



# WALT SHURDEN LAW

May 2017

611 Druid Road East, Suite 712 • Clearwater, FL 33756

## Legacy Time

By Walt Shurden

A tall grey haired man sat across the desk from me at my office. He was an intelligent, serious person. His name was Matt and he mentioned that he had just retired two months earlier. He came into the office because he wanted to learn what benefits might be available to help his elderly mother pay for her assisted living facility. After we finished his mother's business, I asked Matt if he had enjoyed the first two months of his retirement.

He said yes. He explained he had been going to the gym and kayaking regularly. He had been taking the time to cook good meals, trying new recipes and has been trying to decide what he could do with his time that would be meaningful. Matt was at the very beginning of his retirement. He had good health, good intentions, time at last to do what he wanted, and financial security. Why then, had he seemed so melancholy about this point in his life?

Professor Stewart Friedman, of the Wharton School of Management and director of the Wharton Work /Life Integration project has said "The questions we ask ourselves at earlier stages of life can become more profound at later stages".

Retirees just have more time to consider the big questions like; How will I be remembered? Did I make a difference? Who will come to my funeral? These are big issues we may put off answering until we are faced with the extra free time that retirement provides.

Time has value. So volunteering your time is a big gift to bestow on others. Retirement is a crossroads of a sort, a final leg of a journey with decisions to be made about the direction to take. Each month this



newsletter acknowledges someone in our community who has made the decision to give their time, to volunteer. If Matt finds a worthy organization and decides he can commit some of his time as a volunteer, we will all benefit.

### Our Goal

*To provide exceptional legal service to our clients.*

## Announcement

We are pleased to announce that Walt has accepted the position of Chairman of the website committee for the Academy of Florida Elder Law Attorneys. You can view the website at [AFELA.org](http://AFELA.org).

## Memorial Day Trivia

Memorial Day was originally called Decoration Day.

The first Memorial Day / Decoration Day was celebrated on May 5, 1886 because it was NOT the anniversary of any Civil War battle.

Memorial Day was officially made a Federal Holiday in 1971.

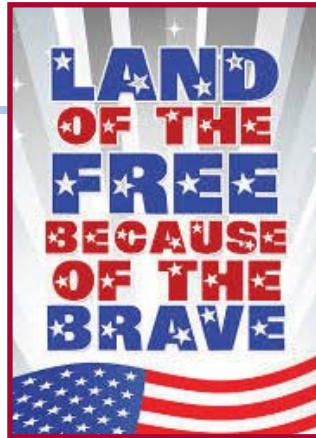
Waterloo, New York was the first community to celebrate Memorial Day by publicly honoring soldiers who died in the US military.

Mississippi was the first Southern State to observe Memorial Day. Most Southern States did not observe Memorial Day until after World War I.

Memorial Day has been proclaimed the most dangerous for automobile accidents.

The Indianapolis 500 race has been held in conjunction with Memorial Day every year since 1911.

DID YOU KNOW? – Each year on Memorial Day a National Moment of Remembrance takes place at 3:00 p.m. local time.



## Volunteer for May



### James Rembert

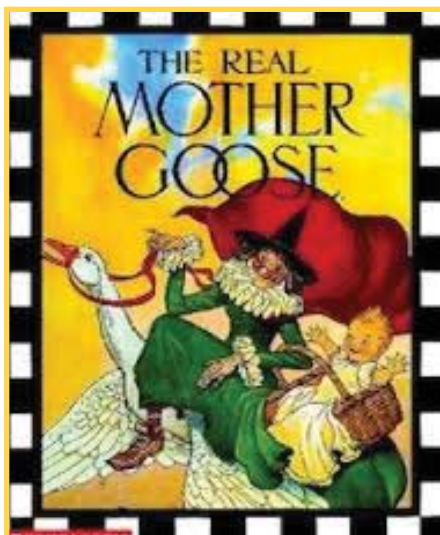
James Rembert has a talent. Growing up in Clearwater, he started fooling around with the piano at just 4 years of age. He taught himself to play without sheet music, and today, you can

find him playing several times a week for his fellow residents at Brookdale Beckett Lake.

When James was a young man he served his country in the U.S. Army and then returned to Clearwater to teach elementary school. He eventually became a Principal at Ridgecrest Elementary where he remained until his retirement.

