

ISSUE - 5 | 2025

<https://lovingarmscareinc.com/>

LOVING ARMS CARE

journal

4 *Interview with
Jessie Thomas*

6 *Loving Arms Care
Corner*

8 *Caregiver Spot*



LOVING ARMS
HOME CARE

content

LAC JOURNAL published by
Loving Arms Care

Edit and Design
Cansu Ozbulut

Address: 716 Rio Road West Suite E,
Charlottesville,
Virginia 22901

Phone Number:
(434) 964-9431

E-mail:
info@lovingarmscareinc.com



**Owner's
reflections**

3

**Interview with
Jessie Thomas**

4

Loving Arms Care Corner

6

Caregiver Spot

8

owner's reflections

Dear Loving Arms Care Community,

As I reflect on the past few months, I am filled with pride and gratitude for the powerful connections and meaningful work that continue to shape our journey at Loving Arms Care. This issue beautifully captures the heart of our mission—serving with compassion, engaging our community, and celebrating the people who make our care exceptional.

This issue highlights **Jessie Thomas**, Activities Director at Charlottesville Health & Rehabilitation Center and Certified Dementia Practitioner, whose story reminds us of the healing power of empathy and the importance of leading with heart. Her dedication to intergenerational care and purposeful connection is truly inspiring.

We also celebrated the success of our **2nd Annual Health Fair**, where we gathered with community members and healthcare partners for a day of wellness and support. Moments like these reflect our deep commitment to building a healthier, more connected Charlottesville.

I am especially proud to spotlight **David Megginson** in this issue's Caregiver Spot. His thoughtful care, joyful spirit, and heartfelt words remind us of the impact one caregiver can have on so many lives.

To our clients, caregivers, and partners—thank you for continuing to walk with us. Your trust, support, and shared belief in our mission allow us to grow with purpose.

With warm appreciation,
Zakiya Toirova
Owner, Loving Arms Care Inc.



Jessie Thomas— Compassionate Leader in Senior Care

Meet **Jessie Thomas**, Activities Director at Charlottesville Health & Rehabilitation Center and Certified Dementia Practitioner. With over a decade of experience supporting older adults—and a personal journey rooted in caregiving from a young age—Jessie brings a powerful blend of empathy, resilience, and creativity to her work. In this interview, she shares how early life experiences shaped her calling, the importance of personalized care in dementia support, and the joy she finds in building meaningful connections between residents, staff, and even her own children.

1. Your journey in senior care began as a volunteer in your teenage years—how has that early experience shaped your work today?

I initially didn't plan to start volunteering; it was a requirement during my time in a group home while in foster care. To my amazement, I found it to be a healing experience, especially since I had spent my childhood caring for my siblings. This opportunity helped to bridge the emotional gap left by our separation. I continued to volunteer even after I moved into a foster home, where it was no longer required. Caregiving has always been a part of my life, and I learned valuable lessons about the level of care that older adults require. I discovered that volunteering can offer individuals a sense of belonging and purpose. This is why I establish resident volunteer groups at my centers.

2. As a certified Dementia Practitioner and Alzheimer's advocate, what do you believe makes the biggest impact in supporting those with memory-related conditions?



It's crucial to engage in every interaction with empathy and patience! Individuals with dementia or Alzheimer's often face confusion and fear, making it essential to provide reassurance and foster a sense of safety. I have discovered that personalized care plans—which consider an individual's history, preferences, and personality—can have a profound

impact. By tailoring activities to align with their interests, we not only support cognitive function but also promote joy and a sense of accomplishment.

3. How has involving your children in volunteer work influenced both your personal and professional life?

I deeply hope for my children to develop a heartfelt understanding of the world around them, cherishing the value of compassion and empathy towards others. I wish for them to nurture gratitude for their own circumstances, finding joy and appreciation in every aspect of their lives. Always remember that even in the most challenging situations, there is a silver lining to be found.

4. How do you balance your role in senior care with raising five children?

I thrive in chaotic settings! My children are my top priority, and I ensure this is understood when I accept a position. Thankfully, I've had supervisors who believe in the importance of intergenerational activities. Additionally, I'm quite skilled at my work—and so much more.

