



Tailored News

CAROBELL 2023 BEACH RETREAT

After what has seemed like a very long hiatus, Carobell was excited to be able to bring back our Beach Retreat week this year! A welcome change of scenery often fosters new ideas and innovation, and renews the spirit to begin a new season and push for growth and change.



Everyone, from Carobell’s President to direct support professionals, was given the opportunity to be strengthened with fellowship and engagement in an unfamiliar environment and with the relaxing soundtrack of the ocean. We welcomed guest speakers, and enjoyed presentations from our Directors and Management. A much-needed week that will certainly be remembered and held with joy in our hearts.

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AUTISM AWARENESS MONTH

Autism Awareness Month is observed each year in April. It is important to realize that there’s no one type of autism — these conditions are often individualistic. People with autism are significant contributors to fields of arts, commerce, science, and more. This month hopes to make life more convenient for autistic adults. Join us in showing your support to those who are close to you.



INSIDE THIS ISSUE

Member Spotlight.....	2
Programming Events.....	2
Birthdays and Holidays	2
Easter Happenings	3
Carolina PETS Rotary.....	3
Our Mission	4
Invest in Your Future	4
2023 Beach Retreat.....	insert

SPECIAL POINTS OF INTEREST

- To donate or become a Carobell sponsor, contact us!
- For any newsletter contributions, ideas, requests, or questions, email Kimberly at k.richardson@carobell.com



Our 2023 Beach Retreat kicked off with a presentation (and activities) aimed at fostering team building and acceptance. Led by guest speakers from Rotary of Onslow County: Alan Quigley, April Clark, and Raquel Painter, our Administration and Management teams learned a lot about Diversity, Equity, and Inclusion. Working together to establish “ground rules” for the retreat, there was also time and space to get to know coworkers on a level beyond everyday professionalism and workplace duties.

Splitting our large group into smaller and more intimate settings, Alan, April, and Raquel guided our understanding of one another, allowing personalities and intrinsic motivations to step to the forefront. They were also instrumental in illustrating that even though each of those is different, each and every one is important and meaningful in making One Carobell.

We are grateful to these three for their valuable lessons, the time they spent with us, and the spirit we will carry forward as Carobell continues on.



A CAROBELL COMMITMENT



The third day of the retreat, we welcomed Wes Rider from NCDHHS (and a former Carobell employee, if he seems familiar!). Wes was the day’s guest speaker, presenting to Carobell staff some tips on stress management and taking care of yourself. As we all know, “You can’t pour from an empty cup”.

Caring for and supporting our members is our top priority, but to do that to the best of our ability, managing our own care is important as well. Service professionals shared some of their stress management techniques with each other, and were excited to learn new ideas from Wes and DHHS. So, if you are feeling a bit on edge lately, here are some things that may help

Talk to someone you trust

Enjoy nature

Lose yourself in a good book

Journal



Richard, HR Director, leading a conversation about staffing.



GROWING TOGETHER



Mary, Director of Programming, sharing her knowledge on effective leadership

Along with invited speakers, our leadership was also called on to share some of their wisdom, thoughts, and new ideas. Their expertise is what will usher Carobell into the next chapter. Collaboration and innovation were the central focus in their discussions with each other. They also gave instructional and insightful classes to support professionals to further their training and knowledge.

Each department was afforded the opportunity to take a deep look into their own practices to identify areas of improvement. The importance of cooperation and communication between departments was also highlighted, reminding all of the commitment to our members, our mission, and the atmosphere of teamwork here at Carobell.



Programming Department



Lora Leading DISC Training



Nursing Department

MEMBER SPOTLIGHT

Contributed by Lora Morse

Nicholas lives at Sandridge 2 and goes by Nick.

Some people have referred to Nick as the “mayor” because he will always extend a hand in greeting to everyone he sees! Nick always has a big smile and loves an enthusiastic interaction! He is also recognized for his handsome, dapper appearance and love of hats.

Recently, Nick has attended Carobell’s ThanksChristmas event where he shared a wonderful meal with his mom and 12 members of his

extended family who all came to visit with him. He has also participated in Tim Tebow’s Night to Shine!

New staff members are immediately impressed with Nick’s ways of interacting and showing affection, and they soon come to look forward to his enthusiasm and understand that he is a big teddy bear!

His infectious smile and welcoming personality make SR 2 an amazing place to be!



From top to bottom: Nick and Dustin ready for Night to Shine; Nick and Kim having a laugh between friends; Nick greeting visitors to his house; Nick and his mom at ThanksChristmas

“Diversity, Equity, and Inclusion”

HAPPY BIRTHDAY!!

