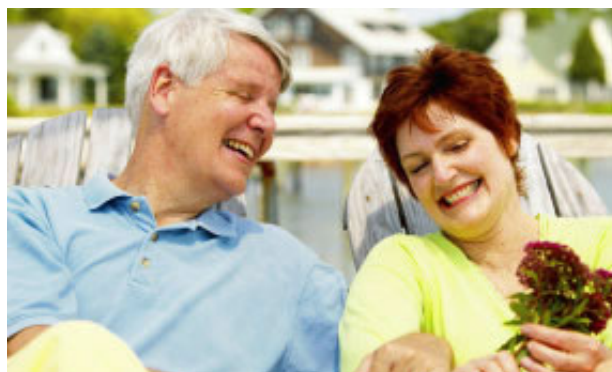


Byrd & Byrd, LLC

May 2011



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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!



Click the logo
to visit our
website

Getting Older Doesn't Have to Mean Getting Weaker

According to one recent study from the University of Michigan, getting older doesn't mean giving up muscle strength. Not only can adults fight the battle of strength and muscle loss that comes with age, but the Golden Years can be a time to get stronger

Through a specific type of exercise, known as progressive resistance training, adults can improve their ability to stand up out of a chair walk across the floor, climb a flight of stairs -- anything that requires manipulating their own body mass through a full range of motions.

Progressive resistance training means that the amount of weight used, and the frequency and duration of training sessions is altered over time to accommodate an individual's improvements. Some resistance training exercises that you can do using your own body weight include squats, standing up out of a chair, modified push-ups, lying hip bridges, as well as non-traditional exercises that progress through a full range of motion, such as Thai Chi or Pilates and Yoga.

After getting accustomed to activities that you can do on your own, older adults can move on to more advanced resistance training in an exercise and fitness facility. A certified trainer or fitness professional that has experience with special populations can help with the transition. As this research points out, "working out at age 20 is not the same as at age 70. A fitness professional who understands those differences is important for your safety.

In This Issue

- Strengthen the Golden Years
- Watch Your Car
- Sneak Peek at Jackie's Column
- Upcoming Events
- YouTube Video of the Month



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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

In addition, current recommendations suggest that an older individual participate in strengthening exercise [at a minimum of] two days per week".

According to the results from the University of Michigan, after an average of 18-20 weeks of progressive resistance training, an adult can add 2.42 pounds of lean muscle to their body mass and increases their overall strength by 25-30 percent.

To read the article in its entirety, click [here](#). To view a video corresponding to this article with some tips for exercises and an overview of this study, check out our [YouTube Video of the Month](#) (to the right).



"Watch Your Car" Program

Did you know that the State of Maryland has a FREE "Watch Your Car" Program?

This program is a voluntary national vehicle registration and theft prevention program that uses reflective decals placed on a vehicle's front and back windows to alert the police that the vehicle is not normally operated between 1 A.M. and 5 A.M. If a police officer observes the vehicle being operated during these hours, he/she may stop the vehicle and determine if it has been stolen.

It has been proven that a majority of vehicles are stolen during nighttime hours when you are asleep.

Visit their [web site](#) to sign up for the program, or call 1-800-96THEFT for more information.

Tips for handling Family Conflicts in Estate Planning

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

When planning on how to move forward as we age, misunderstandings often occur due to family members having different and incomplete information. Frequently, some family members feel overburdened, afraid to ask for help, or don't know what they can expect from siblings and other relatives. Families often can avoid these results by taking the following steps:

- Meet while everyone is healthy to plan ahead and get proper estate and financial planning in place.
- If a crisis occurs, meet to share information and expectations and to divvy up responsibilities.
- Prior to the meeting, everyone should compile a list of what they want to learn and what issues they would like to cover.
- Prepare an agenda in advance.
- Meet in-person if possible. If not, use conference calling or video solutions.
- Use a facilitator, usually a geriatric care manager or an elder law attorney, although it's possible that family friends or clergy can serve this role.
- Write down and share any decisions that come from the meeting.
- Hold as many meetings as necessary.

readers. What better way to accomplish that than to post our favorite YouTube video each month.

Have you read the article about Gaining Muscle as you Gain in Years? Read the article first, then check out this video. It's a review of the study from the University of Michigan. It includes various exercises and an overview of building strength through the Golden Years.

[YouTube Video of the Month](#)

Testimonials

"I don't let a day go by without thanking God for having found you as my lawyer and friend; and the help that you are providing me during these difficult times."

-Mrs. C.
Upper Marlboro, MD

"We appreciate your kindness and patience. You made [the process of estate planning] very easy for us"

-Ms. V.
Lanham, 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

By taking these steps, many misunderstandings can be avoided and no single family member needs to feel entirely alone and overwhelmed. Whether it's a question of moving in with a child, moving to a retirement community, or simply deciding who will handle financial and health care decisions upon the parent's illness or incapacity, an open discussion can avoid misunderstandings and bruised feelings. To read the full article, please visit our website by clicking [here](#).

for publication in the Bowie Blade-News of Bowie, Maryland and the Crofton News-Crier of Crofton, Maryland.

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



UPCOMING EVENTS



Speaking Engagement in May

Bowie Senior Center Senior Fair

14900 Health Center Drive
Bowie, MD 20715

When: May 24, 2011

Time: 3pm-7pm

Topic: Come out to receive information from various senior resources and enter for your chance to win fabulous door prizes. There will also be a discussion time to hear Jackie Byrd speak on relevant topics relating to planning for the future.

Events in June

BowieFest

June 4, 2011

11am-6pm

Allen Pond

Bowie, Maryland 20715

Byrd & Byrd, LLC will be in attendance at Bowie Fest eager to give away free goodies and answer any short legal questions that you may have. Come on out and visit our booth!

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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