5. What are some creative ways you've fostered a positive environment for both staff and residents?

I thoroughly enjoy engaging in activities like scavenger hunts alongside both residents and staff. I have a particular fondness for competitive events, where residents team up with staff members for contests such as the best decorated pumpkin, gingerbread house, or artistic project. Additionally, we share many enjoyable social events together.

“

“Caregiving has always been a part of my life—it’s where healing, purpose, and connection all come together. When we lead with empathy and creativity, we can bring joy to every generation.”

— Jessie Thomas



Loving Arms in the Community: A Season of Impact

This season, Loving Arms Care Inc. is proud to reflect on the meaningful connections and celebrations that have defined the past few months. From sharing our mission with future caregivers at the UVA Career and Community Fair to engaging with local residents at The Center at Belvedere, we've embraced every opportunity to grow our impact.

We also celebrated the holidays and a special Day of Kindness with joy, gratitude, and community spirit. Our team marked the successful graduation of our latest PCA class and extended heartfelt thanks to all who support our journey. Together, we're building a future rooted in compassion, service, and care.





On Friday, April 18, 2025, Loving Arms Home Care proudly hosted our 2nd Annual Health Fair at JABA in Charlottesville. The event brought together healthcare professionals, wellness organizations, and community members for a day filled with connection, education, and support.

Guests enjoyed meaningful conversations, valuable resources, and a warm, welcoming atmosphere focused on health and community care. We're grateful to everyone who joined us and helped make the event a success!



Caregiver Spotlight: David Megginson

Client Favorite: Known for his calm presence and caring nature, David builds strong, trusting relationships with clients and their families, ensuring they feel safe, valued, and supported.

Dependable & Dedicated: David's reliability and professionalism shine through in every interaction. Families appreciate his consistent, thoughtful care and the peace of mind he brings each day.

Uplifting & Personable: With a friendly smile and a heart for service, David creates meaningful moments for those he serves—brightening routines with respect, compassion, and positivity.

David Shares:

"I truly love working at Loving Arms Healthcare. My employment as a PCA with Loving Arms gives me the opportunity to foster positive relationships with our clients and their families, which is truly fulfilling. We also benefit from a friendly and almost family-like work atmosphere in which we are allowed flexible work schedules."

Thank you, David, for the dedication, warmth, and professionalism you bring to our caregiving family!



Community Reflections

Charlotte Miller

"Loving Arms Care Agency is an absolutely amazing place to work. We are all a team in providing care for our clients; we love them. They are our family, and we are theirs."

Amanda Bennett

"Wonderful company to work for! Everyone is treated like family. Clients always come first!"

Gigi Toirova

"Amazing working environment and very loving team members. They really live up to their name!"

Asi T

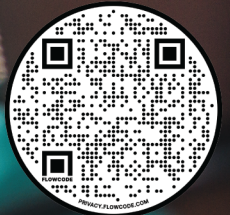
"Loving Arms Care is an excellent agency that cares about their caregivers and clients! So glad to work with them."

Cireia Chambers

"Loving Arms Care is a loving and caring agency to work for that really makes you feel like family. Also, they definitely care about their workers so much. If I had one word to describe them, it's EXCELLENT!!!"



Companion Care Services



visit our website

Providing Emotional Support and Companionship

At Loving Arms Care, Inc., we know companionship is key to emotional well-being. Our caregivers offer meaningful engagement, help with daily tasks, and a warm presence to ensure your loved ones feel supported and valued.

- Engaging conversation and companionship
- Support with hobbies and leisure activities
- Light housekeeping and home organization
- Nutritious meal preparation and shared dining
- Escort to medical appointments and social events
- Medication reminders and safety monitoring
- Encouragement for an active and fulfilling lifestyle

Why Choose Loving Arms Care, Inc.?

