

# Byrd & Byrd, LLC

August 2011



**Byrd & Byrd, LLC**  
**14300 Gallant Fox Lane, Suite 120**  
**Bowie, MD 20715**  
**Tel: (301) 464-7448**  
**Fax: (301) 805-5178**  
[www.byrdandbyrd.com](http://www.byrdandbyrd.com)

**Dear Jacqueline D.,**

WELCOME to the latest edition of the Byrd & Byrd email newsletter! We hope that you enjoy this newsletter and find helpful information along with the latest news from Byrd & Byrd. Happy Reading!



## Back to School Tips

Summertime will be winding down before we know it and vacations will be coming to an end, signaling that back-to-school time is near. Here are some things to consider before the first day of class.

### [Check-Ups and Immunizations](#)

It's a good idea to take your child in for a physical and eye exam before school starts. If your child will be participating in a sports activity, your family doctor may have to sign a release form giving the ok to participate. Most schools require your child to have their immunization shots up-to-date - remember that each state has different immunization requirements. Let your healthcare provider know if you have any questions or concerns about the vaccines your child is scheduled to receive.

### [Planning Healthy Lunches](#)

A healthy lunch begins with the trip to the grocery store to purchase the best foods to create a nutritious and well-balanced lunch. Enlist the help of your child when shopping for their lunch foods, he or she can learn how to make the best food choices and develop healthy eating habits. Sit down with your child and prepare a list of lunch ideas. Use this list as a reference when shopping at the supermarket. Plan for the next day's lunch the night

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**Byrd & Byrd Voted  
 Best Attorney in Bowie**



### **YouTube Video of the Month**

Here at Byrd & Byrd, we want to make the monthly newsletter enjoyable to read, attractive to view, and interactive for our readers. What better way to accomplish that than to post our favorite YouTube video each

before. Time is tight in the morning, and rushing through lunch preparation often means compromising on nutrition. Pack a variety of foods including at least one selection from the fruits and vegetables food groups. Pack fruit in their natural form - not the syrupy mixes of fruit cups or drinks.

### Getting into a Routine

Establish a bedtime routine. A few weeks before school starts re-establish the bedtime routine. Start using a calendar. Especially if your children can read this is a great tool to put up in a central location where all members of the family can see when homework, TV, baths and bedtime are scheduled as well as other activities. Plan meals for the week ahead of time. Take an hour on the weekend to plan the week's meals with the family. This will keep the kids engaged in their nutrition plus give them their favorite meals to look forward to! Adjust chores and responsibilities. Many families use the start of school as an opportunity to re-evaluate household chores and responsibilities. With the new school year and possible new school schedule, you may need to adjust who does what and when.

For more back-to-school tips, please visit the following [website](#) or check out the YouTube Video of the Month to the right.

## Hot Temperatures Can Be Risky Business



As most of the United States suffers with record-breaking heat, the National Institutes of Health points out that senior citizens are at greater risk than most. As people age, their bodies lose some ability to adapt to heat. Older individuals may also have medical conditions that are worsened by heat, with certain medications reducing the ability to respond to heat.

The National Institute on Aging (NIA) has some advice for helping older people avoid heat-related illnesses, known collectively as hyperthermia.

Lifestyle factors to avoid in order to decrease the risk of hyperthermia include:

- hot living quarters,
- lack of transportation,
- overdressing,
- visiting overcrowded places, and
- not understanding how to respond to weather conditions.

Individuals who are at a greater risk of hyperthermia include those who experience:

- Pre-existing diseases such as congestive heart failure, diabetes and chronic obstructive pulmonary disease
- Decreased ability to move around
- Dementia or cognitive impairment
- Certain medications that may cause dehydration or that may affect the responses to heat by the heart, blood vessels or sweat glands.
- Are substantially overweight
- Drink alcoholic beverages
- Dehydration

month.

This month's video is for all the parents who are looking for tips on reducing the "Back-to-School" stress. Hope you find helpful hints for this exciting time of year.

### [YouTube Video of the Month](#)

#### Testimonials

"I feel like a thousand pounds have been lifted from my shoulders. [My Estate Planning documents] were simplified, yet covered every possible circumstance. Plus, the fee was so inexpensive for all the services provided - it was well worth it!"

