



TLC Services

Videos of Past Presentations

These are videos of presentations done in the past.

Video Links		Date Presented
<u>Ask TLC: "Recently Widowed?" There are complex changes and many necessary things to do at a time when you feel the least capable after the death of your loved one.</u>	Joan Miles Lowitt, LCSW Marie Lazinski, MSW Pat Hayes, LCSW	11-Apr-24
<u>Ask TLC: "Finding Your Groove as an Introvert in The Villages." This presentation offers clarity and tools to help introverts thrive in our extroverted environment. If someone you love is introverted, you will gain a better understanding of their perspective and needs</u>	Karen Haskell, EdD Karen Parks, BS Human Services	14-Mar-24
<u>Ask TLC: Love Relationships in Later Life. As we age, our perspective on love changes. It's never too late for romance, and later in life, we may have a better idea of what we want from our friendships, partnerships and love relationships.</u>	Dr. James Deutch, LCSW, Marion Montecalvo	8-Feb-24
<u>Ask TLC: "Continuing Your Life's Journey" Our current stage of life is an ideal time to reassess our goals and take steps to accomplish them. We share practical tools to help you create the next steps for a more fulfilling future.</u>	Bonnie Hovel, LCSW Lucille Karatzas, LCSW	11-Jan-24
	<u>Link to a printable worksheet</u>	

<u>Ask TLC: "Making Friends as Adults" As adults, we may have fewer friends, but there are things we can do to improve our social connections and the quality of our relationships.</u>	Glenda Hodges, LCSW Lucille Karatzas, LCSW	9-Nov-23
<u>Justice and Care: Ask a Lawyer-Social Worker" Secure a brighter future for yourself and your loved ones by making informed decisions</u>	Laura Sterling, MSW, LCSW, ESQUIRE	12-Oct-23
	<u>PDF of Slides</u>	
<u>"Guilt is a Decision" Sponsored by Your Key to Senior Living Options:</u>	Dr. James A. Deutch, LCSW	28-Sep-23
<u>Ask TLC: "Living a Balanced Life" Learn ways to identify areas of strength and opportunities for growth in your life.</u>	Bonnie Hovel, LCSW Lucille Karatzas, LCSW	14-Sep-23
<u>Ask TLC: "Building Rapport with Your Grandkids" There are ways to make interactions with grandkids constructive and enjoyable to nurture meaningful relationships over the long run.</u>	Dr. Jim Deutch, LCSW (Lt. Colonel USAF, Retired)	8-Jun-23
<u>Ask TLC: "Spiritual Aspects of a Balanced Life" Spirituality can mean something different to each person and it usually involves searching for and finding purpose and meaning.</u>	Diane Vasaturo, LCSW	11-May-23
<u>Ask TLC: "The Most Useful Advice We've Received." This video examines internal messages we've absorbed growing up and advice we've received along the way.</u>	Lucille Karatzas, LCSW	13-Apr-23

<u>Ask TLC: Finding Peace and Contentment. Explores how you came to be the person you are, what has worked, letting go of what did not, and gaining self-knowledge to become clearly at peace.</u>	M. Terri Devine, EdD & Karen Haskell, EdD	9-Mar-23
<u>Love is More than Feelings. True love goes deeper and requires honesty, openness, respect and knowledge of self and others. Learn about decisions you can make and actions you can take to nurture your relationships.</u>	Pat Hayes, LCSW	23-Feb-23
	<u>Link to printable handout</u>	
<u>How to Not Sabotage Your Goals? Learn how to take a fresh look at your goals, reevaluate them and take steps to be successful in attaining them.</u>	Glenda Hodges, LCSW	26-Jan-23
	<u>Link to Slides PDF</u>	
<u>Listening - A Helpful Skill: Improve your relationships, deepen casual friendships, and help someone who is hurting by learning how to really listen.</u>	Pat Hayes, LCSW	27-Oct-22
	<u>Link to printable handout</u>	
<u>Building Intimacy as a Couple: Intimacy is more than sex. Learn ways to create, build and maintain emotional, spiritual, intellectual and physical intimacy.</u>	Mary Linda Sara, PhD, LPC, LMFT,	22-Sep-22
<u>Creating the Last Chapter in Our Book of Life</u>	Pat Hayes, LCSW	3-Jun-22
	<u>Link to Slides PDF</u>	