- Compassionate, trained, and experienced caregivers
- Customized care plans designed to meet individual needs
- Commitment to enhancing independence and joy
- Trusted, professional, and dependable service

CONTACT US

434-964-9431

716 Rio Road West, Charlottesville, Virginia 22901

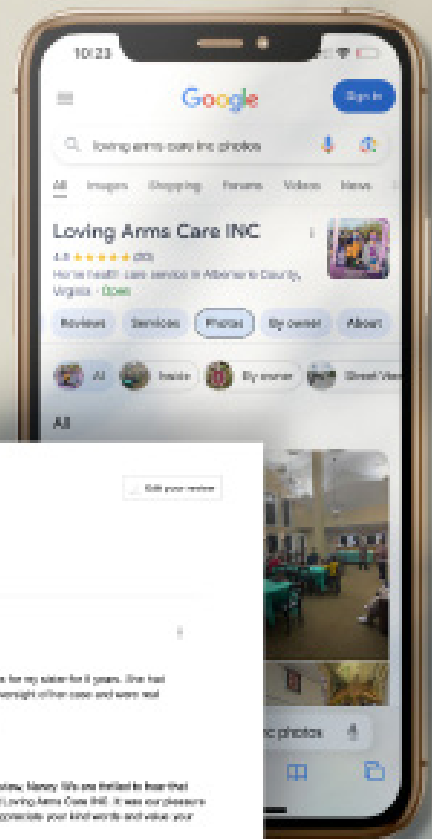
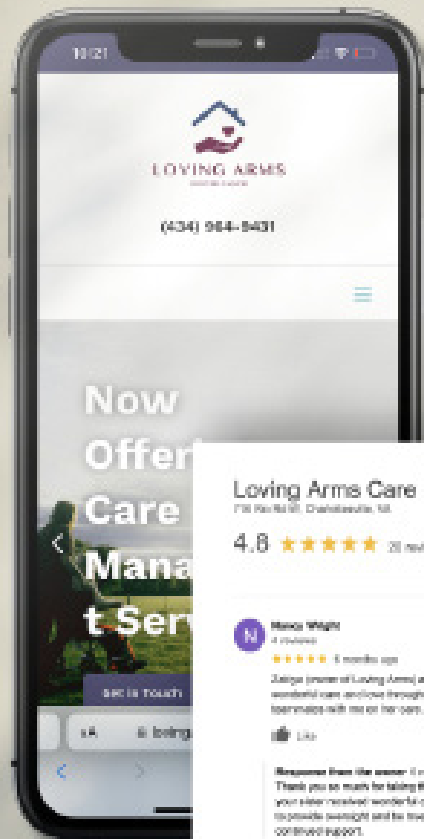


Together, We Care

CONTACT US

434-964-9431
716 Rio Road West, Charlottesville, Virginia 22901

LEAVE US A REVIEW



Loving Arms Care INC

4.8 ★★★★★ 28 reviews

Nancy Wright
4 reviews
6 months ago

Zelgia (owner of Loving Arms) and Loving Arms provided advice for my sister for 8 years. She had wonderful care and support throughout that time. They provided overnight relief care and were real teammates with me on her care. I can't say enough for them.

Like

Response from the owner · 6 months ago

Thank you so much for taking the time to leave such a kind review, Nancy! We are thrilled to hear that your sister received wonderful care and love from our team at Loving Arms Care Inc. It was our pleasure to provide overnight and be true teammates in her care. We appreciate your kind words and value your continued support.

Owner's Reply



A TO Z ECO CLEANING SERVICES

Home & Apartment Cleaning:

- Wood floors dusted/mopped
- Carpet vacuumed
- Clean front entrance glass
- Cobwebs removed
- Furniture dusted
- Reading + coffee tables cleaned

Bathroom Cleaning:

- Vacuum & disinfect floors
- Clean & shine sink
- Disinfect countertops and doors
- Clean & shine mirrors
- Clean & shine showers and tubs
- Disinfect toilets inside and out


Extra Services:

- Vacuum furniture
- Clean microwave, refrigerator
- Clean ceiling fans, light fixtures
- Clean blinds, windowsills

Office Cleaning:

- Empty trash bins, replace liners
- Spot clean walls and carpets
- Sweep, mop floors
- Wipe interior wall glass
- Disinfect telephones
- Dust workstations



 (434) 201 8083