

Tailored News



**HEART HEALTH
MONTH**
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STAFF SHOUTOUT: RICHARD WALKER

Richard is our VP of HR, and a heart attack survivor. He shares important information about heart health on page 1!

MEMBER SPOTLIGHT: SHELTON

Shelton first came to Carobell in 1972, and has been a bright presence here since! Learn more about Shelton on page 2!

HEART HEALTH MONTH!

In honor of Heart Health Month, Carobell had a Healthy Heart Event! Staff and members were invited to come get their blood pressure checked and learn about how to have a healthier heart.

Also in honor of heart health month, our staff shoutout for February is Richard Walker, VP of HR. Read what Richard wrote below.



February is Heart Health Month. As you may or may not know, last June 8th, I had a heart attack. It was a bit of a surprise for me. For over 12 years I have walked between 10 and 15,000 steps per day, maintained a healthy weight and ate a balanced diet. Due to that life-changing event last June, I have been asked to be the Spotlight staff member for this month.

What I want to do is share with you the things I learned from suffering and surviving a heart attack.

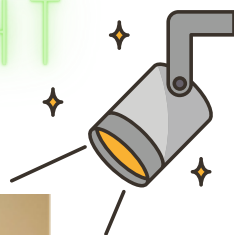
1. Apparently, I am not 30 anymore. Age takes its toll and we need to pay attention, even if we still feel young.
2. Eating good foods doesn't cancel out the bad foods we eat.
3. Regular exercise may not prevent a heart attack, but if you suffer one, having a strong heart can make a big difference in your chances of survival and how quickly you recover.
4. The only way to know if you are at risk for a heart attack is to see your doctor for regular checkups. Heart disease is known as the "silent killer" for a reason.
5. It is important to know the common signs and symptoms of a heart attack and not ignore them. After my heart attack, everyone seemed to have a story that said, "He came home, didn't feel well, and went to bed thinking everything would be fine. It wasn't."
6. Common signs and symptoms are:
 - a. radiating pain in the chest/upper chest/shoulders/arm(s),
 - b. a sharp pain or feeling of compression in the chest,
 - c. a feeling of having indigestion that doesn't go away with normal methods,
 - d. a feeling of being overly full as if you've overeaten,
 - e. unexplained dizziness/nausea/shortness of breath,
 - f. unexplained weakness/tiredness.
7. If you think something is going on, you are much better off going to the emergency room/calling 911 even if it turns out nothing is wrong, than you are to not go only to find you are having a heart attack when it is too late. No one ever died of embarrassment, but lots of people die from undiagnosed heart attacks.
8. Cholesterol, in the form of saturated fat, is your enemy. Cholesterol builds up in your arteries and can cause blockages in your arteries, leading to a heart attack. Cholesterol can be controlled through diet, exercise and medication.
9. High blood pressure can also damage your heart. High blood pressure can be controlled through weight management, medication, avoiding smoking and getting regular exercise.

I am thankful that I got another chance to do things right. Please take care of yourself. No matter your age, see your doctor regularly, eat right, and get out there and exercise!

HEART HEALTH MONTH!



MEMBER SPOTLIGHT Shelton



Shelton Clements lives at Sandridge I and is a well-known face around Carobell. He first came to live at Carobell in 1972 at just one month old. Ms. Tina Bell, one of Carobell's founders, calls Shelton her "birthday twin" because they share the same birthday. For many years, she has returned to visit with him to celebrate their special day! He loves firetrucks, police cars and anything else with a siren! Shelton responds enthusiastically, saying "where's that truck" or "po-lice."

On many days, Shelton will have a happy and outgoing demeanor!

On those days, he is talkative, will call staff members by name and respond to and engage in conversations. On other days, he is more quiet and reserved and you may get his "grumpy" face when reaching out to interact with him. No worries, though! Shelton will be back in his outgoing mood soon enough! Some of his favorite phrases and interactions are in response to a noise he hears, such as "Who's making that noise?" when staff knocks on table or wall or "Who's ringing that bell?" when someone rings the doorbell or a hand-held bell or "Who's knocking at that door?" He also interacts with staff, regularly joking, "Go home," "Be quiet," or "who stinks/you stink!"

Regardless of his mood, Shelton can be counted on to bring joy wherever he goes!!

CAROBELL'S CULTURAL CORNER!

Ensuring cultural competency is an integral part of developing a system of care that is embedded in cultural and linguistic responsiveness. This month, we focused on cultural competency with events for Heart Health Month, shown on page 1 and 2, and Mardi Gras!



Mission

As a community service provider, we hold a passion and commitment to administering the highest quality of care and service delivery. With our dedication to person-centered outcomes, Carobell Inc. leverages established best practices to fulfill our goal of continuous quality improvement; while implementing holistic, innovative, techniques and strategies we aim to empower our members to reach their fullest potential.

Vision

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

Philosophy

Carobell's scope and philosophy holds that all individuals regardless of ability level, their gender, sexual orientation, sexual preference, age, and language have the right to full inclusion in the community of his/her choice. We embrace the principles of the founders that the individuals we serve are treated with the utmost respect. The participation of family, friends, natural supports, and all other stakeholders as key members of each individual's circle of support is highly encouraged. Carobell's commitment to providing a quality, person-centered way of life in the safest environment possible is illuminated by its statewide reputation and reflects the pride of the communities it serves.



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