Susie
Nick
Dominique
Camerin
Rachel
Sareba
Tytiana
Brandy

HOLIDAYS AND SPECIAL EVENTS

Easter
Movie Night
Pajama Dance Party

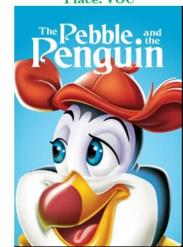
BACK IN THE SPRING OF THINGS

With the new Spring season, our Programming department is excited to announce the return of some member engagement activities.

Following Covid protocols, presently these activities are only for the ICF and Day Program members.

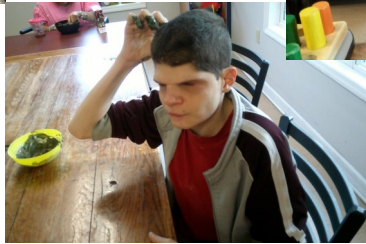
On April 21st, there will be a Pajama Dance Party in the Vocational Building from 4 to 5 pm. Get ready for music, lighting effects, refreshments, and of course...DANCING!!!

Next, we are going to have a Movie Night, starring The Pebble and the Penguin, on April 26th from 4 to 5:30 pm. We’ll have popcorn and treats as we enjoy the show.



Covid Protocol Will Be Implemented





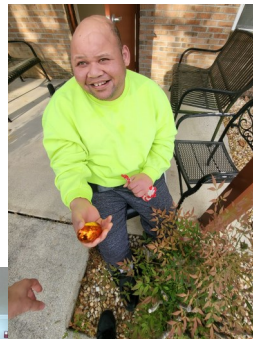
Top Row: Michael, Charles, and Sherri having fun on Easter Day

Bottom Row: Jasmine, Matt, and Sean showing some of their finds from the egg hunt

EASTER 2023

With Easter being the first holiday of Spring, it's definitely a time to get together with loved ones and enjoy some fun outside activities.

This Easter, our members participated in egg hunts and had fun with other themed happenings, such as egg decorating and crafting. We love it when the weather gets nice outside, so we are able to have more opportunities for enrichment and engagement. We all had fun looking for hidden eggs and the treats enjoyed afterwards were delicious too!



CAROLINA ROTARY

Rotary began in 1905 as a way to provide friendship and fellowship, and has remained steadfast in its communities, both local and international, as a service club. There are also opportunities for personal growth, leadership, public speaking, vocational, and social skills.

Carolina PETS Rotary is dedicated to the training and development of future Rotary leaders, preparing them for the responsibility and opportunity of leading their respective clubs in the undertakings mentioned above.

As part of Carobell's long-standing relationship with Rotary International, some of our hard-working staff were more than happy to dedicate their time and talents to providing Rotary Carolina PETS with personalized chocolate bars to mark this special occasion. Carobell values and recognizes the importance of Rotary International in our community, and we were honored to be able to contribute!

(www.jaxrotary.com)



From top to bottom: Brian, Susie, Nick, and Alexis (with McKenzie) all having fun celebrating Easter

CAROBELL, INC.

MISSION

Carobell, Inc. is dedicated to empowering individuals to reach their fullest potential. Carobell is dedicated to providing 24-hour high-quality care and responsive services for children and adults with diagnosed Intellectual Developmental Disabilities. Our community based, person-centered environment is facilitated by dedicated nursing and direct care staff and is available for all North Carolina residents.

VISION

To continue to develop professional services and quality supports that focus on empowering independence and personal dignity.



Carobell acknowledges Trillium Health Resources as the funding source

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7 FACTS ABOUT A 401K

Investment in your Future

01 IT IS TIED TO YOUR JOB
We will help you set up your contributions so it comes from your pay automatically

02 YOU ARE IN CONTROL
• You choose how much to contribute
• You can change this amount at any time

03 TIME IS ON YOUR SIDE
• Contributions you make now will earn interest over time
• That interest is compounding, and that ADDS UP!

04 YOU CAN TAKE IT WITH YOU
Even if you leave Carobell, your 401k is still YOURS

05 NO INCOME GUIDELINES TO PARTICIPATE
No matter your income level, you can (and it's smart to) invest in a 401k

06 YOU CAN CHOOSE YOUR INVESTMENTS
Your contributions are invested in what you are more comfortable with

07 YOU CHOOSE WHEN YOU WANT TO BE TAXED
Taxed when you contribute vs. Taxed when you withdraw

www.merrilledge.com

ARE YOU PREPARED?

On March 23rd, Mark Watson, Carobell's 401k representative from Mutual of Omaha, came to give information and answer questions about the retirement savings plan for our employees. You can view a compact version of the presentation on YouTube at the link below, or contact Richard (HR) for more information.

<https://youtu.be/pL6h7Vy7WxA>

PLEASE
PLACE
STAMP
HERE