

[Learn More](#)

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### **Volunteer Appreciation Event**

In 2018, **992** individual volunteers took part in CCS's mission and served a total of **24,713** hours. Last month, Catholic Community Services honored our volunteers by hosting our annual Volunteer Appreciation Event at Salem Evangelical Church. Volunteers enjoyed a gift giveaway, dinner and learning more about their impact. Thank you to our volunteers for your time, talents and efforts in helping make our work possible.

[View Gallery](#)

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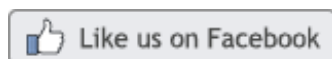


## Sanctuary Theme of the Month - Open Communication

Our Sanctuary commitment to Open Communication encourages us to be open, honest and transparent when communicating with others. Sanctuary teaches that knowing where everyone is at on an emotional level helps us to work more efficiently as a team. We strive to create an environment of trust so we can feel safe when sharing information that can be tough to share.

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