Managing Your Emotions: Learn how to manage your emotions in ways that benefit you and those around you.	Bonnie Hovel, LCSW	26-May-22
	Link to Slides PDF	
Why is Grief so Hard? How to cope with difficult reactions to grief	Pat Hayes, LCSW	28-Apr-22
Listening to Your Inner Voice: There are things we can do to create calmness, purpose, peace and even joy	Dr. M. Terri Devine, EdD, LMHC	24-Mar-22
Create a Circle of Support: Help for the Caregiver	Lisa Honka, Your Key to Senior Living Options	17-Mar-22
Preparing for the Inevitable: Useful tools for gathering and storing essential information for your survivors	David Hovel, TLC Technology Officer	24-Feb-22
	Link to Toolkit and Resources	
Tapping Into Your Mind's Power: Produce Positive Outcomes	Jo Conard, LMHC	27-Jan-22
Coping When the Whole World Changes: Nurture your own strengths and manage your emotions to better cope with uncertainties	DeVera Gilden, LCSW	28-Oct-21
Communication Tips for Stressful Times: Learn to communicate clearly and compassionately to keep relationships strong.	Bonnie Hovel, LCSW	23-Sep-21

	Link to Slides PDF	
Setting Healthy Boundaries: Re-examine your boundary setting in light of your personal values, health, happiness, and beliefs	Dr. Cindi Stewart, Psy.D, PA-C,	24-Jun-21
	Link to Slides PDF	
Adjusting to A New Normal: Learn how to cope with the uncertainty of these times and difficult feelings to move forward in your life.	Diane Vasaturo, LCSW	27-May-21
	Link to Slides PDF	
Overcoming Isolation and Loneliness: Combat difficult feelings of isolation and loneliness and find outlets for sharing the joys and hardships in your life.	Joan Lowitt, LCSW	22-Apr-21
	Link to Slides PDF	
Affirmations: A Tool for Self-Empowerment: Enhance your well-being by learning to incorporate affirmations into your life.	Kathleen Kapusta, LISW	25-Mar-21
	Link to Slides PDF	
Compassion Helps Everyone: Learn more about the healing power of compassion for both the giver and the receiver.	Bonnie Hovel, LCSW	18-Feb-21
	Link to Slides PDF	
The Power of Gratitude- how to identify and practice gratitude as a coping skill and life enrichment process.	Dr. Karen Haskell, BS, MA, EdD	21-Jan-21
	Link to Slides PDF	
Getting Through the Holidays, 2020: Coping skills to help us through a difficult time.	Dr. M. Terri Devine, EdD, MS, Guidance & Counseling	17-Dec-20
	Link to Slides PDF	

Unleash the Power of Your Mind: Tips and techniques to learn and practice how to control, calm and change your reactions	Pat Hayes, Licensed Clinical Social Worker	5-Nov-20
Link to Handout	Link to Slides PDF	
Sadness vs. Depression & Stress vs. Anxiety: Understand what is "normal" and gain coping skills.	Lucille Karatzas, Licensed Clinical Social Worker	22-Oct-20
	Link to Slides PDF	
What I think in my Mind Controls My Life - Improve your life by changing thoughts that are not serving you well.	Elaine Stipetich, Licensed Clinical Social Worker	24-Sep-20
	Link to Thinking Report PDF	
Restoring Balance in Couple Relationships - Calming the stress for couples spending months of 24/7 time with each other.	Pat Hayes, Licensed Clinical Social Worker	26-Aug-20
	Link to Slides PDF	
How Self-Esteem Affects Your Life - What is self-esteem? How do you get it? How can you increase it to improve your life?	Jo Conard, Licensed Mental Health Counselor	12-Aug-20
	Tell Me a Story - Poem by Jo Conard	
How Will I Know When It's Time to Seek Memory Care for my Spouse/Partner? Part 1: Caregiver concerns in answering the question of "if it's time".	Dr. Jim Deutch, LCSW (Lt. Colonel USAF, Retired)	1-Jul-20
	Link to Slides PDF	
How Will I Know When It's Time to Seek Memory Care for my Spouse/Partner? Part 2: Concerns related to the Partner afflicted with dementia and community resources.	Dr. Jim Deutch, LCSW (Lt. Colonel USAF, Retired)	8-Jul-20
	Link to Slides PDF	

