



TLC Services Articles Catalog

Some articles listed here may become unavailable. We do our best to keep them updated.

Link to Article	Author
<u>Caring for a Spouse with a Medical or Chronic Health Condition</u>	Pat Morge, RN, LMHC
<u>Renewed Purpose in Retirement</u>	Bonnie Hovel, LCSW
<u>From “Less Than” to Enough: Changing the Story We Tell Ourselves</u>	Karen Haskell, EdD, MS
<u>Moving from Small Talk to Real Talk</u>	Nevin Mann, BS, MBA/Psych
<u>Breaking Bad Habits</u>	Lucille Karatzas, LCSW
<u>Communicating with Young Adults</u>	Lucille Karatzas, LCSW
<u>Out of the Darkness Walk</u>	Richard Townsend, EdD
<u>Adjusting to a World Without Your Loved One</u>	Lucille Karatzas, LCSW
<u>Caregiver Stress</u>	Pat Morge, RN, LMHC
<u>Managing Grief During the Holidays</u>	Joan Miles Lowitt, LCSW
<u>Caregiving During the Holidays</u>	Pat Morge, RN, LMHC

[Loneliness and Aging](#)

Lucille Karatzas, LCSW

[The Only Thing for Sure in Life is Change](#)

MaryAnn Terri Devine, EdD

[Thriving in Retirement](#)

Bonnie Hovel, LCSW

[Decluttering Without Stress](#)

Mary Tang, PhD

[The Power of an Apology](#)

Lucille Karatzas, LCSW

[Living on Purpose](#)

Jean Yingling, LMFT

[The Art of Letting Go](#)

MaryAnn Terri Devine, EdD

[Healing from Trauma](#)

Melinda Billig, LCSW

[Navigating Relationships with Adult Children](#)

Diane Vasaturo, LCSW

[How Do I Avoid Online Scams?](#)

David Hovel, TLC Technology
Officer

[Love Starts with Me](#)

Jean Yingling, LMFT

[The Psychological Effects on Victims of the Los Angeles Wildfires](#)

Dr. James A. Deutch, LCSW

[Failed New Year's Resolutions](#)

Lucille Karatzas, LCSW

[Self Love](#)

Lucille Karatzas, LCSW

[Avoiding the Cycle of Weight Loss Weight Gain](#)

Mary Ann Vance, EdD

<u>Gratitude to Ease the Sadness of Missing Loved Ones</u>	Bonnie Hovel, LCSW
<u>What is Your Greatest Blessing at this Moment?</u>	Dr. James A. Deutch, LCSW
<u>Big Emotions</u>	Lucille Karatzas, LCSW
<u>Decreasing Negative Thoughts</u>	Lucille Karatzas, LCSW
<u>Thanksgiving Stress</u>	Lucille Karatzas, LCSW
<u>Grandparents and Autism</u>	Dr. James A. Deutch, LCSW
<u>A Severe Personality Change in Your Aging Parent Could Signal Dementia</u>	Dr. James A. Deutch, LCSW
<u>The Joy of Volunteering</u>	Dr. James A. Deutch, LCSW
<u>Normal Aging, Dementia, Ageism - Which is it?</u>	Dr. James A. Deutch, LCSW
<u>Friendship and Mental Health</u>	Bonnie Hovel, LCSW
<u>Quality Time with Grandkids</u>	Bonnie Hovel, LCSW
<u>Reduce Stress for Better Mental Health</u>	Bonnie Hovel, LCSW
<u>"Meet the Club" - About TLC</u>	John Henderson, photos by Nicholas Conzone, The Villages Magazine
<u>Dear TLC: Grief and Loss</u>	Lucille Karatzas, LCSW
<u>Dealing With Grief</u>	Jean Yingling, LMFT

