



April 2016 Newsletter

Welcome to the latest edition of the Byrd & Byrd email newsletter. We hope that you enjoy this newsletter and find helpful information along the way. Happy Reading. If you want more information about Byrd & Byrd, please visit our website by clicking the link below:

[Visit Our Website](#)



The 5@55 Campaign Keeps on Rolling

During the month of April, we have explained the 5@55 idea* to nearly 350 people, with two or three more presentations to go! We hope to see or talk to you this summer regarding this exciting initiative.

Check it out at the BYRD & BYRD booth at BowieFest on June 4, 2016! (Our booth will be located inside the Bowie Ice Arena.)

*5@55 encourages everyone to have their their five most important legal documents in place by age 55.

Senior Moments Redux - Personal Story Reminds Us of Life's Important Documents

Starting today's column with a distressing personal story - hang in with me, okay? A close relative, approximately age 60 who does not live in Maryland, joined a group of high school friends for a weekend at a beautiful beach resort. Facts are scarce about how this event actually happened, but he fell 10 or 12 feet from a deck, breaking his back and putting a 4 inch

fracture into his skull.

The good news? He survived. He was removed from life support 4 days after the event and actually recognized members of his family.

The bad news? Months of intensive brain trauma rehab are in his future. My relative is in great physical shape - hikes, skies, cycles, etc. All that strength will stand him in good stead during the rehab. As of now, he still cannot be moved from the small area hospital near the resort to trauma centers at his home in a large hospital-rich town, because he cannot yet be moved safely.

A blessing for all is that my relative had executed one of the Five at Fifty-Five documents: A Health Care Power of Attorney, naming an agent and alternate agents in the event he could not make his own decisions. Whoa, my cousin is not yet elderly, does not have an Alzheimer's diagnosis or any of the conditions we are quick to associate with the need for a Power of attorney. Nevertheless - he needs it!

[To read Jackie's column in its entirety, click here.](#)

Long-Term Care Medicaid Waiver Update

If a person is currently on the "old" long-term care waiver list - with hundreds of people on it - they must call MAP (Maryland Access Point) so they can be tri-aged (evaluated by DOA) and put back on the list in the proper order based on their condition, etc. The Prince George's County MAP telephone number is 301-265-8450.

President Signs Older Americans Act

Statement from Assistant Secretary for Aging Kathy Greenlee:

President Obama signed the (OAA) Older Americans Act Reauthorization Act of 2016 into law Tuesday, April 19, 2016. This law, now more than 50 years old, was meant to demonstrate our nation's commitment to the health and well-being of older adults.

The OAA underpins a promise to preserve the right to live independently, with dignity, making everyday decisions according to our individual preferences and goals across our lifespan. This promise is more important than ever. In a few short years, more than 77 million people will be over the age of 60, and more than 34 million people - mostly family and friends - will be supporting a loved one who is over 60. These numbers will continue to grow for the next several decades.

The OAA affects everyone - older adults, people who help support them, and all of us who hope to one day grow old.

Although, like every law, the OAA is not perfect but it demonstrates for all to know our nation's commitment to the well-being of older adults.

Jessica's New Article in "Outlook by the Bay"

"How IRA Distributions Can Affect the Taxability of Social Security Income" - check out what Jessica has to say in her latest article that was published in the [Early Spring 2016 edition of Outlook by the Bay](#). Her article is found on page 31 of the magazine.

Prince George's Senior Provider Network's Speakers Bureau

PGSPN's Speakers Bureau offers a variety of knowledgeable and engaging speakers on topics relevant to the lives of seniors. These topics range from health and home care to legal and financial information. Please feel free to review our list of topics/speakers.

These speakers are available to present at your event, meeting or facility in and around Prince George's County at no charge. If you are interested in a particular speaker, please:

1. Choose your desired topic and speaker. See link below.
2. Contact the speaker directly via his/her provided contact information.
3. Arrange logistics directly with the speaker.

Visit the [Speakers Bureau Directory](#) for a list of topics and available speakers.



Medicaid Monday on May 9

On the second Monday of every month, Jessica Estes hosts a "Medicaid Monday" where she presents information to help you better understand the basic guidelines, requirements and process of Medicaid. This is a FREE informal seminar where you will be able to ask any questions you may have regarding Medicaid. Light refreshments will be provided at each event so we ask that you please RSVP as space is

limited. The next Medicaid Monday is May 9th from 5:30pm - 7pm. [RSVP by clicking here](#) or by calling (301) 464-7448.

YouTube Video of the Month

This month we look at some tips for improving and maintaining your brain's mental capacity. Check out what our friend, Meddling Maude, has to say on the issue and what we can do to avoid dementia and improve our brain function.



Testimonial of the Month

"I like [Jessica]. She is not like other attorneys - she is *real*."

- G. Rose of Capitol Heights, MD

STAY CONNECTED:



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