



BRUMBAUGH ELDER LAW REPORT

News and Helpful Information for Seniors and Those Who Love Them

February 2019

Volume 18

REGISTER TODAY!

Do you have Your Ducks in a Row?

You're invited to one of our FREE Seminars. Come learn about Estate Planning, Asset Protection, Medicaid and VA

February 5, 2019

2PM & 6PM

Holiday Inn

The Solutions Room
1515 Cedar Point Drive
Sandusky

March 12, 2019

10AM & 6PM

Huron Chamber of Commerce
10 West Main Street
Norwalk

April 9, 2019

2PM & 6PM

Quality Inn & Suites
Royal Palm Room
1935 Cleveland Road
Sandusky



To RSVP for a seminar, or to schedule a consultation, you can contact us at: 419.626.0684 or Email team@brumbaughelderlaw.com

For more helpful information, visit our website

BrumbaughElderlaw.com or follow us on Facebook at www.facebook.com/BrumbaughElderLaw/

Why Your Elder & Estate Planning Attorney Needs to Be Knowledgeable About Alzheimer's

Michael and I are preparing to be present at the National Alliance of Attorneys for Alzheimer's Planning (N3AP) next week in Orlando.

We are both looking forward to the opportunity to explain to other elder law and estate planning attorneys why it is so important to be knowledgeable and understand Alzheimer's disease. As a social worker, who has spent much of her career working with people in crisis, I have a new appreciation for family members - husbands, wives, children, siblings - who are caring for someone that they love who has been stricken by the dreadful disease. As the disease progresses and takes over the mind of the person, the family caregivers are living in a constant state of crisis: who can be with my loved one while I shop? How can I get enough sleep? How do I keep my husband from rearranging my furniture? Why don't they know who I am? Why? Why? Why? They are overwhelmed, exhausted, scared, lonely, grief-stricken, and, often most of all, embarrassed. Alzheimer's continues to be the disease we don't want to talk about yet Alzheimer's is the 6th leading cause of death in the US and 1 in 3 seniors dies with Alzheimer's or another form of dementia. Alzheimer's kills more people than breast cancer and prostate cancer combined.

So, why is it important that elder law attorneys and estate planning attorneys understand? Many elder law attorneys don't have the benefit of having a social worker on staff to assist families as they go through the daily crisis of being a caregiver. Unless we ask the questions no one else will, as we assist our clients with their estate planning, how can we know what their fears are and what concerns they need to address for the future? For our clients that have a family member suffering from Alzheimer's, it is important that we don't lose sight of that. I take time to always ask about the loved one that is not able to attend our meetings as well as to ask the loved ones how they are doing. Family caregivers will sacrifice so much to keep their loved one at home. Why? Because of the promise "I will never send you to a nursing home." Who wants to break a promise? "My vows said we would be together in sickness and in health. It is my duty to care for my spouse." Fear - "What if I take them and when I come to visit they don't remember me?" Incompetence - "The staff at a nursing home won't take as good care of them." Who is going to be brave enough to listen, really listen, and have conversations with family members and help them address their concerns? According to the Alzheimer's Association, Alzheimer's takes a devastating toll on caregivers.

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Brumbaugh Elderlaw Report is written to inform and entertain our clients, referral sources and friends. This is not legal advice. If you need help for your specific situation you should call The Law Office of Michael Brumbaugh at 419.626.0684.

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Compared with caregivers of people without dementia, twice as many caregivers of those with dementia indicate substantial emotional, financial and physical difficulties.

As a social worker, I also believe it is important to connect families with the services and resources available in the community to assist them. We seek out organizations to learn what they offer, so we may be able to offer our clients some relief.

While Michael nor I have had to deal with a loved one suffering from Alzheimer's disease, we have the privilege of assisting many families that deal with this on a daily basis and offer solutions and suggestions that we can share with others. We strive to educate our staff to be patient and kind as we often don't know how someone is suffering until we take the time to ask.

So, as a social worker, I believe that it is important to work with people from where they are, to take the time to ask questions, even if the questions are uncomfortable, and to be sure to listen. I think it is important for elder law attorneys to be comfortable having the difficult conversations and someone needs to let them know what the issues are. Because, if you aren't comfortable talking to an attorney who addresses elder law, who can you feel comfortable talking to?

If you would know someone who could benefit from the work of an elder law attorney, suggest that they attend one of our upcoming seminars.

February 14 - 21 is Alzheimer's and Dementia Staff Education Week



The image below is a great resource for those who interact with individuals with Alzheimer's and/or dementia. It is so important to be educated on everyday conversations that could impact the life of a senior with Alzheimer's.