Now James enjoys the companionship of the other residents at Beckett Lake and frequent visits from his nieces and nephews.

Thank you James for your military service, for educating children, and for filling the lobby of Beckett Lake Assisted Living with your music!



## Celebrating National Mother Goose Day

May 1st is National Mother Goose Day. So where did Mother Goose come from? In 1697 a French intellectual, Charles Perrault, listed *Tales of Mother Goose* as a subtitle to his book *Stories or Tales from Times Past, with Morals*. The eight stories in the book were:

- The Sleeping Beauty in the Wood;
- Little Red Riding Hood;
- Blue Beard;
- Puss in Boots;
- The Fairies;
- The Little Glass Slipper (Cinderella);
- Ricky of the Tuft; and
- Little Thumb

Mr. Perrault did not create the stories, they were old folk tales even in 1697, he just wrote them down with such flair that people wanted to read them. Little could he have imagined that centuries later children of all ages would be watching these same stories at movie theaters in 3D.



## Cinco de Mayo – NOT Mexico's Independence Day

In the United States, May 5th, Cinco de Mayo is a fun celebration of Mexican culture and heritage, especially in areas with large Mexican-American populations. Mexican restaurants are crowded and margaritas flow freely.

In Mexico, Cinco de Mayo is primarily observed in the state of Puebla where in 1861 a French army of 6,000 men, sent by Napoleon III attacked a small town in east-central Mexico. Mexico's president, Benito Juarez, sent the 2,000 men he could round up to defend the town. After a day-long battle the French retreated. While it was not a major strategic win, it represented a great symbolic victory and bolstered the resistance movement. They held on for another six years before France withdrew. Cinco de Mayo 1861 is the day that the few loyal Mexicans beat the mighty French forces. Certainly a day to celebrate.

PS: In case you are wondering... Mexico's Independence Day was in 1810, celebrated on September 16th.



## IN OUR EAR

### Should I buy long term care insurance?

It is very nice to have an insurance policy pay you money at the point in time that you start spending your money on long term care expenses. So if you can afford to pay the premiums now and continue those payment until you need long term care then this can be a good purchase. Long term care insurance policies will often have different benefits based on what type of long term care you require. For example, a policy may pay \$80 a day for help in your home, \$100 day if you are in an assisted living facility, and \$175 dollars a day if you are in a nursing home. Long term care insurance payments, by themselves, are often not large enough to fully pay for the approximately \$9,000 monthly cost of nursing care, but they definitely help.

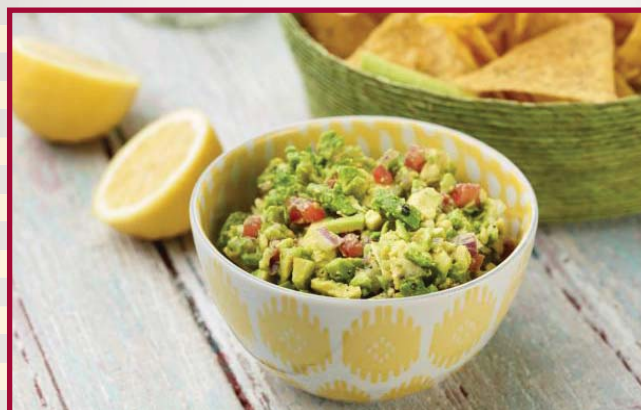
## Guacamole for Cinco de Mayo

### Ingredients

- 4 ripe Haas avocados or 3 ripe Florida avocados
- 2 tablespoons lemon juice or 1 lemon squeezed
- 1 small-diced red onion
- 1 large garlic clove, minced
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 medium tomato, seeded, and small-diced
- hot pepper sauce to taste

### Directions

Cut the avocados in 1/2, remove the pits, and scoop the flesh out of their shells into a large bowl. Add the lemon juice, hot pepper sauce, onion, garlic, salt, and pepper and toss well. Slice through the avocados in the bowl with a knife until they are finely diced. Add the tomatoes. Mix well. May need to add more salt and pepper to taste.



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## Legal Term of the Month

**Spendthrift trust**– One which provides a fund for the benefit of someone other than settlor, secures it against beneficiary's own improvidence, and places it beyond his creditor's reach.

## How to get off the Newsletter List

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