

**August is Wellness Health Month**

At Tsali Care Center we offer a variety of activities for our residents to encourage wellness.

**Tips To Encourage Wellness As You Grow In Age:**

- Eating Healthy
- Doing some kind of physical activity at least once a day.
- Social Engagement

**How Do We Encourage Wellness At Tsali?**

Each day there is an activity for the residents to do. Being in the mountains, we try and do outside activities as much as the weather permits. Residents can participate in creative painting, bingo games, and even get their exercise while playing cornhole. The goal is to get the residences up and moving at least once a day and keeping their mobility consistent.

Call Center : (828) 497-5048

**TSALI CARE CENTER**

267 Tsali Care Way, Cherokee, NC 28879  
www.Cherokeehospital.org

**Bingo Tuesday**

**TSALI CARE CENTER**

**TSALI CARE CENTER**

**WANTS TO THANK**

**CNA WEEK**

**FOR ALL YOUR HARD WORK AND DEDICATION**

**ALL OF OUR CNAS**

**Firework Eye Safety Awareness Week**

**2,000**  
People in the U.S. suffer from eye injury caused by fireworks.

**65%**  
Of people in the U.S. that suffer from eye injury due to fireworks were Bystanders.

**What Can You Do To Prevent Eye Injury**

- wear protective glasses or goggles
- stay a safe distance from the fireworks
- always use fireworks outdoors
- be aware of your surroundings when using fireworks
- follow the local laws
- be prepared for emergency contact

**What Are The Injuries?**

- Corneal Burns
- Chemical and Thermal Burns
- Corneal Abrasions and Lacerations
- Retinal Detachment
- Hyphema
- Traumatic Intraocular Hemorrhage
- Cataracts
- Glaucoma

If you need more information or help with eye injuries contact CHIA Eye Center at 828.497.5183 ext. 5495

**CHEROKEE INDIAN HOSPITAL AUTHORITY**

**TSALI CARE CENTER**

THE TSALI CARE CENTER WISHES EVERYONE A

**Happy Independence Day!**

Let's celebrate our beautiful nation together!

# CHIA, Tsali Care Center, and Analenisgi Social Media Content

During my internship with the Cherokee Indian Hospital Authority, I had the opportunity to work closely with the Tsali Care Center, where I quickly took on a leading role in managing social media communication and supporting the public relations department. My work focused on strengthening the visibility of the Analenisgi Program and other key services by creating clear, engaging, and culturally informed content. I developed social media posts, designed promotional materials, and assisted with messaging strategies that helped the programs connect more effectively with the community. This experience allowed me to apply my skills in communication, design, and outreach while contributing meaningful work to a healthcare system dedicated to serving the Eastern Band of Cherokee Indians.





# Cherokee Speedway Social Media Content

I create social media content for Cherokee Speedway to promote events, engage fans, and highlight key updates. I take and edit the images myself, then use Canva Pro to design the final graphics. This includes creating confirmation posts for big-money races to ensure fans and participants have the latest information, as well as merchandise promotion posts to drive sales and showcase official speedway gear. Each post is crafted to combine eye-catching visuals with clear, concise messaging, helping to grow the track's online presence, increase engagement, and strengthen the connection between the speedway and its audience.





# Grayson Wells Social Media Content

I create social media content for the Grayson Wells Racing Team to highlight race events, driver updates, and team achievements. I edit all images used in the graphics and design each piece in Canva Pro to ensure a polished, high-quality look. My work includes creating posts for race announcements, merchandise promotions, and fan engagement, combining bold visuals with clear messaging. Each piece is crafted to reflect the team's brand, excite fans, and strengthen their connection to the team both online and at the track.