

2018-2019

The Caring Community



Annual Report

Davie, Florida
954.546.3565

www.thecaringcommunity.love
thecaringcommunityinc@gmail.com

A Special Note For Our Supporters:

The Caring Community is only possible because of the volunteers that serve selflessly, consistently and with great love.

Our mission was conceived from the tragedy of the Marjory Stoneman Douglas shootings. Our fundamental question was: "If we can't stop these things from happening, what can we do?" Our answer was to look at the ongoing damage to school staff and students.

Stress impacts quality of life, overall health and our ability to be present to what is before us. Teachers and staff in our public schools face multiple stressors on a daily basis. It seemed like a small thing to offer them Self-Care Stations, but little did we know how big of an impact it would actually make.

The Self-Care Stations contain teas that have calming nervines, immune support and so much more. Buying eye pillows made by a local 4H club enabled us to keep some dollars working locally and employing some young people for a summer. The brochures contain information on how nervines work cumulatively in the body and other herbal knowledge that helps communicate how a small act of self-care can create new habits that serve both at work and at home.

Our original plan was to connect local businesses to nearby schools and have the business pay to sponsor the Self-Care Station. We hoped to accomplish a few things from this. First, we wanted the teachers and staff to know that their community saw them and cared about their well-being. We needed funding to provide the herbal teas, eye pillows, rescue remedy and information about self-care to reduce stress. We hoped that the teachers and staff would choose to support the businesses that supported them by choosing to frequent those businesses. Finally, we hoped that the community at large would see the plaques that we placed in the businesses and be made aware that community works best when we support each other and especially those people who are vital to the success and safety of our community.

I want to raise up Juice Therapy of Davie and Arohma Therapy Acupuncture of Davie for being the first businesses to step up and sponsor the very first stations. Meanwhile, Broward County EAP embraced the program and the feedback from the teachers was exactly what we wanted. The Self-Care stations made them feel seen and supported and reminded them to take a moment and prioritize their self-care.

Marie Arterberry became an unstoppable force in her drive to offer Self-Care Stations to all of her staff. Through her unflagging efforts, funding was obtained that took us from 4 stations to 90 stations in less than 12 months. It would be an understatement to say that we were overwhelmed by the sudden expansion of the mission.

Every time The Caring Community needed help, help showed up. Volunteers came each time we called, and jumped in where we needed them. The original four became the original two as Lauren Mades and Erica Bernal were called to other missions. Kiana Raphael handled the increasingly complex COO duties and Cynthia Schaefer kept the inventory flowing. Our original volunteer coordinator, Ray Ignizio got the call to the Carolinas so Arlene Ovalles stepped up to manage the growing complexity of our expanding volunteer force. Stacey Smith jumped into the fray and took over the social media. Kerrie Sullivan took responsibility for all the things that fell through the cracks, like printing the labels and other things we needed to build stations. Chris Ramos built 10 stations at a time and stored them until we were ready

Every volunteer name that you see below is someone special. Month after month they drive to our headquarters (aka my guestroom) and pick up their supplies. They refill the Self-Care Stations in 4-6 schools or more and work around lock downs, getting lost in schools and getting feedback from our recipients. Here are our amazing refill volunteers:

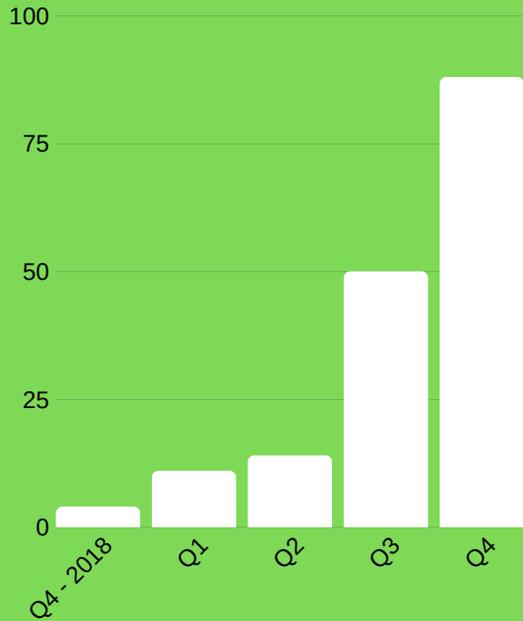


The Caring Community came together and grew because of the volunteers. When we called for help, help came. I hope that this, at least, helps the people who serve our communities on all levels to see that they are seen, appreciated, and supported.