ALZHEIMER'S COMMUNICATION

1. Never **ARGUE**, instead **AGREE**
2. Never **REASON**, instead **DIVERT**
3. Never **SHAME**, instead **DISTRACT**
4. Never **LECTURE**, instead **REASSURE**
5. Never say "**REMEMBER**," instead **REMINISCE**
6. Never say "**I TOLD YOU**," instead **REPEAT/REGROUP**
7. Never say "**YOU CAN'T**," instead do what they **CAN**
8. Never **COMMAND/DEMAND**, instead **ASK/MODEL**
9. Never **CONDESCEND**, instead **ENCOURAGE**
10. Never **FORCE**, instead **REINFORCE**



Source: Hospice Care of the Southwest

Client Services Coordinator Medicaid



A full-time Client Services Coordinator to work with clients to assemble documentation and process Medicaid applications under the supervision of an attorney. The right candidate is a meticulously organized, detail-oriented self-starter, with excellent interpersonal skills, and a strong work ethic that works well in a client-oriented team environment. You must be efficient, patient and kind and have experience working regularly with the elderly and their families.

Interested persons should submit their resume to Julie Shore at jshore@themilliondollarlawyer.com.

February is American Heart Month

www.healthfinder.gov



Heart disease is the leading cause of death for both men and women in the United States. Take steps today to lower your risk of heart disease.

To help prevent heart disease, you can:

- Eat healthy.
- Get active.
- Stay at a healthy weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- Drink alcohol only in moderation.
- Manage stress.

Am I at risk for heart disease? Everyone is at risk for heart disease. But you are at higher risk for heart disease if you:

- Have high cholesterol or high blood pressure
- Smoke
- Are overweight or obese
- Don't get enough physical activity
- Don't eat a healthy diet

Your age and family history also affect your risk for heart disease. Your risk is higher if:

- You are a woman over age 55
- You are a man over age 45
- Your father or brother had heart disease before age 55
- Your mother or sister had heart disease before age 65

But the good news is there's a lot you can do to prevent heart disease.



AWARENESS SAVES LIVES!

February is **AMERICAN HEART MONTH**

ELEVATE

SOCIAL WORK

March is Social Work Month

www.socialworkers.org

Every day, the nation's 680,000 social workers work to empower and elevate millions of people, including some of the most vulnerable in our society.

National Professional Social Work Month in March is an opportunity for social workers around the nation and world and their supporters to educate the public about the invaluable contributions of the profession.

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| ARROW | HEART |
| CANDY | HUGS |
| CARD | KISSES |
| CHOCOLATE | LOVE |
| CUPID | ROSES |
| FLOWERS | SWEET |
| GIFT | VALENTINE |



G M Q F W V N E P Y J A C T K
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YOUR QUESTIONS ANSWERED BY MICHAEL BRUMBAUGH

We received a question! “Can an elder law attorney create a Do Not Resuscitate (DNR) order?”

Your answer: While we assist with Advanced Directives (health care power of attorneys and living wills), only a doctor can do a DNR. Most often, your local doctor is able to gather the necessary paperwork and approve the order.

Keep those questions coming to us at
team@brumbaughelderlaw.com

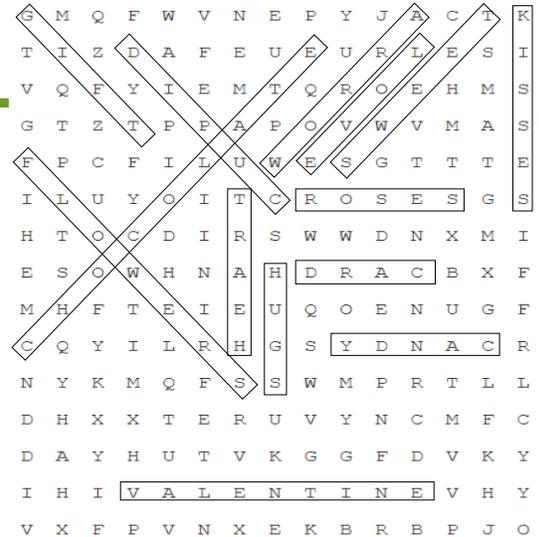
We Appreciate Your Referrals

For our happy clients and family members, please consider telling your friends and other family members about us. If you know anyone in the nursing home and they are still private pay, please let them know we can still help protect their assets.

Many thanks to our valued clients & friends who refer their own family, friends, patients and associates to us.



PUZZLE SOLUTION



Phone: 419.626.0684

310 E. Boalt Street Suite E
Sandusky, Ohio 44870

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