

QUARTERLY NEWSLETTER



OUR VALUES

We will demonstrate **respect** for our participants and team members.

We will act with **integrity**.

We will be **accountable** to our participants and team members.

We will work towards achieving **compatible goals** with our participants and team members.

We will demonstrate **compassionate care** for our participants and team members.

OUR MISSION

The mission of Senior TLC is to encourage and support the quality of life of seniors wishing to continue living in the community.

OUR VISION

The vision of Senior TLC is to be the preferred provider of individualized care for seniors in the communities we serve.

 704-887-3840

 6133 THE PLAZA CHARLOTTE, NC 28215

 WWW.SENIORTLC-CLT.ORG

 SENIORTLC-CHARLOTTE

 SENIORTLC_CHARLOTTE

Serving Cabarrus, Mecklenburg, Stanly & Union

What's New and NoteWorthy!

Transportation

Please help us keep our vans clean, safe and accessible by removing personal items from rollators and walkers. This allows them to be folded and secured properly during transportation.

Participant Satisfaction Surveys

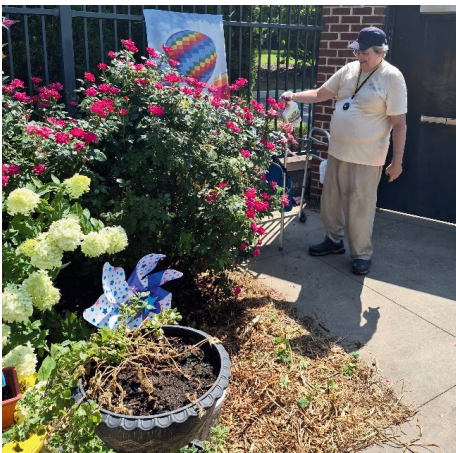
Thank you to everyone who completed a Participant Satisfaction Survey. Your feedback helps us improve our programs and services and ensures your voice is heard.

HOSM

The HOS-M Survey mailing started the week of July 20th and will continue through August. It will be mailed to participants. Staff will be available for questions and can assist upon request. Participants will need to complete the survey and mail it back in with self-addressed envelope provided.

Day Center Highlights

- **Activity Room Upgrades:** All activity rooms now feature new 85-inch TVs and surround sound systems, creating an even better experience for activities, movies, and presentations.
- **Butterfly Garden Travel Series:** Participants are enjoying our new Travel Series, which offers immersive experiences exploring destinations and cultures from around the world.
- **Better Communication for CNAs:** Our CNAs are using new communication technology that improves teamwork while creating a quieter, more comfortable environment.
- **La Casita:** Our Spanish-speaking group, La Casita ("Our Home"), celebrates culture, community, and connection through engaging activities and shared experiences.
- **Activity Council:** At the start of each month, participants meet to share feedback, suggest new activities, and help shape future programming.
- **Late Bloomers Garden Club:** The Late Bloomers Garden Club continues to grow and thrive. If you would like to join, please don't hesitate to ask anyone in the day center!
- **Patio Refresh:** Participants can now enjoy new outdoor furniture made from recycled materials that stay cooler in the sun and provide a comfortable place to relax and socialize.





What is the Flight Program?

The Flight Program helps participants maintain strength, mobility, and independence after therapy.

- Specially trained CNAs, called Flight Attendants, provide support with walking, exercises, range of motion, splints and NuStep.
- Progress is monitored by the Wellness Nurse and Therapy Team throughout the 12-week program.
- Participants may graduate, continue the program, or return to therapy based on their needs.
- Program completion is celebrated with a Certificate of Accomplishment.



AUGUST 2026



Shoutout Winners



This milestone recognizes team members who consistently go above and beyond for our employees and participants, making a meaningful impact through their dedication, compassion, and commitment to excellence.



April Miller

Honeybee - Home Care
Coordinator



Melody Burton

Lily - Social Worker



Cameron Kootz

Physical Therapist
Assistant

We will be
changing to "Cup
Club" soon!

Mug Club Spotlight

Participants who refer another senior to the program will receive a mug and grip socks as a thank-you for "sharing the care"!



Lorraine A.



James D.



Ruby M.

Exercise Champion Spotlight

Anyone that exercises gets a punch card, and once the card is filled, the participant wins a prize!



Alice H.



Donald B.



Nalethia M.



Timothy M.

Meet Your Peer Ambassadors!

Peer Ambassadors are participants who help welcome new participants to the Day Center, show them around, and assist with finding services and spaces! They make everyone's first day easier and more comfortable.



