



Workshops and Seminars

Together we can create a kinder, stronger and healthier community for our older neighbors.



bringingbackthevillage.org



About

Bringing Back the Village is an umbrella organization of businesses and programs that center on senior services. In 2017, A local minister asked Tabitha Justice to teach his church ways to help seniors. Tabitha reached out to other senior experts, and this sparked a movement! Soon, dozens of speakers were aligning to teach easy steps on “creating a kinder, healthier and stronger community for our older neighbors.” The members of Bringing Back the Village firmly believe there are already many exceptional programs available that are doing a great job. However, there’s a lack of awareness about these programs. This collaboration allows the professionals to network together to help increase community awareness and support for our older neighbors. Whether by inviting us into your community to hold seminars, sharing our Facebook videos, or even having a simple conversation with someone about what you’ve learned, all of us can take small steps to make significant changes in our community.

A message from our founder, Tabitha Justice:

My experiences have taught me that society mostly ignores the obstacles older adults face until it becomes a crisis point. We seem to fear that if we ask an older adult if they are okay, the answer may be “No, and I need help.” Then we find ourselves feeling not only responsible but also fearing we are unprepared and unequipped to help! So instead, it’s ignored until it can no longer be ignored.

We believe we can change this simply by teaching people to have conversations with their neighbors again. Through BBTV we have experts in the senior industry conduct seminars in small communities. We teach how to spot an older person in need, how to have a conversation to open them up to receiving help, and the resources that are available to improve their quality of life. We believe change doesn’t always require big steps, but rather significant changes can happen with simple but empowering conversations. Together we can create kinder, healthier and stronger community for our older neighbors.



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What does a crisis look like?

We often think of a crisis as a sudden unexpected disaster that dramatically and noticeably effects a person's life. However, for our most vulnerable citizens, a crisis is often much less apparent but can still lead to dramatic and negative changes to a person's mental, physical, and emotional health. Fortunately, these crisis moments can often be prevented or at least quickly addresses and resolved with the right resources and attention. Unfortunately, the opposite usually happens, and a small crisis will have a domino effect that causes many other types of crises with increasing severity.

- ⊘ Skipping doctors appointments, trips to the grocery store and ceasing to visit family and friends because of lack of transportation or there is not a safe way to get out of the home. (no ramp/rails and/or unsafe steps)
- ⊘ Hoarding (whether because they believe things to be valuable/important, or because they simply cannot clean things up).
- ⊘ Out of medications because of the price or inability to pick up medication. This can cause chronic conditions that were previously controlled to become out of control and cause additional complications.
- ⊘ Being distracted and taking the wrong medicine or taking too much medicine.
- ⊘ Increased risk of falling or exacerbation of medical issues due to environmental hazards in the home. (Heating and cooling issues, holes in walls/floors, unstable foundation, lack of access to safe water.)
- ⊘ Health Insurance that does not properly cover medications and physicians.
- ⊘ Being taken advantage of by people. (Family members, scammers or neighbors stealing income and medications. People promising home repairs and not doing them.)
- ⊘ Lack of a local support network and becoming increasingly isolated and undernourished.

Preventing the Crisis

The first step to preventing Crisis situations to build a firm foundation of support that will enable the community members to thrive mentally, emotionally, and physically. Of course, it is virtually impossible to build a perfect society, so additional steps are required to create open and easily accessible layers of support and help. These workshops are about building a firm foundation of support, making sure we are properly integrating seniors and having purposeful and empowering conversations with them, and knowing which resources are available for help.



The Importance of Community

In America, we still acknowledge that “it takes a village to raise a child,” but the village is also supposed to be there as we age. Unfortunately, the village that cares for our older neighbors has almost completely vanished... until now! Bringing Back the Village aims to support the medical, functional, emotional, social, and spiritual needs of older adults by coordinating and delivering educational services and supports within their communities. We all have a role to play and this seminar will explain the village concept, mission, and purpose. You'll learn how the village impacts the whole community and how communities can become part of the village to positively improve the lives of our communities, older adult neighbors, and our loved ones.



