

TABITHA'S TIPS AND TALKS

Your weekly connection to education, events, and inspiration!

MARCH 3RD 2025, TO MARCH 16TH 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.



SUPPORTING FAMILY CAREGIVERS

CLICK THE VIDEO AT THE BOTTOM TO WATCH NOW



TABITHA SAYS:

Taking care of a loved one is one of the most selfless things you can do, but that doesn't mean it should come at the expense of your own health and happiness. Too often, caregivers put themselves last, thinking that their needs aren't as important. The truth is, you can't take care of someone else if you're running on empty.

SUPPORTING FAMILY CAREGIVERS

Taking care of a loved one is one of the most selfless and meaningful things you can do. It's an act of love, devotion, and deep commitment. But caring for someone else should never mean neglecting your own health, happiness, or well-being. Caregivers deserve to honor their own needs, recognizing that their well-being is just as important as the person they support. Prioritizing rest, balance, and self-care isn't selfish—it's essential. **You cannot pour from an empty cup, and when you take care of yourself, you are better equipped to provide the level of care and support your loved one truly needs.**

That's why Jo Horne created the Caregiver's Bill of Rights—a **powerful reminder that your well-being matters too.** This list of rights is designed to help caregivers recognize that they are just as deserving of care and compassion as those they support. By acknowledging these rights, you give yourself permission to set boundaries, ask for help, and prioritize self-care without guilt.

Honoring these rights isn't just about you—it's about ensuring that you can continue being the best caregiver possible. When you take time to recharge, rest, and seek support, you show up as a stronger, more present, and more capable caregiver. Neglecting your own needs doesn't make you more devoted—it makes the caregiving journey harder on both you and your loved one.



THE CAREGIVER'S BILL OF RIGHTS
CLICK THE LINK BELOW TO READ THE FULL BLOG



THE CAREGIVER'S BILL OF RIGHTS



You Have the Right to Take Breaks

Taking breaks isn't selfish—it's necessary. Even short moments to breathe, rest, or do something you love can help you recharge. You deserve time for yourself, just like anyone else.



You Have the Right to Ask for Help

Caregiving is a team effort. Whether it's family members pitching in, hiring part-time care, or using respite services, accepting help makes caregiving more sustainable in the long run.



You Have the Right to Feel Your Emotions

Caring for someone with an illness can bring up a lot of emotions. You might feel sad, frustrated, resentful, or even angry at times. That's okay. What you're going through is hard. Finding a safe place to talk can help you process these feelings.

CAREGIVING AS A PARTNERSHIP



WHAT DOES CAREGIVING AS A PARTNERSHIP LOOK LIKE?

Caregiving is often seen as a one-sided responsibility, where one person provides care and the other simply receives it. But true caregiving is a partnership—one that focuses on dignity, independence, and mutual support. When caregivers and care recipients work together, it fosters a stronger, healthier, and more positive experience for both.

CAREGIVING IS A RELATIONSHIP

Shifting your mindset from “doing for” to “doing with” can transform the caregiving experience into one of deeper connection, shared moments, and mutual respect. You’re not just caring for someone—you’re walking alongside them through this journey.

If you’re feeling overwhelmed or unsure of how to build a more balanced caregiving approach, support is available. Reach out to a dementia care expert like JT Hunter at remtme.com to develop a personalized care plan that fosters independence, connection, and mutual support. You don’t have to figure this out alone.

CARE IS A JOURNEY YOU TAKE TOGETHER



Instead of “doing everything for them,” find ways to do things together.



Instead of focusing on what’s lost, emphasize what remains.



Instead of making all the decisions, involve your loved one in choices



CAREGIVING AS A PARTNERSHIP

CLICK THE LINK BELOW TO READ THE FULL BLOG

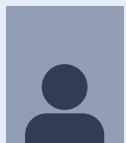


TIPS FROM CAREGIVERS



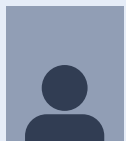
We used phones that read their messages to them because they had eyesight issues impairments

Tracy



My mother has been gone for many years, and since then, a lot has changed. I now care for my adult son, who, in many ways, requires support similar to that of a senior. I often think about the tools that could have made our lives easier, like Alexa, which is excellent for setting reminders and managing medications. Keeping track of medications and reminders was a daunting task, especially considering everything else I had to manage. Other tools and resources, pillpacks can be a good medication risk management tool. The use of MyChart, if available assist caregivers with medical notifications

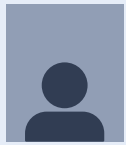
Dee



I cared for my Mom and Husband. I made sure I spoke to them directly about whatever I was doing for them.... Even if I was sure they couldn't hear me.... I made sure their favorite program or music was playing in the background. Make sure your towels and linens are soft. Older skin is sensitive. Keep plenty of lotion on hand, chapstick and those little sponges mouth swabs that are in different flavors. Make their favorite goods, but make sure to have lots of water and juice and straws on hand.

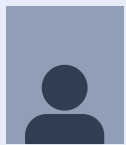
Lynn

TIPS FROM CAREGIVERS



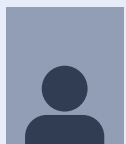
An elder care lawyer. That is the one thing I've gone back to so many times - before my dad got even sicker he and my mom set up a trust & POA's. Without that POA paperwork specifically I would not have gotten as far as I could. Things move a lot more smoothly and quickly when you have that. Also something I really wish I had over these years, was someone to talk to such as a therapist. I keep a lot of stuff bottled in even when normal people ask me, because in good conscience I can't place that mental burden. And I've come to learn people will only understand you so far

Lizzie



A meal service with food for dietary restrictions - we used mom's meals, a cleaning service, someone to come a few times a week for bathing and errands (if the caretaker doesn't live in the house like I didnt), as many tele-health and in home health services as possible (everyone came to my dad, including his primary care), a fall alarm like life alert, a pet and someone to help care for the pet for companionship, a plan for caretaker reprieve services, finally the wonderful people at hospice.

Jenn



As their advocate, get to know their doctors and those that surround her/him well. Ask questions. Most older adults don't question their Dr's in my experience. They take whatever they say and do it. Ask, ask, ask. Why, consequences, etc. They can become your best asset if you approach them in the right way. In the hospital, get to know the social worker, tell them your struggles. It can be make the difference of a 3 day stay or more to help you prepare for what/where they may go from there. I always compared it to a snowball with each incidence. If I could stop it, great. If not, it grows larger and keeps rolling. Never a good outcome.

Pam

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



Stacey was very friendly and accommodating. She went over every detail of the Medicare Advantage plan (and MediGap) in a thorough manner. I would recommend her and Just Us Retirement to anyone seeking advise on these topics.

Irene H.



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



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MILTON
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