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LOVING ARMS
HOME CARE

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owner's reflections

Dear Loving Arms Care Community,

As we welcome a new season filled with warmth, growth, and connection, I find myself reflecting once again on the extraordinary people and quiet moments that define our Loving Arms family.

In this issue, we are honored to feature Kate Daniels, Managing Partner at Blue Ridge ElderCare Advisors, whose wisdom and heartfelt advocacy for seniors remind us of the power of planning, presence, and community collaboration. Her words inspire us to continue bridging the gap between clinical expertise and compassionate care.

We are also deeply moved by the story of Kayla and Miss Deborah, whose shared love of gardening blossomed into something much more than a hobby—it became a daily ritual of joy, renewal, and purpose. Their journey is a reminder that healing often happens in the most ordinary moments, and that the smallest acts of thoughtfulness can spark lasting transformation.

In our Caregiver Spotlight, we shine a light on Imane Kondo, whose dedication, reliability, and loving spirit embody the values we hold dear at Loving Arms.

To all of our caregivers, clients, and community partners—thank you. You are the reason we continue to grow, evolve, and care with intention. Your stories, your trust, and your shared belief in what we do give us the strength to keep moving forward.

With heartfelt gratitude,
Zakiya Toirova
Owner, Loving Arms Care Inc.



Kate Daniels — A Compassionate Advocate for Seniors and Families

Managing Partner & Senior Advocate at Blue Ridge ElderCare Advisors | Certified Senior Advisor (CSA)

Meet Kate Daniels, Managing Partner of Blue Ridge ElderCare Advisors and a Certified Senior Advisor. With a background in hospice care and firsthand experience navigating family transitions, Kate brings clarity, empathy, and dedication to her work with seniors and their loved ones. In this interview, she shares what led her to the field, what makes her approach different, and why planning ahead is one of the most powerful gifts families can give each other.



1. What experiences have most shaped your passion for guiding families through home care and end-of-life transitions?

My experiences with hospice were sometimes so rewarding and sometimes very difficult. I learned so much about the frustrations, overwhelming misunderstandings and dread regarding the many choices Seniors and their families face at end of life. There were also many happy moments when a plan came together and a loved one could pass peacefully. Watching families struggle with decisions about what care they could provide, what care they could afford and where their loved one might spend their final days/weeks/months really led me to this passion for helping families make these kinds of decisions, maybe even before it was a crisis or hospice was involved. Helping my Mother In Law relocate to Charlottesville from Tennessee as a “solo ager” about three years ago also shaped my understanding of the complexities of the Senior facility searches. There is

so much to be considered in that aspect alone. Then there was the transitioning of all her medical care from another state and coordination of care. I was able to understand and advocate for her needs so much better by her side than on the phone. Her medical conditions have all improved since receiving care in Charlottesville with physicians I personally know and trust. And we found the absolute best facility for her and she's thriving. This also really shaped what I do now.

2. What sets your approach apart at Blue Ridge ElderCare Advisors?

Our approach at "BRECA" is based in part on our clinical knowledge and understanding of chronic illness with a focus on optimizing health at any setting. We begin with all new clients by reviewing their medical records first to gain an understanding of their conditions and needs. This is ongoing and a routine part of our oversight. Then we offer the comprehensive home visit to review their living arrangements, caregiving situation and how they are functioning at their best in that environment. We take into consideration their goals and help them to establish a care plan to meet them. If the clients are looking for a community to move into, we can help from start to finish. By coordinating with our partners in the community, we can bring in the right level of support when needed and assist them in resource finding by reviewing their financial situation. We love our community partners, like Loving Arms! We are unique in that we are not a chain or a franchise but we are independent practitioners and have no "territory restrictions" We can go anywhere from Richmond to Culpeper, Staunton to Fredericksburg. And All points in between.

“

“Serving seniors isn’t something one does for the money, or you wouldn’t make it very long.”

– Kate Daniels, CSA



3. Why are Advanced Directives and Living Wills so important in your work?

Advanced Directives, when done well and completed with a thorough understanding of options, can really help us to guide important decisions and improve outcomes. Families experience a good deal of uncertainty when faced with crisis or urgent healthcare decision making. I've had the most positive experiences when a loved one has put in the time to have those difficult conversations in advance of a health challenge, we have been able to look back on the documents and see there is a clear path to the next decision point. Finding peace and being able to allow for someone's wishes, while having the time to prepare and say goodbyes, are positive outcomes when death is inevitable. Dying is a part of life and is always inevitable, and we can help make it easier for all. I'm passionate about using palliative and hospice care in a care plan whenever possible to assist with this goal.