Taking the Madness out of Medicare

Medicare plays a critical role in the health and financial security to 60 million older people and younger people with disabilities. Yet, 1 out of 4 beneficiaries say they do not understand their benefits. This can leave beneficiaries stuck with huge bills and medical practitioners unable to understand why their patients are not properly following medical advice. Medicare specialist Tabitha Justice breaks down all the confusion by going over the history of Medicare, the difference between A, B, C, and D, and the state and federal assistance programs. | justusretirement.com



Savvy Social Security Strategies

One of the most important components in retirement planning is understanding your Social Security benefits. Yet 90% of beneficiaries say they do not understand how it works. National Social Security Advisor (NSSA) certificate holder, Tabitha Justice, will explain when to apply for benefits, how it is calculated, tips on increasing benefits, and much more. | justusretirement.com



How to Stop Unsolicited Medicare Calls

Is your phone ringing off the hook with unsolicited Medicare calls? Are you receiving calls prior to 8am or after 9pm? Are you on the do not call list but still getting calls? In this workshop we will learn the steps you can take to stop them. | justusretirement.com



Safe & Healthy Aging-In-Place

Many older adults envision spending the later years of their lives aging in the comfort of a home filled with years of memories of special moments. But the decision to age in place should be made with careful thought and planning to ensure safety, accessibility, and sustainable independence. Join us as we discuss important considerations that must be made to protect the safety and security of you or your loved one, ease the burden of aging in place, and extend quality of life now and in the future. | caringtransitionsofkanawhavalley.com



Basic Estate Planning

This course will cover the most basic estate planning documents including wills and powers of attorneys. We will also discuss how easily these documents can be customized to meet your unique individual and family needs, how critical it is to start early, when you need to update your documents and how to get the most out of your estate for the highest quality of life in your senior years. | goodgrieflaw.com



Medication and Poison Safety for Senior

Many individuals, especially seniors, are on medications. If medications are not used correctly, they can lead to poisonings. Not all poisonings involve children and household products. A poisoning can happen to anyone at any time by a variety of items. The West Virginia Poison Center's Community Outreach Coordinator will discuss medication safety, general poison safety, and information about how the West Virginia Poison Center can help you if a poisoning or medication error occurs.



Serving Seniors, Neighbor to Neighbor

Jennifer Waggener is the founder and Executive Director of Faith in Action of the Greater Kanawha Valley, a local nonprofit organization providing free services to older adults ages 60 and over in Kanawha and Putnam counties. Faith in Action volunteers offer one-on-one assistance to seniors with things like transportation to medical appointments, access to groceries and supplies, friendly check-in phone calls, and minor home repairs and maintenance projects. With a vibrant force of more than 200 trained and vetted volunteers, the program has served more than 500 of our community's older neighbors. This workshop provides an overview of the organization's work for both those looking for ways to serve and those who want to know more about accessing the services offered.



WV 211: Get Connected, Get Help

WV 211 maintains a database of health and human services and knows just where to turn to meet your needs, even if you're not sure what your needs are! Join Margaret O'Neal, president at United Way of Central WV, as she discusses this friendly and non-judgmental program.



Rebuilding Together - Charleston

Rebuilding Together Charleston is a nonprofit dedicated to repairing homes, revitalizing communities, and rebuilding lives with a vision for safe homes and communities for everyone. Allison Brill, the program's Executive Director, will talk about providing essential home repairs for residents of Kanawha and Putnam counties, at no cost to the homeowner. Rebuilding Together - Charleston's work is completed through a volunteer-based delivery system, augmented with locally trusted contractors when needed.



Navigating the complicated system of social security disability

Navigating the Social Security Disability System is no easy task. Between the complicated rules of eligibility, confusing forms, and often quick denials; eligible beneficiaries often give up before they have a chance of winning their case. This leaves tens of thousands of potential beneficiaries in poverty and in unhealthy situations. Attorney David Pence breaks down in plain English how to understand who qualifies, how to start a claim and what is needed to win a claim. | zerbepence.com



Community Health Coach

Moving beyond merely being safe and living longer, a vital part of any community is the health and wellness of its citizens. Dolores Brown explains the importance of reaching older adults who may be facing loneliness, pain and distress, while also implementing nutritional, social, intellectual, and spiritual goals. For local communities passionate about improving successful aging, this course teaches how to engage, challenge, and inspire older adults to implement habits and foundational practices that bolster health and wellness.

Preparing for the Crisis

Regardless of how much we try to prevent Crises, there are certain situations that come with age, and we cannot always prevent crisis moments. This set of seminars is about how to prepare for many common scenarios we face as we age.