<u>The Power of Boundaries: Why You Shouldn't Shoulder Another's Burden</u>	Dr. James A. Deutch, LCSW
<u>Dear TLC: How Low Self-Esteem Fuels Anxiety and What You Can Do About It</u>	Bonnie Hovel, LCSW
<u>Is COVID Back?</u>	Dr. James A. Deutch, LSCW
<u>Caregiving, Guilt and Depression</u>	Dr. James A. Deutch, LSCW
<u>Sorting Our Belongings</u>	Karen Parks, B.S.
<u>The Feeling of Not Being Good Enough</u>	Lucille Karatzas, LCSW
<u>Dealing with Fear</u>	Lucille Karatzas, LCSW
<u>Take Care of Yourself</u>	Bonnie Hovel, LCSW
<u>Dear TLC: Another Struggling Introvert</u>	Karen Parks, B.S.
<u>10 Easy Rules to be an Annoying Neighbor</u>	Dr. James A. Deutch, LSCW
<u>Love that Lasts</u>	Kent Hamdorf, Psy.D.
<u>Valentine's Day Reflections</u>	Jean Yingling, LMFT
<u>The Journey Begins (Again!)</u>	David Hovel, TLC Technology Officer
<u>Listen to your Inner Voice for Comfort</u>	M. Terri Devine, EdD
<u>Gently Down the Stream: Get the most from your life</u>	Judy A. Maloney, LMHC

<u>When You're In a Bad Mood</u>	Lucille Karatzas, LCSW
<u>Communicating With an Elder</u>	Dr. James A. Deutch, LCSW
<u>Path to Healing: Embracing Life after Loss</u>	Judy A. Maloney, LMHC
<u>"It's Not Your Fault!" Mitigating Childhood Guilt</u>	Dr. James A. Deutch, LCSW
<u>I'm Missing My Children</u>	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

[How Will I Know When to Place my Loved One Into Memory Care? The Backstory](#)

Dr. James A. Deutch, LCSW

[Communicate with Kindness](#)

Bonnie Hovel, LCSW

[Eight Reasons You Need a Personal Motto](#)

Judy A Maloney LMHC

[Don't Stress About Tech](#)

Bonnie Hovel, LCSW

[How Much Stuff is Too Much?](#)

Lucille Karatzas, LCSW

[A Veil of Empty Spaces](#)

Mary Resnick

[Preparing for the Inevitable](#)

David Hovel, TLC Technology Officer

[A Weighty Subject](#)

David Hovel, TLC Technology Officer

[The 7 Stages of Widower's Grief & Tips to Move Through Them](#)

Dr. Alejandra Vasquez, JD, CT

[The Pandemic Did Not Affect Mental Health the Way You Think](#)

Aknin, Zaki and Dunn in The Atlantic

[Happiness Chemicals and How to Get Them](#)

TheFitnessTutorUK

[13 Things you can do to build emotional resilience](#)

Ashley Elizabeth on Lifehack.org website

[Feeling Anxious About Returning to Post-Pandemic Society? You're Not Alone](#)

NPR's All Things Considered

[How to Cope with Greater Health Anxiety Due to the Coronavirus](#)

Stacey Colino, The Washington Post

[How to Stand your Ground on Social Distancing](#)

Jenna Jonaitis, The Washington Post

[People Don't Always Need Advice: Sometimes They Just Need A Friend To "LL, SS."](#)

Dr. James A. Deutch, LCSW

[Myths and Facts about COVID-19 Vaccines](#)

Centers for Disease Control and Prevention

[Tell Me a Story](#)

Jo Conard, LMHC

[How to Take Care of your Mental Health](#)

Michelle Crouch, published in AARP, Healthy Living

[That Discomfort You're Feeling is Grief](#)

Scott Berinato, published in Harvard Business Review

[How to Talk to Someone with Alzheimer's](#)

Malia Wollan, The New York Times

[The Ins and Outs of Assisted Living](#)

Diane Vasaturo, LCSW

[Gardening for stress relief and connection](#)

Kae M. Petrin, St. Louis Public Radio

[Weight loss: Gain control of emotional eating](#)

Mayo Clinic

[Caregiver Articles by Guideposts](#)

Leah Newman, published on Guideposts.org website

[The Power of Encouragement](#)

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