



TLC Services Articles Catalog

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Link to Article	Author
Thanksgiving Stress	Lucille Karatzas, LCSW
A Severe Personality Change in Your Aging Parent Could Signal Dementia	Dr. James A. Deutch, LCSW
The Joy of Volunteering	Dr. James A. Deutch, LCSW
Normal Aging, Dementia, Ageism - Which is it?	Dr. James A. Deutch, LCSW
Friendship and Mental Health	Bonnie Hovel, LCSW
Quality Time with Grandkids	Bonnie Hovel, LCSW
Reduce Stress for Better Mental Health	Bonnie Hovel, LCSW
"Meet the Club" - About TLC	John Henderson, photos by Nicholas Conzone, The Villages Magazine
Dear TLC: Grief and Loss	Lucille Karatzas, LCSW
Dealing With Grief	Jean Yingling, LMFT
The Power of Boundaries: Why You Shouldn't Shoulder Another's Burden	Dr. James A. Deutch, LCSW
Dear TLC: How Low Self-Esteem Fuels Anxiety and What You Can Do About It	Bonnie Hovel, LCSW

[Is COVID Back?](#)

Dr. James A. Deutch, LSCW

[Caregiving, Guilt and Depression](#)

Dr. James A. Deutch, LSCW

[Sorting Our Belongings](#)

Karen Parks, B.S.

[The Feeling of Not Being Good Enough](#)

Lucille Karatzas, LCSW

[Dealing with Fear](#)

Lucille Karatzas, LCSW

[Take Care of Yourself](#)

Bonnie Hovel, LCSW

[Dear TLC: Another Struggling Introvert](#)

Karen Parks, B.S.

[10 Easy Rules to be an Annoying Neighbor](#)

Dr. James A. Deutch, LSCW

[Love that Lasts](#)

Kent Hamdorf, Psy.D.

[Valentine's Day Reflections](#)

Jean Yingling, LMFT

[The Journey Begins \(Again!\)](#)

David Hovel, TLC Technology
Officer

[Listen to your Inner Voice for Comfort](#)

M. Terri Devine, EdD

[Gently Down the Stream: Get the most from your life](#)

Judy A. Maloney, LMHC

[When You're In a Bad Mood](#)

Lucille Karatzas, LCSW

[Communicating With an Elder](#)

Dr. James A. Deutch, LCSW

[Path to Healing: Embracing Life after Loss](#)

Judy A. Maloney, LMHC

["It's Not Your Fault!" Mitigating Childhood Guilt](#)

Dr. James A. Deutch, LCSW

[I'm Missing My Children](#)

Lucille Karatzas, LCSW

<u>Dealing with Growing Older</u>	Dr. Karen Haskell, EdD
<u>What is Your Story?</u>	Judy A. Maloney, LMHC
<u>Should We Fear AI?</u>	David Hovel, TLC Technology Officer
<u>It May be Hard to be an Introvert in The Villages</u>	Lucille Karatzas, LCSW
<u>How Do You Offer Canine Condolences?</u>	Dr. James A. Deutch, LCSW
<u>Mental Health Professionals Have Feelings Too</u>	Dr. James A. Deutch, LCSW
<u>Dear TLC: Unwanted Advice</u>	Lucille Karatzas, LCSW
<u>A Dozen Easy Rules to Rear a Delinquent</u>	Dr. James A. Deutch, LCSW
<u>Dogs, Like Humans, Need Meaning in their Lives</u>	Honey Dog Deutch, K9
<u>Dear TLC: Overcoming Procrastination</u>	Lucille Karatzas, LCSW
<u>Summer is Coming, and So Are my Grandchildren</u>	Dr. James A. Deutch, LCSW
<u>Doggie Dementia is Real: Staying a Responsible Pet Parent</u>	Dr. James A. Deutch, LCSW
<u>In Remembrance: Incorporate the Qualities of Others you Admire into Your Life.</u>	Karen Parks, B.S.
<u>Dear TLC: Tools to Reduce Stress</u>	Lucille Karatzas, LCSW
<u>Generational Names Throughout the Years</u>	Dr. James A. Deutch, LCSW
<u>Can Hypnosis Help my Grandchild?</u>	Dr. James A. Deutch, LCSW
<u>Dear TLC: Brokenhearted</u>	Dr. James A. Deutch, LCSW