Curtis H.



Roberta R.



Nelson M.



Richard J.



Senior TLC Picture Page!

Moments that made us
laugh, cheer, and connect.



Employee Spotlight

What do you enjoy most about STLC?

What I enjoy most about STLC is the community of professionals brought together to prioritize providing the most all-inclusive and participant-centered care. Each and every day I can say I love being a part of this organization.

What do you love to do outside of work?

I enjoy running or biking and taking walks around my neighborhood. I enjoy watching TV shows, movies, and love trying new restaurants.

Are there any interesting facts you would like to share about yourself?

I completed my first marathon in May of this year. Ultimate goal would be to complete an Iron Man event.

What is your favorite sport and/or sports team?

I enjoy watching college football, NFL, and NHL. My teams are Penn State, Pittsburgh Penguins, and Pittsburgh Steelers.

Where are you originally from and what brought you to NC (or kept you here)?

I was born and raised in Erie, Pennsylvania. What brought me to NC was coming down to visit my Grandparents in Hendersonville throughout my childhood and I loved the weather. The reason I chose Charlotte was because I loved how Charlotte had the city vibe with the ocean and mountains to each side for easy trips.



Joe Shotts

Honeybees Center Manager

Employee Spotlight

What do you enjoy most about STLC?

What I value most is the incredible dedication of my coworkers and the strong work-life balance that STLC promotes. Having worked in healthcare for more than 30 years, I can confidently say that STLC genuinely cares about its participants.

Driven by a profound commitment to dignity, respect, and human connection, my passion for memory care centers on creating supportive and enriching environments where every individual feels truly seen, valued, and empowered.

What do you love to do outside of work?

Play golf, line dance and listen to live music.

What is your favorite type of music?

House Music and Neo-Soul.

What superhero do you relate best to and why?

She isn't a Superhero, but I most associate with Velma from Scooby Doo.

Where are you originally from and what brought you to NC (or kept you here)?

Born in Newark, NJ moved to Charlotte because I was my Fraternal Grandmother's first Grandchild.



Vanessa Haygood

Memory Care Wellness
Advocate

New Team Members



Amber S: CNA- In home
Chellnise A: CNA - In Day Center
Toni W: Driver
Thomas M: Driver
Tammy B: Driver
April J: Driver
Todd S: Driver

Amanda T: Primary Care Provider
Willa A: Primary Care Provider
Jennifer B: Clinic Nurse
Terese B: Behavioral Health Lead
Elizabeth N: Recreational Therapist
Ria Y: Housekeeping Cleaner



*Please give them a warm Senior TLC
welcome!*

AUGUST 2026

SENIOR TLC QUARTERLY MOCKTAIL

SPOOKY HALLOWEEN SPIDER PUNCH

- THIN BLACK LICORICE ROPES
- BLACK SANDING SUGAR (OPTIONAL)
- CORN SYRUP (FOR THE RIM OF GLASS, OPTIONAL)
- GRENADINE SYRUP
- ORANGE JUICE
- ICE

Recipe here



Important Reminders

- #1:** Seniors are more susceptible to illness due to a weakened immune system.
- #2:** Vaccines help prevents serious illness that may cause hospitalization.
- #3:** Vaccinations may also help prevent the spread of disease to other compromised seniors.
- #4:** Common vaccines given to seniors include Annual Flu, Pneumococcal, Shingles, RSV, Covid, and Tdap.
- #5:** Your health is our #1 concern here at *Senior TLC*. We are on call 24/7. Please don't hesitate to call us to make sure you are UP TO DATE!

On - Call Numbers

On-call Nurse
Illness, Falls & Accidents
704-887-3840 (Option 9)

After Hours - Transportation
704-534-3119

Remember to call 911 if it's an emergency
& then call on-call nursing when you can



Share the Care

Refer a Friend & Join Our Mug Club!



How it works:

1. Ask your friend if you can share their name and phone number.
2. Call 704-887-3840 OR fill out the referral form on our website at www.seniortlc-clt.org by scanning the QR code to the right.
3. OR fill out a referral card at the center!
4. Receive a mug and be acknowledged in our center!



Instructions:

Open phone camera & point phone to the QR code. Click the link that pops up!

Upcoming Closures

Labor Day: Monday - September 7th, 2026

Events in Day Center



August
Carnival



September

Prom (Theme TBD)

PACE Month (Spirit Week)



October

Halloween Party

October Fest

All Staff Training Day