Advanced Estate Planning for Nursing Home

Brent L. Van Deysen is the managing partner of Van Deysen Law Office, PLLC, an Elder Law and Estate Planning Practice. Mr. Van Deysen will discuss how to protect your assets from the high cost of nursing home care. He will also discuss the basic estate planning documents that everyone should have, including Wills, Trusts and Powers of Attorney. | wvelderlaw.com



The Softer side of Estate planning

Traditional estate planning typically focuses on titled property like land, houses, and vehicles, but often overlooks the question of what happens to an individual's personal items. As the owner of Caring Transitions of Kanawha Valley, Melody Bailey helps families who are dealing with the emotional burden of loss and with the physical burden of "stuff" after a loved one's passing or health decline. Join us as we work through this program based on the Extension Services program from the University of Minnesota, and hear real-world strategies for reducing conflict and misunderstandings, and work to identify the real value of personal belongings that are left behind. (Hint: it's not just monetary!) | <https://caringtransitionsofkanawhavalley.com/>



5 Wishes

Advance care planning is essential in case of a medical crisis that could leave you too ill to make your own health care decisions. Even if you are not sick now, planning for health care in the future is an important step toward making sure you get the medical care you would want if you are unable to speak for yourself and doctors and family members are making the decisions for you. Do your loved ones know YOUR wishes? Your decision is the right one but your family must know your wishes. During this workshop, you will receive a valuable resource that is "Five Wishes." Having conversations with family members regarding end-of-life decisions is difficult. The hallmark of the Five Wishes program is simplicity and clarity. In this workshop, you will be able to give yourself peace of mind and give your family the gift of knowing in uncertain times. | <https://provider.kareo.com/lydia-smith-1>



Identifying and Acquiring Funding Resources for Seniors

Lisa Pauley of Brookdale Charleston Gardens and Kari Peyatte of Amada Senior Care have teamed up to answer one of the most frequently asked questions. How do I afford senior care? In this presentation we will cover multiple funding options and share resources available to seniors and their families to help ease the financial burden of paying for care. We will also discuss the transition from inpatient care to in home care or community living and how that process affects your decision making and timeline. You will discover that you may have more options than you think! | Brookdale Charleston Gardens | Amada Senior Care

In the midst of Crisis

When a crisis hits, often the hardest part is staying calm and be prepared with an action plan and a list of available resources. These workshops focus on how to gather resources amid a crisis.



Thrown into the lake of caregiving, let's swim not sink

Rarely does someone plan to become a family caregiver. You don't often receive a warning message. Most of the time it occurs in an instant, with an illness, a diagnosis, or an accident. You may feel as though you have been thrown in the lake with no plan, no training, and no life preserver. You are trying hard not to sink. JT Hunter, CDP, and Care Partner Coach will provide guidance to help you feel more empowered, less alone, and more confident as you swim the journey of caregiving. | remtme.com



What the heck is this thing called dementia? Let me explain.

JT Hunter, Certified Dementia Practitioner and Care Partner Coach will explain the difference between Alzheimer's and the many different types of dementia, how each affects the brain, and it may manifest in the person with dementia. He will also briefly provide insight into how we as neighbors, family members, and friends can help support the person living with dementia and their caregivers. | remtme.com



The Different Levels of Care

As we age, there's a 74% chance that we will need some sort of assisted medical care. However, there is an extreme lack of awareness about what types of care are available, how to get a referral, and who pays for that care. This course is a recorded panel discussion with many of our experts on how to be prepared and how to be a good advocate when the time comes for you or a loved one.



Hospital Discharge: What You Need to Know

When leaving a hospital after a medical stay, there's a process meant to ensure the patient receives proper medical treatment as he returns home. However, patients and their caregivers are often not fully prepared for this transition. Jessica Litton, director of network development and relations at Stonerise Healthcare, explains how to be proactive in these situations. She covers safety in the home, durable medical equipment, discharge medication, notifying your Primary Care Provider, homecare services, and telemedicine.



Community Bridge: Connecting helpers, Resources and People in need. One of the biggest obstacles in our community is simply knowing what programs are available and how we help when we notice a need. Community Bridge is working to bridge that gap.

Community Bridge is a faith-based nonprofit in the Kanawha Valley that exists to provide resources to help people in need. Our heart is to be part of the solution, not just talk about the need for one. We are building a bridge to connect resources, agencies, churches, and businesses to help aid families and individuals to succeed. This workshop will explain how the bridge is being built, how it works, and how you can be part of it.



If you ever think you're not enough to make a difference just remember that Bringing Back the Village was started because ONE man asked, "Can you teach me to help?"

"I highly recommend Bringing Back the Village. The wealth of knowledge they were able to bring was incredible. Specifically the seminar on Alzheimer's was very informative and enlightening as many are personally assisting with their own family members who have it."

**Jamie Wright,
Pastor of Grace Life Church**

"Bringing Back the Village is a remarkable resource for the elderly. The members are incredibly educated and can get you where you need to be. I highly recommend their seminars and resources."

**Mayor Donna Mckneely,
Town of Bancroft**



Founder Tabitha Justice and the pastor that inspired the movement, Bishop Norman Jones.

Get involved in changing your community by following us on Facebook, sharing our videos, inviting us to speak, and having simple but empowering conversations with your friends and families.