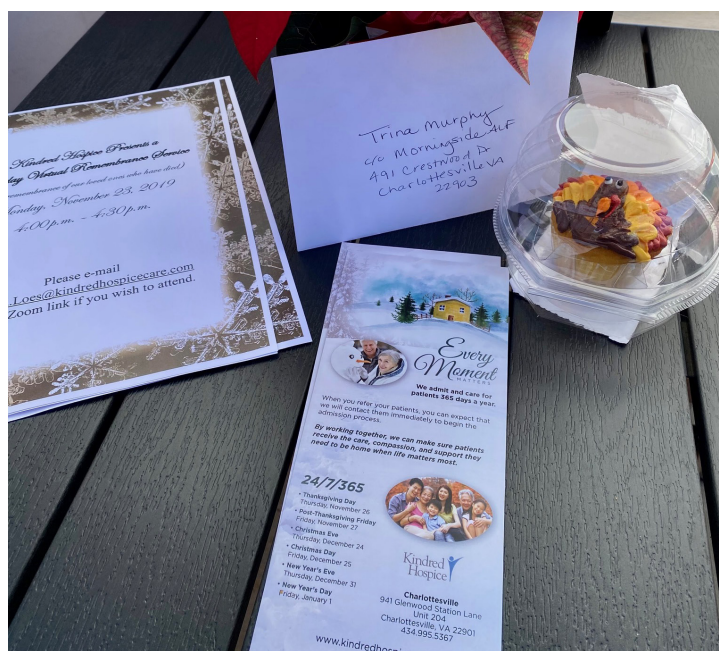
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“Dying is a part of life and is always inevitable, and we can help make it easier for all.”

– Kate Daniels, CSA

4. How have your personal values and community connections influenced your work in elder care?

I've always said that I love working with head as well as my heart. This field allows for that, and I can't help but share my heart. I've been told I wear my heart on my sleeve all my life. Lucky for me, I think all our valuable community partners see and appreciate this because they do the same. Serving seniors isn't something one does for the money, or you wouldn't make it very long. As a Certified Senior Advisor, I am proud to be able to leverage my knowledge and experience to benefit the Seniors we serve. Valuing the relationships between other providers, I make those connections with trust that they will take good care of those clients I refer. And vice versa!



LAC Corner: Moments That Matter

This season at Loving Arms Care, we've continued to celebrate connection, compassion, and community in meaningful ways. We hosted inspiring live events featuring special guests from the local area, creating space for shared stories and dialogue. CNA Week kicked off with joy as we honored our incredible caregiving team through celebrations, meetups, and daily moments of appreciation—reminding us just how essential and valued our CNAs are. We're also excited to share that Loving Arms Care was first nominated and has now advanced to the voting round for Charlottesville's Finest - Home Health/Hospice Services. Thank you to everyone who has supported us so far! As we move forward, we remain committed to showing up with heart in everything we do.



Growing Joy: How a Garden Brought Kayla and Miss Deborah Closer

At Loving Arms Care, we believe that healing and happiness often bloom in life's simplest moments—and this summer, that belief came to life through the beautiful bond between our caregiver Kayla and one of our cherished clients, Miss Deborah.

When Kayla learned that Miss Deborah used to love gardening, she saw an opportunity to bring that joy back into her daily life. Together, they began building a small backyard oasis—complete with vibrant flowers, a raised bed, and a routine filled with fresh air and purpose.

What started as a few potted plants soon blossomed into something far more meaningful. Each morning, Kayla and Miss Deborah would head out to the garden to tend to the blooms. With every watering, every petal admired, and every weed pulled, they weren't just nurturing plants—they were nurturing a sense of peace, connection, and joy.

Now, that garden is more than just a patch of soil. It's part of Miss Deborah's daily routine. It gives her something to look forward to, a space to reflect, and a chance to reconnect with a hobby she once loved.

Kayla's thoughtfulness turned a simple idea into a deeply meaningful part of Miss Deborah's life—and it's a beautiful example of what personalized, heart-centered caregiving looks like.

At Loving Arms Care, our caregivers go beyond tasks. They listen, they notice, and they care about the whole person—mind, body, and spirit.

We're proud of Kayla and inspired by the joy she's helped Miss Deborah rediscover.

Because sometimes, healing really does happen in the small things.



Caregiver Spotlight: Imane

Compassionate & Family-Centered

Originally from Togo, West Africa, Imane brings deep warmth and empathy to her role at Loving Arms. Her approach to caregiving is rooted in genuine love—treating every client with the same care and respect she would give her own family.

Reliable & Devoted

Imane's strong work ethic and dependable nature shine through each day. She is known for her consistent support, attentive care, and unwavering commitment to the well-being of her clients.