-Ms. A.  
Crofton, MD

"I may not always know what to do these days, but thanks to you, I know where to turn"

-Mrs. K.K.P.  
Bowie, MD

#### Senior Moments Publications

Jackie Byrd has published two books in recent years. *Senior Moments* and *Senior Moments 2*; both comprehensive and clearly written books for "Seniors and those who love them". They are based on weekly "Senior Moments" columns originally written for publication in the Bowie Blade-News of Bowie, Maryland and the Crofton News-Crier of Crofton, Maryland.

Senior citizens, particularly those at special risk, should pay attention to any air pollution alert in effect. People without fans or air conditioners should go to shopping malls, movie theaters, libraries or other places with air conditioning. In addition, they can visit cooling centers which are often provided by government agencies, religious groups and social service organizations in many communities.

Click Below to  
Purchase Your Copy  
Today  
[Senior Moments 2](#)

If you suspect that someone is suffering from a heat-related illness:

- Move them into an air conditioned or other cool place
- Urge them to lie down and rest
- Remove or loosen tight-fitting or heavy clothing
- Encourage them to drink water or juices if they are able to drink, but avoid alcohol and caffeine
- Apply cold water, ice packs or cold wet cloths to the skin.
- Get medical assistance as soon as possible.

If you or someone you know may be at an increased risk for hyperthermia, please pay special attention to the hottest days of the year and encourage loved ones to stay indoors.

## Activities That May Delay the Start of Alzheimer's

### [A Sneak Peek at Jackie's Recent Senior Moments Column](#)

Although researchers do not know how to stop Alzheimer's Disease, we do know that by learning more, which creates new neural pathways, you can actually change your brain and thereby, it is hoped, help prevent, or slow the progress of Alzheimer's. It's worth thinking about how you can regularly incorporate some of these activities into your life.

- **Puzzles.** Jigsaw, Sudoku, or crossword puzzles are some of the best tests for your brain. They help you put things in order and connect the dots, as well as thinking of words from several different vantage points (as in the case of crosswords). Try brain teasers such as the ones you can find on [www.braingle.com](http://www.braingle.com), [www.brainbashers.com](http://www.brainbashers.com), or [www.gamesforthebrain.com](http://www.gamesforthebrain.com).
- **Read difficult material.** War and Peace may seem like a snoozer, but it can help your brain to pick up a copy! Continuing to read, especially difficult material, will help keep your brain elastic, lucid and ever-changing in shape. Subscribe to a financial review or visit your library to find some difficult and stimulating books.
- **Get social.** Join a book club, organize a weekly bunko group, play bridge, host a knitting group, join a classic car club, join a small-group at church... do whatever you can to stay social. Social stimulation is brain stimulation, and it can help with not only your well-being, but in keeping your brain active as well.
- **Start writing.** Keep a journal, write an article for a local newspaper, re-connect with that old pen-pal or start a blog (check out Bob Blackwell's blog - he was diagnosed with Alzheimer's in 2007). You can even start creating a scrapbook, with stories from your life, with your kids or grandkids. Any kind of writing is going to boost your brain, and you get bonus points for digging out your thesaurus!
- **Get plenty of sleep.** It will help you stay alert and focused, and helps your body heal.
- **Get political.** When you start to debate things with people, your brain function increases. Just about everybody has a firm view on

certain political agendas, so use yours to help stimulate your brain. What do you do if all your friends seem to have the same views as you? Start playing devil's advocate and research the other side of an argument; talk about how you would respond to such an argument. Visit [www.americasdebate.com](http://www.americasdebate.com) for a place to voice your opinions and discuss hot topics.

- **Practice ambidexterity.** Try writing with the hand you don't usually use, or maybe just try setting the table with it. This will help connect the two sides of your brain and create new pathways.
- **Get plenty of exercise.** Just like your brain needs exercise, your body does, too. What's more, exercising your body improves blood flow to the brain, and brain function in general. A brisk walk is a win-win activity.
- **Eat a healthy diet.** A diet rich in Omega-3 fatty acids may help slow or prevent Alzheimer's. In addition, if you're consuming lots of richly-colored vegetables, fish, and limiting fats and junk food, you're going to have a healthier body and a healthier brain.