<u>Weight loss: Change your Life in the New Year by Changing Your Thinking</u>	Elaine Stipetich, LCSW
<u>Only Good People Feel Guilty</u>	Dr. James A. Deutch, LCSW
<u>Dear TLC: How you Talk to yourself matters</u>	Lucille Karatzas, LCSW
<u>Gifts Received while Visiting my Grandparents' Second-Hand Store</u>	Dr. James A. Deutch, LCSW
<u>My Memory File Drawer Often Gets Stuck</u>	Dr. James A. Deutch, LCSW
<u>Talk With Me Now!</u>	Dr. James A. Deutch, LCSW
<u>The Next Time Your Anxiety Goes Sky High: Ask Yourself if you Bought a BOGO</u>	Dr. James A. Deutch, LCSW
<u>I'm Going Away</u>	Dr. James A. Deutch, LCSW
<u>How Will I Know When to Place my Loved One Into Memory Care? The Backstory</u>	Dr. James A. Deutch, LCSW
<u>Communicate with Kindness</u>	Bonnie Hovel, LCSW
<u>Eight Reasons You Need a Personal Motto</u>	Judy A Maloney LMHC
<u>Don't Stress About Tech</u>	Bonnie Hovel, LCSW
<u>How Much Stuff is Too Much?</u>	Lucille Karatzas, LCSW
<u>A Veil of Empty Spaces</u>	Mary Resnick
<u>Preparing for the Inevitable</u>	David Hovel, TLC Technology Officer
<u>A Weighty Subject</u>	David Hovel, TLC Technology Officer
<u>The 7 Stages of Widower's Grief & Tips to Move Through Them</u>	Dr. Alejandra Vasquez, JD, CT

<u>The Pandemic Did Not Affect Mental Health the Way You Think</u>	Aknin, Zaki and Dunn in The Atlantic
<u>Happiness Chemicals and How to Get Them</u>	TheFitnessTutorUK
<u>13 Things you can do to build emotional resilience</u>	Ashley Elizabeth on Lifehack.org website
<u>Feeling Anxious About Returning to Post-Pandemic Society? You're Not Alone</u>	NPR's All Things Considered
<u>How to Cope with Greater Health Anxiety Due to the Coronavirus</u>	Stacey Colino, The Washington Post
<u>How to Stand your Ground on Social Distancing</u>	Jenna Jonaitis, The Washington Post
<u>People Don't Always Need Advice: Sometimes They Just Need A Friend To "LL, SS."</u>	Dr. James A. Deutch, LCSW
<u>Myths and Facts about COVID-19 Vaccines</u>	Centers for Disease Control and Prevention
<u>Tell Me a Story</u>	Jo Conard, LMHC
<u>How to Take Care of your Mental Health</u>	Michelle Crouch, published in AARP, Healthy Living
<u>That Discomfort You're Feeling is Grief</u>	Scott Berinato, published in Harvard Business Review
<u>How to Talk to Someone with Alzheimer's</u>	Malia Wollan, The New York Times
<u>The Ins and Outs of Assisted Living</u>	Diane Vasaturo, LCSW
<u>Gardening for stress relief and connection</u>	Kae M. Petrin, St. Louis Public Radio
<u>Weight loss: Gain control of emotional eating</u>	Mayo Clinic
<u>4 Ways to Avoid Becoming Isolated as a Caregiver</u>	Leah Newman, published on Guideposts.org website
<u>The Power of Encouragement</u>	Dr. James A. Deutch, LCSW and Transition Life Consultant

[The Family Council](#)

Dr. James A. Deutch, LCSW

[Making the Most of Your Memory](#)

Lucille Karatzas, LCSW

[Mental Health](#)

Amy Chillag, CNN Health