Coping When You Can't Visit a Loved One: Suggestions for managing the worry, fear, pain and loneliness when a loved one is in a hospital or care facility	Ellen Rainbolt, Licensed Marriage and Family Therapist	17-Jun-20
	Link to Slides PDF	
Coping When You're at Home - Steps and tools to increase your emotional comfort and reduce stress	Bonnie Hovel, Licensed Clinical Social Worker	10-Jun-20
	Link to Slides PDF	
Now's the Time to Make Friends with Ourselves	Lucille Karatzas, Licensed Clinical Social Worker	3-Jun-20
	Link to Slides PDF	
Isolated? Anxious? Sad? Irritable? You're Normal! - ideas for dealing with the current uncertainty and life in general	Pat Hayes, Licensed Clinical Social Worker	27-May-20
	Link to Slides PDF	
The Control Box: Use this problem-solving tool to reduce personal stress and help organize your thinking	Bonnie Hovel, Licensed Clinical Social Worker	14-Apr-20
	Link to Handout	
	Link to Slides PDF	
Relaxation Meditation: An 8 minute meditation to help you relax in stressful times.	Lucille Karatzas, Licensed Clinical Social Worker	7-Apr-20
Metaphors as Tools: Use any of these visual concepts to help reduce stress and anxiety	Lucille Karatzas, Licensed Clinical Social Worker	30-Mar-20
The following are presentations for mental health professionals and others who may be interested.		

Brief Therapy: A Model for Helping Clinicians Improve Life Balance	Lucille Karatzas, LCSW Bonnie Hovel, LCSW	20-Apr-23
	Link to Slides PDF	
Preparing for the Inevitable: Helping Yourself and Your Survivors: Tools for organizing data	David Hovel, TLC Technology Officer, Bonnie Hovel, LCSW and Lucille Karatzas, LCSW	18-Nov-21
	Link to Toolkit and Resources	
Helping the Newly Disabled Deal with a New Reality	Cynthia Stewart, Psy.D., PA-C, NASP	17-Feb-22
	Link to Slides PDF	
Human Trafficking in Florida: A View from the Top	Sue Aboul-Hosn, BSW, FL Regional Coordinator Human Trafficking, Dept of Children and Families, Suncoast Regions	18-Mar-21
A Perspective on The Righteous Mind: Why Good People Are Divided by Politics and Religion (2 CEUs)	David Hovel, BS and Bonnie Hovel, MSW, LCSW	18-Feb-21
	Link to Slides PDF	
The Big 5 Personality Model and its Application to Therapy	Bonnie Hovel, Licensed Clinical Social Worker	28-Jan-21
	Big Five Personality Quiz	
	Link to Slides PDF	
Domestic Violence: Understanding Men who Batter and Methods to Treat Them	Elaine Stipetich, LCSW and John Phillips, LSW	15-Oct-20
	Link to Slides PDF	

Self-Care for Mental Health Professionals - Methods and tools for improving self-care. A problem-solving method and self-care assessment are included.	Bonnie Hovel, Licensed Clinical Social Worker	16-Jul-20
	Self-Care Assessment	
	Mayo Clinic 4 As for Stress	
	Self-Care Plan Worksheet	
Where Did I Put It? Do You Feel More Forgetful? - information for those interested in memory loss.	Lucille Karatzas, Licensed Clinical Social Worker	11-Jun-20
Handout: Alzheimer's - 10 Warning Signs Worksheet	Click here to view document.	
Below are technical presentations for those who would like to learn more about computers and about giving presentations to others.		
Basics of Windows and the Internet, Part One, Basic Windows Concepts	David Hovel, TLC Technology Consultant	23-Sep-20
	Link to Slides PDF	
Basics of Windows and the Internet, Part Two, The Internet, web browsers, clouds and system security	David Hovel, TLC Technology Consultant	24-Sep-20
	Link to Slides PDF	
Presenting with Zoom, Part 1	David Hovel, TLC Technology Consultant	19-May-20
Presenting with Zoom, Part 2	David Hovel, TLC Technology Consultant	4-Jun-20
	Link to Slides PDF	
PowerPoint 101: An introduction to the purpose, design and use of this program	David Hovel, TLC Technology Consultant	2-Oct-20