For more tips on slowing Alzheimer's and to read the full article, please visit our website by clicking [here](#).

## B&B ECO-TIP

Compliments of the City of Bowie

### Learn How to Be More Energy Savvy

Buy a programmable thermostat and use it to keep your home most comfortable during the hours you are at home and awake.

Try setting the temperature at a few degrees higher (summer) or lower (winter) than you presently do. A change of one degree can mean a savings of up to 3%.

Make sure vents are unobstructed.

Turn out the lights when you leave a room. It really can make a difference!

Use compact fluorescent bulbs. They are more expensive (\$4-\$6 each) but last six times longer than incandescent bulbs. Replacing your five most used bulbs with fluorescent bulbs can save about \$60 a year. These bulbs also don't burn as hot as traditional bulbs.

Keep appliances, furnaces and air conditioners in good repair. Change filters regularly.

When buying new appliances, consider those with the "Energy Star" approval.

Look for energy drains in your home. Insulate your attic and water heater, caulk drafty windows, and close off unused rooms. Keep closet doors closed.

Small appliances and computers draw power when they're plugged in. Shut down the computer and printer when not in use. Unplug battery charger, toaster, coffee pot, and iron until you need to use them.

In summer, avoid activities that will generate heat during the hottest part of

the day, such as running the dryer or using the oven.

Become energy wise. Learn what makes the biggest impact on your usage and explore ways to economize by visiting the Federal Trade Commission's [website](#).



## UPCOMING EVENTS



### **August 24, 2011 (Wednesday)**

**7:30pm**

**Arnold Senior Center**

**44 Church Road**

**Arnold, MD 21012**

Byrd & Byrd Attorney Jesica Estes will be speaking at the Alzheimer's and Dementia Support Group about Medicaid Spend-Down. Come on out to learn the basics of Medicaid Spend-Down and what is allowed according to Medicaid laws. For more information, please call 410-222-1922.

### **September 17, 2011 (Saturday)**

**11am-3pm**

**Bowie Health Fair**

**Health Center Drive**

**Bowie, MD 20716**

Jackie Byrd will be speaking at the Bowie Health Fair to answer any questions you may have about health - both physical and legal - as we move through the years. Call 202-423-8365 for more information.

### **September 22, 2011 (Thursday)**

**9am-3:30pm**

**PG County Caregivers Conference**

**Camelot by Martin's**

**13905 Central Avenue**

**Upper Marlboro, MD 20774**

If you or someone you know is a caregiver or is thinking about becoming the family caregiver, this is an opportunity you do not want to miss. The Prince George's County Department of Family Services is hosting a FREE Caregiver's Conference on Sept 22 from 9am - 3:30pm. Although the event is free, you must pre-register in order to attend. Please call 301-265-8450 to register. Jackie Byrd will be speaking at this conference and looks forward to meeting you.

**If you are interested in having an Attorney from Byrd & Byrd speak to your organization, or at a special event, please contact us at 301-464-7448.**

### About Our Firm

The Law Firm of Byrd & Byrd, LLC provides services in Elder Law and Construction Law, a rare combination that reflects the passion and life experience of its partners. The firm is also a general practice firm that manages issues of family law, personal injury, wrongful death and medical malpractice.

Known for building strong long-term relationships with our clients, the firm's attorneys excel at making complicated legal issues easier to understand. Whether assisting a contractor, subcontractor, builder or property owner with contract or construction litigation, or helping an elderly client find appropriate housing, apply for Medicaid eligibility, or execute powers of attorney, the firm offers wise and experienced counsel and guidance.

### Our Mission Statement

Byrd & Byrd, LLC is dedicated to protecting and serving senior citizens and those who love them. Our key objective is to give our clients the gift of information, so that with their knowledge, they can achieve all the benefits that the law guarantees. We will always perform our mission in strict accordance to the law and the highest possible moral and ethical standards

### Contact Information

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