Uplifting & Heartfelt

With a big heart and a beautiful spirit, Imane lifts up those around her—creating comfort, trust, and connection in the lives of the individuals she serves.

Imane Shares:

"My name is Imane Kondo. I am from Togo, West Africa. I love to help people and take care of them like my own family or parents. I love working at Loving Arms because my boss is a nice person—she has a good heart and is a hardworking person."





Community Reflections

David Megginson

"I recently joined this team as a caregiver, however this will be as impartial a review as possible. Even though loving arms is as professional of a company of care takers as you well find, they treat their team more like family. It has a refreshing and team based atmosphere that fosters genuine compassion in its caretakers. I am blessed to be a part of its family."

A. Manny

"I have never encountered a company, even in the United States, that so effectively integrated European customs and values into its employee culture, resulting in a powerful transformation. It was remarkable to observe the demonstrable value placed on healthcare workers, treating them as individuals rather than mere statistics. This fostered a renewed emphasis on compassionate bedside care, strengthening bonds between families, the care team, and patients. The company's commitment to valuing its employees is clearly evident in its ethos: "We're so much more than a number." Thank you for you're team."



LOVING ARMS
HOME CARE



visit our website

Full Care Services

Compassionate Assistance for Daily Living Activities

At Loving Arms Care Inc., we offer 24/7 Full Care, supporting all daily living needs while ensuring comfort, safety, and quality of life.

- **Personal Care:** Bathing, grooming, dressing, and hygiene support.
- **Mobility Assistance:** Help with walking, transfers, and repositioning.
- **Companionship:** Emotional support and engaging activities.
- **Medication Management:** Organizing and administering medications.
- **Meal Prep & Feeding:** Nutritious meals and eating assistance.
- **Housekeeping & Laundry:** Light cleaning and laundry services.
- **24/7 Care:** Continuous supervision and support.

Why Choose Loving Arms Care Inc.?

- **Personalized Care Plans** designed around your loved one's unique needs.
- **Experienced, Compassionate Caregivers** who are thoroughly trained, background-checked, and dedicated to providing exceptional care.
- **Family Support:** We work closely with families to provide peace of mind and a higher quality of life for their loved ones.

CONTACT US

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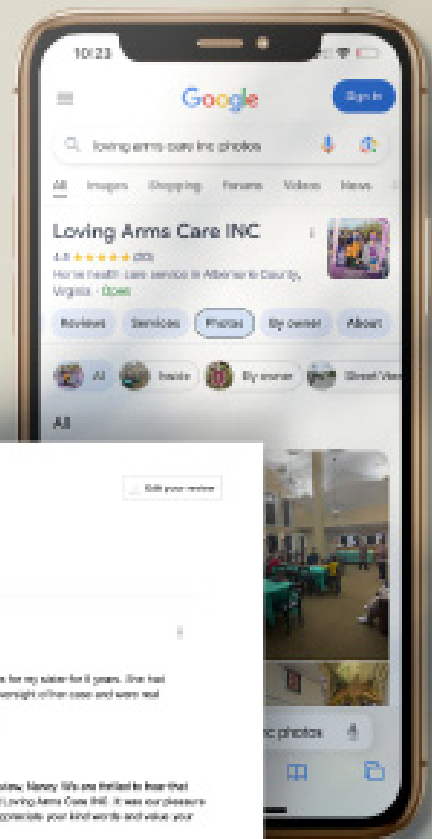
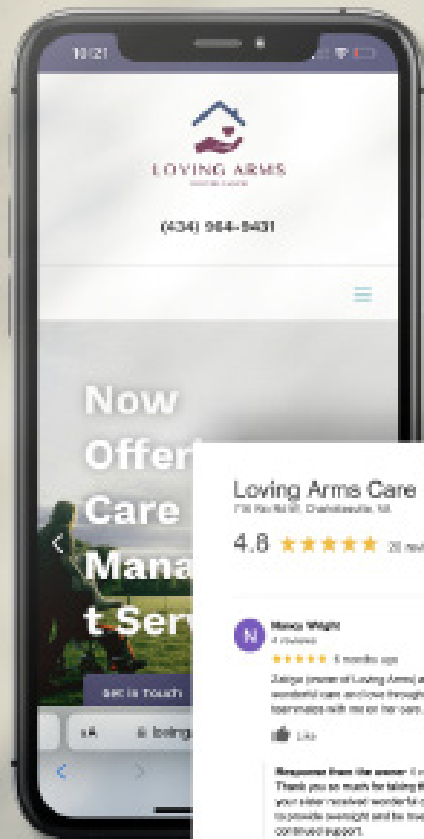
Together, We Care

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LEAVE US A REVIEW



Loving Arms Care INC

716 Rio Rd W, Charlottesville, VA

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



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