

Your *Answer* for Senior Care

TABITHA IS HONORED TO PROVIDE YOUR GROUP
WITH EXPERTS ON A VARIETY OF TOPICS

ADVANCE DIRECTIVES AND PLANNING

Eighty percent of Americans prefer to spend their final days at home, but fewer than 25% do. Learn how to determine and share your end-of-life wishes in this enlightening presentation.

BRAIN HEALTH

Is there anything YOU can do to prevent memory loss? This engaging presentation talks about basic brain functions that affect memory and activities you can do to keep your brain in top health.

DEATH, GRIEF AND HEALING

Learn about the end-of-life signs and the processes for healing through grief.

FLU PREVENTION

More than just a flu shot - learn all you need to know to stay healthy this flu season.

GIVING OPPORTUNITIES

As a nonprofit, faith-based organization, Tabitha is Committed to serve all those in need, even those who have outlived their resources and have nowhere else to turn. Find out how you can make a difference in the lives of Seniors in your community.

HEALTHY AGING AND NUTRITION

Learn about a healthy diet, the benefit of certain nutrients as we age and other ways to boost the immune system and prevent disease.

HOME SAFETY AND FALL PREVENTION

Outlines the factors that contribute to falls and provides ways to make the home safer.

MEDICATION MANAGEMENT

Identify the risks and benefits of medication therapy, note the differences between over the counter and prescription medications, and show common problems associated with medication use as well as identify tools to help take medication safely.

MEMORY BEHAVIORS

Find out how health care providers identify and manage the sometimes difficult behaviors associated with memory loss.

PAIN MANAGEMENT

Information for health care professionals to learn the types of pain and to help patients experiencing pain through hospice care.

TABITHA SENIOR CARE SERVICES

Tabitha's range of Senior Care services is designed to help families explore resources that accomplish their health goals; staying independently at home, moving to a senior living community with care options or adjusting to a medical diagnosis and living comfortably through hospice care.

UNDERSTANDING HOSPICE CARE

The philosophy of hospice care and how its practices can help individuals and families through their end-of-life journey.

VOLUNTEER OPPORTUNITIES

Various ways volunteers help Tabitha fulfill its purpose of providing compassionate care for Seniors. From group opportunities to personal enrichment, there are endless possibilities.

*To schedule a presentation, reach out to your
Tabitha Care Resource Partner*