

TABITHA'S TIPS AND TALKS

Your weekly connection to education, events, and inspiration!

FEBRUARY 3RD, 2025 TO FEBRUARY 9TH, 2025



WELCOME!

Welcome to this week's Just Us Retirement newsletter! We're here to keep you informed with our latest webinars, short-form videos, upcoming events, and community highlights. Whether you're looking for expert insights, important updates, or a little inspiration, we've got you covered.

SPEAKER SHOWCASE

JT Hunter, CDP is CEO of REMT Care Partner Coaching and Co-owner of Equipped, Empowered and Enabled, LLC. For more than 16 years JT has facilitated caregiver support groups, trained numerous healthcare and long-term care providers nationwide, and participated in a wide variety of work groups focused on making life a little better for those with a dementia and those who care for them.



THE ROAD TO DEMENTIA DIAGNOSES
CLICK THE CENTER BUTTON TO WATCH NOW!



TABITHA SAYS:

I sat down with JT, and we had one of those conversations that just sticks with you. If you've ever felt overwhelmed trying to understand dementia, you're not alone. We hear the word all the time, but what does it actually mean?



FUNNY MOMENTS

Due to the craziness of the holidays, (along with our busy time of year, Annual Enrollment Period), Just Us had to take a break from posting and creating social media content.



WELCOME BACK!

Now, we are back and better than ever. This week we posted our "welcome back" video to facebook. It featured some of our agents and admin being silly and dancing to Eminem's "Without Me."

CLICK THE RED BUTTONS TO WATCH OUR VIDEOS!

THOUGHTS FROM TABITHA

THE IMPORTANCE OF PLANNING:

*I was learning about dementia and how different types require different plans for care. And it hit me... how many of **us** actually take the time to think about and communicate **our own** wishes for care when the time comes? We all hope we'll stay independent forever, but life doesn't always go as planned. And if something happens, will your loved ones know what **you** want?*

*These are hard conversations, but waiting until there's a crisis makes them even harder. So, I made this short video to share why this hit me so strongly—and why I think **everyone** should be having these conversations *now*, not later. If you've already talked to your family about your future plans, what's one thing you included? And if you haven't—what's holding you back? Let's start the conversation.*



DEMENTIA DEEP-DIVE

UNDERSTANDING THE DIAGNOSES

Not all dementias are the same. It's important to ask your loved one's doctor for as much information as possible about their specific type of dementia, how it typically progresses, and what treatment options may help.



ALZHEIMER'S DISEASE

The most common form of dementia, Alzheimer's typically starts with short-term memory loss and progresses to confusion, personality changes, and difficulties with speech and mobility. Planning early is crucial, as the disease can span many years.

LEWY BODY DEMENTIA

Known for its fluctuating symptoms, hallucinations, and movement issues, Lewy body dementia can cause unpredictable behavior and requires specialized medication management. Some common dementia medications can actually make symptoms worse, so working with a knowledgeable doctor is essential.

VASCULAR DEMENTIA

Caused by reduced blood flow to the brain, this form of dementia often follows strokes or other cardiovascular issues. Symptoms may include difficulty with problem-solving and focus rather than memory loss.

FRONTOTEMPORAL DEMENTIA

Unlike Alzheimer's, which starts with memory loss, FTD often begins with behavioral and personality changes. This can be particularly challenging for families, as their loved one may act in ways that seem out of character.



STEPS AFTER DIAGNOSES



Schedule follow-up appointments. Dementia care is ongoing. Regular check-ups will help monitor changes and adjust care as needed.



Keep a symptom journal. Documenting daily behaviors, mood changes, and memory issues can help doctors fine-tune treatment and medication.



Ask about clinical trials. Some dementia patients may qualify for research studies or new treatments that could help slow disease progression.

STAY IN TOUCH

Below are some ways you and your loved ones can stay up to date with our upcoming events, educational seminars, and webinars. You can find our funny Tiktok's posted here as well!



[WV MEDICARE QUESTIONS](#)

Click above to see our private Facebook Group, where you can find trusted advice from our experts.



[JUST US RETIREMENT SOLUTIONS](#)

Click above to see our Just Us Retirement Facebook page where we keep you up to date on educational content and events



[OUR YOUTUBE](#)

Click above to see our Just Us Retirement YouTube, where we frequently post our funny videos and webinars.



TABITHA SAYS:

If you're not following us on social media yet, you're missing out! We post valuable Medicare tips, behind-the-scenes insights, and updates to help you stay informed and empowered in your journey. Our goal is to make complex topics simple and give you the tools to make the best decisions for your future.

5 STAR REVIEW



If you need help with your Medicare and retirement don't go anywhere else. Give Tabitha and her staff a call and they will handle everything. This group is amazing, very knowledgeable and will help you every step of the way. They will answer any questions you have and definitely do what is best for you.

Leslie S.



WE ARE HERE FOR YOU!

We know that planning for the future—whether it's healthcare, retirement, or long-term care—can feel overwhelming. These are big decisions, and sometimes, they're not the easiest to talk about. But you don't have to navigate them alone.

We're here to support you every step of the way. Whether you have questions, concerns, or just need guidance on where to start, our team is always ready to help. No pressure, no obligation—just honest, straightforward support tailored to your needs.



OFFICE LOCATIONS



CHARLESTON, WV
1210 Virginia Street E,
Charleston, WV 25301



HURRICANE, WV
400D Prestige Park Drive,
Hurricane, WV 25527



PARKERSBURG, WV
3307 Emerson Ave,
Parkersburg, WV 26104



PT. PLEASANT, WV
44 Cape Lane Suite A,
Point Pleasant, WV 25550



MILTON
1065B South Main Street,
Milton, WV 25541



BECKLEY
Coming Soon!

IF YOU'D LIKE AN APPOINTMENT, FEEL FREE TO GIVE US A CALL , OR VISIT OUR WEBSITE

(681)-340-1377

WWW.JUSTUSRETIREMENT.COM