



WALT SHURDEN LAW

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

Elder Orphans

By Walt Shurden

Big storm IRMA rattled more than our properties. It caused me to acknowledge just how important friends and family are to my physical well-being. Since I live in a mandatory evacuation zone and waited too late to get a hotel, I needed friends and family who could provide shelter for four people and two dogs. That is a lot to ask of anyone. I didn't like being in the position of having to ask for that kind of help on a moment's notice.

If you are an older person who needs physical help, you know very well how important friends and family are to your well-being. You may toil over whom to ask for help, how often to ask the same person, and what, if anything, you have to offer in return. For many elderly people, getting help with a physical limitation presents a persistent logistical problem. It takes lots of energy and thought to solve.

People moving to Florida often leave important connections behind. If you are over 65 and without a spouse, partner or a child that can provide support for you, you have become what some call an "Elder Orphan." Carol Marak, an Aging Alone Advocate, is herself an Elder Orphan. She writes for and edits the website SeniorCare.com. Check it out. She also maintains an active discussion on Facebook where seniors share their concerns about isolation, affordable housing, connections to their community, and what happens if they have an accident.

Carol's advice includes the following:

- (1) Consider all possibilities for living arrangements.
- (2) Plan so you have many choices by carefully considering your community and whether you are located near people and things you will need.
- (3) Identify someone you trust to speak for you in case you become incapacitated.



(4) Start helping your own friends and neighbors now!

One resource that may help is the senior matching service, room2care.com, based out of Miami. This service identifies background-checked homeowners with extra space and a willingness to provide some level of care and matches them with seniors who want to live in a non-institutional setting. After registering with the matching service, you are able to pinpoint properties that interest you by viewing an on-line map tool of the available properties.

Plan now. Before the next storm comes.

Our Goal

*To provide exceptional
legal service to our clients.*

October 29th is National Cat Day

Daphne



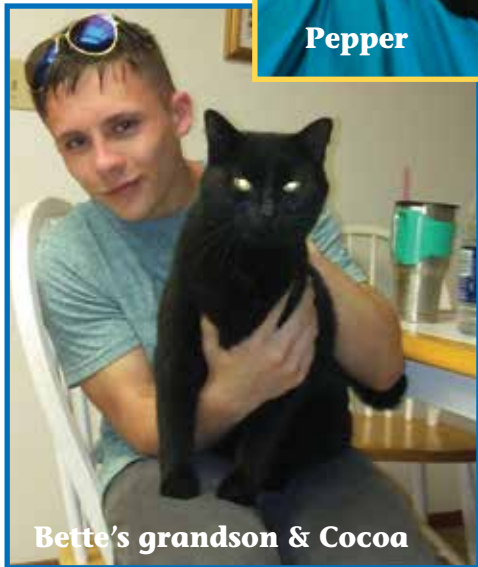
Jennifer's Babies



Pepper



Bonds keeping Bette company



Bette's grandson & Cocoa



Cutie Pie



Alice



Bella and Scout



Kathy's Kitties



This Month's Spotlight



Terri Ziegler

Terri Ziegler has been volunteering with Ruth's Promise one day a week for nine years. Ruth's Promise is an Adult Day Program that gives caregivers a break. Terri is especially suited for this service with her background as a geriatric nurse.

Terri and her husband moved here from St. Louis, MO in 1990. Since moving to Florida Terri has served on the Board of Directors of Gulf Coast Jewish Families & Community Services, Botanical Gardens, and Lutheran Apartments, a subsidized housing establishment for senior citizens.

Thank you Terri for your service.

Jen's Favorite Chicken Salad Recipe

Ingredients

- 3/4 cup mayonnaise
- 1/2 cup buttermilk
- 1/4 cup whole-grain mustard
- 1-1/2 teaspoons dried Italian seasoning
- 1/2 teaspoon cayenne
- Juice of 1/2 lemon
- 4 cup cold fried chicken, cut into large dice (5 to 8 pieces of breasts and thighs)
- 1/4 cup chopped fresh parsley
- 3 stalks celery, diced
- 3 green onions, sliced
- Kosher salt and freshly ground black pepper
- 4 croissants, split



Directions

In a large bowl, whisk together the mayonnaise, buttermilk, mustard, Italian seasoning, cayenne and lemon juice. Add the chicken, parsley, celery and green onions, and toss to coat in the dressing. Season with salt and pepper. Let the chicken salad hang out for 30 minutes or so to allow the flavors to marry. Divide evenly among the croissants. Serve.

Courtesy of Damaris Phillips of the Food Network



IN OUR EAR

Should I prepay my Funeral Expenses?

There are several advantages to prepaying for your funeral. Some of them are:

- Helps ease the emotional stress on your family at the time of your death;
- You can make the arrangements that you want and not have to depend on the opinions of others;
- If you have a specific plot that you like, it might not still be available by the time you need it; and
- It might be less expensive if you pay today's prices for tomorrow's services

There are many different ways to prepay your funeral arrangements. You should check them all out before making a final decision at any age.

WALT SHURDEN LAW



WALT SHURDEN
Board Certified Elder Law Attorney

611 Druid Road East, Suite 712
Clearwater, FL 33756
P: 727.443.2708
F: 727.255.5004
www.waltshurdenlaw.com
Walter B. Shurden, P.L.

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Legal Term of the Month

Defamation – The action of damaging the good reputation of someone; slander or libel.

How to get off the Newsletter List

If you would like to have your name removed from our newsletter list, please email your request to jennifer@shurden.net or call our office at 727-443-2708.



Carved by Kathy's daughters

Hayes & Langley ??



Langley's team won the Labor Day soccer tournament