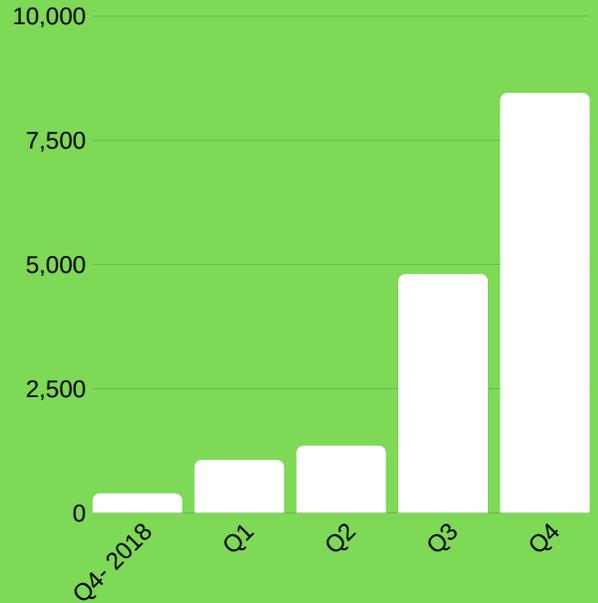
"It All Starts With a Cup of Tea!"

2018-2019 ACHIEVEMENTS

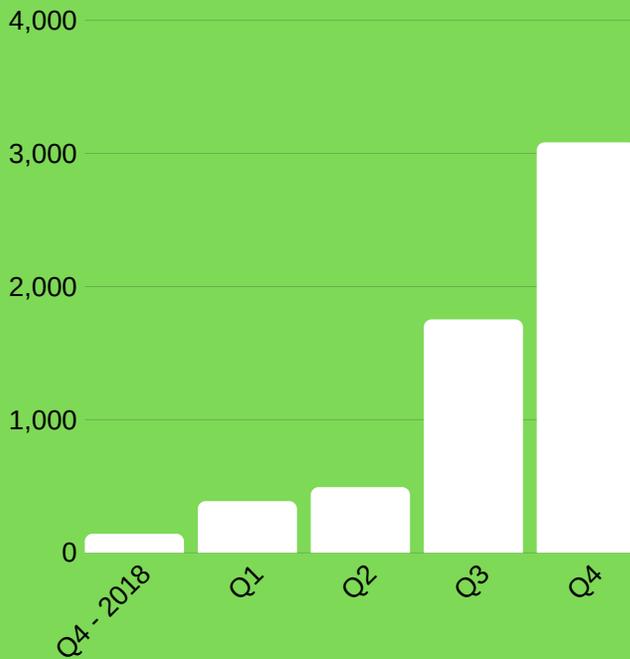
OF SCHOOLS SERVED MONTHLY



OF CUPS OF TEA SERVED MONTHLY



of Rescue Remedy Doses Provided Monthly



2,712
TEACHERS
IMPACTED



90
SCHOOLS
SERVED

The Caring Community



Since inception, we have provided
43,024 bags of tea!

MISSION:

We help the helpers by offering Self-Care Stations and stress-relief resources to our teachers & first-responders

Supporting our community by offering ways for teachers and first responders to manage stress is our goal. Sticking with gentle herbal remedies, using well-known plant allies, like lavender and chamomile, each sponsored Self-Care Station will offer herbal teas, aromatherapy eye pillows, and Bach's Rescue Remedy.

VISION:

The Self-Care Stations help alleviate ongoing stress that leads to PTSD and that permeates society. We learn the value of ongoing, daily self-care and are better able to manage not only day to day stress, but also have tools for sudden crisis.

In all things, we seek to create replicable systems that become the gateway for more people to see the value of plant medicine and reconnect with the magic of the planet they inhabit.



In 2020, we project we will provide more than **6,000 boxes of tea** to Broward County Schools' staff, which means **103,680 cups** of nerve settling, heart lifting, health giving cups of tea in 2020!

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