

## Tinisha Moffitt, BA, LNFA

### Administrator, Caraday of Mineola



With its location as part of a Main Street Community, Caraday of Mineola embraces a personalized and homelike sense of community. The focus is solely on building the health and function of residents, whether they are recovering from a hospitalization or need more specialized long-term care.

The team of healthcare experts and professional caregivers work closely with residents and their families to develop individualized care plans to get back to the highest functional level possible.

Tinisha Moffitt, a proud graduate of the University of Arizona, has an extensive background in healthcare management and a passion for Naturapathic Medicine.

Along with her husband and four children, Tinisha moved to East Texas in 2009. Family values are at the core of her identity, influencing her approach to leadership within Caraday. Understanding the importance of creating a home-like environment for our residents, she is driven to ensure everyone feels at home, heard, loved, safe, and cared for.

Outside the office, Tinisha loves to write science fiction and watch basketball. Though she was born in Philadelphia, Pennsylvania, she has been a Boston Celtics fan since childhood. Her background lends her a great appreciation for the world and of the diverse foods and cultures it has to offer. Tinisha is Ayurvedic, which in the simplest terms means she believes medicine is about much more than just providing treatment. It is her deepest belief that balance is the key to life. It is this belief system that contributes to her endless pursuit of a balanced environment for both our team members and residents.

“It is my belief that only by understanding how we arrived at a place in our careers, state of health, and life; that we begin to recover from the things that ail or stress our bodies. By rebalancing our mind and bodies, we renew our health”.

**We're here for you. Call us at 903-569-5366  
or visit [caradayhealth.com/caraday-of-mineola](https://caradayhealth.com/caraday-of-mineola)**