



RITA'S CARE AT HOME LLC
STAY INDEPENDENT WITH A HELPING HAND FROM US



NEWSLETTER

SEPT. 2026

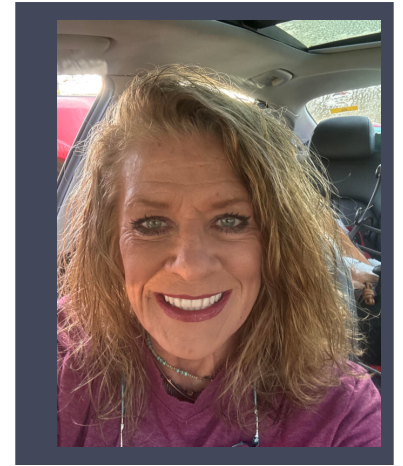
ISSUE #121

Caregiving Updates



EMPLOYEE SPOTLIGHT: Brenda Lovett

Our Employee Spotlight shines brightly on Brenda Lovett for the month of September. We absolutely adore Brenda and all the hardwork that she puts into caring for those in need. She has only been with Rita's since May of this year but her impact is already been felt. She said, "I love working at Ritas Care At Home for many reasons but I call them blessings because of the people I get to know ,care for , and work with. My work environment is very nice and supportive in the event of any issues that may arise. I love being in the caregiver role and have always had a strong connection to help those who need help if and when things happen or have changed. I live with my two dogs 🐕, 5 hens a rooster and 2 ducks 🦆 lol. I like big trucks as well as many animals I have 2 grown children. A daughter, Rachel, 38 and Matthew, 28."



National Suicide Prevention Month

- September is National Suicide Prevention Month, a vital time to raise awareness, promote hope, and normalize seeking help for mental health challenges. At Rita's Care at Home, we believe that strong connections and compassionate companionship play a critical role in supporting the emotional well-being of seniors and individuals receiving in-home care. Isolation and mental distress can affect anyone, but open conversations save lives. Our caregivers are dedicated to providing not just physical assistance, but a listening ear and emotional support to ensure no one feels alone. If you or a loved one are going through a difficult time, please remember support is available 24/7:
- 988 Suicide & Crisis Lifeline: Call or text 988 (Free, confidential, and immediate support).
- Crisis Text Line: Text CONNECT to 741741.
- Tennessee Crisis Line: Call 855-CRISIS-1. Let's work together to change the narrative surrounding mental health and look out for the vulnerable individuals in our community.



Rita's Words

C	G	W	D	Z	W	W	B	F	U	Z	F	E	S	U
S	A	N	A	I	K	H	A	A	S	Y	E	R	O	H
K	U	R	I	R	D	U	X	M	N	K	R	A	C	E
N	T	P	E	P	M	X	D	I	P	L	C	C	G	F
C	P	P	P	G	L	T	W	L	U	C	R	E	N	O
Q	Y	O	E	O	I	E	H	Y	H	Z	E	M	M	W
F	O	V	F	V	R	V	H	W	D	U	V	O	U	I
J	O	G	P	N	M	T	I	K	B	R	L	H	Z	U
L	R	L	C	O	M	M	U	N	I	T	Y	F	R	C
W	P	N	E	L	G	A	H	N	G	V	N	H	C	P
R	I	T	A	S	C	A	R	E	A	T	H	O	M	E
F	V	D	R	E	E	S	S	E	N	N	E	T	B	W
D	O	L	L	Y	P	A	R	T	O	N	N	W	N	L
S	U	N	C	Q	Q	X	Z	Z	G	S	O	E	S	Y
S	E	C	I	V	R	E	S	R	O	I	N	E	S	V

FIND THESE: Caregiving, Community, Dolly Parton, Family, Helping, Home Care, Love, RitasCareAtHome, Senior Services, Support, Tennessee, Warmth

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