



500 Viking Dr Ste 202  
Virginia Beach, VA 23452-7487

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July 2023

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Monthly Newsletter

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Hours: 9:00-5:00 M-Th, 9:00-12:30 F

Note from Scott



Where is the time going? As we wave goodbye to June and prepare the firm for July, I wanted to share with you the significance of Sandwich Generation Month.

Perhaps you're familiar with the term "sandwich generation". It describes those of us simultaneously caring for aging parents and our own children. It's a balancing act with its unique set of challenges and responsibilities.

I recall a former client, Sarah, a devoted professional and mother of two pre-teens. Sarah was also the primary caregiver for her elderly father, recently diagnosed with Alzheimer's. Between managing her job, raising her kids, and attending to her father's increasing needs, she was stretched to the limit. However, the planning we undertook together made a world of difference. Here are a few key achievements:

1. We established healthcare directives and powers of attorney, enabling family members to communicate more effectively with doctors and make informed decisions as her father's health declined. Luckily, we were early enough in his disease course that he was still mentally capable of signing documents.
2. We discovered untapped financial resources to help cover the cost of her father's care – a relief the family hadn't anticipated.
3. We protected as much of her father's assets as possible from potential loss to nursing home costs or government claims as his care needs increased.

At the end of the day, we ensured her father's wishes were respected, and Sarah found relief from some of the financial and care-related pressures she was facing.

If you're seeking solutions, and ideally peace of mind, as you juggle the demands of caring for an older loved one and your own family, we're here to guide you.

Remember, a well-crafted estate plan isn't just about distributing assets. It's about nurturing the people you love, creating a lasting legacy, and having the mental space to focus on what truly matters—rather than bouncing from crisis to crisis and feeling like you're constantly firefighting.

If you're ready to take the next step, give us a call at (757) 530-7011 to schedule an appointment.

OFFICE LOCATIONS		UPCOMING SEMINAR & WEBINARS				
Multiple office locations for your convenience.						
<div>Virginia Beach (Main Office)</div> <div>500 Viking Drive, Suite 202</div> <div>Norfolk Office</div> <div>319 W. 21st St., Suite B</div> <div>Chesapeake Office</div> <div>1545 Crossways Blvd., Suite 250</div> <div>Suffolk Office</div> <div>3345 Bridge Road, Suite 916</div> <div>Newport News Office</div> <div>11815 Fountain Way, Suite 300</div> <div>Phone: 757-530-7011</div> <div>Fax: 757-233-3600</div>		ABC's OF ACTING AS SUCCESSOR TRUSTEE	Thursday, July 27th at 1:00 PM		However, the planning we undertook together made a world of difference. Here are a few key achievements:	
			PLAN NOW TO PROTECT YOUR LOVED ONES	Tuesday, August 1st at 3:00 PM		1. We established healthcare directives and powers of attorney, enabling family members to communicate more effectively with doctors and make informed decisions as her father's health declined. Luckily, we were early enough in his disease course that he was still mentally capable of signing documents.
			WHY WILLS ARE OBSOLETE	Thursday, August 10th at 7:00 PM		2. We discovered untapped financial resources to help cover the cost of her father's care – a relief the family hadn't anticipated.
			PLAN NOW TO PROTECT YOUR LOVED ONES	Wednesday, August 23rd at 2:00 PM		3. We protected as much of her father's assets as possible from potential loss to nursing home costs or government claims as his care needs increased.
						At the end of the day, we ensured her father's wishes were respected, and Sarah found relief from some of the financial and care-related pressures she was facing.
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# Navigating the Sandwich Generation: Practical Tips for Balancing Caregiving and Estate Planning

The Sandwich Generation refers to adults who are in the unique position of caring for their aging parents while also supporting their own children. This article will provide practical tips to help those in the Sandwich Generation navigate this challenging life stage with ease and peace of mind.

## Understanding the Challenges

First, it's important to acknowledge the unique challenges that the Sandwich Generation faces. These can include emotional stress, financial pressure, time constraints, and the physical demands of caregiving. Understanding these challenges is the first step toward managing them effectively.

### Tip 1: Open Communication

Transparent and regular communication with all family members involved is crucial. Discuss the situation openly, share your concerns and feelings, and encourage others to do the same. This fosters understanding and shared responsibility.

### Tip 2: Delegate Responsibilities

Don't try to do everything yourself. Delegate responsibilities among family members and consider seeking professional assistance where necessary, such as hiring a caregiver or using a meal delivery service.

### Tip 3: Prioritize Self-Care

Remember to take care of yourself. Your physical health, mental well-being, and personal happiness are crucial. Try to maintain a balanced diet and regular exercise, and be sure to allocate time for activities you enjoy.

### Tip 4: Financial Planning and Asset Protection

Seek professional advice to ensure your financial stability and protect your assets. This could involve setting up a special needs trust, taking out long-term care insurance, or planning for Medicaid eligibility.

### Tip 5: Legal Preparations

Setting up health care power of attorney, HIPAA Authorizations and general durable powers of attorney can ensure your loved ones are taken care of if they are unable to make decisions for themselves. This can relieve a lot of stress and uncertainty in emergency situations.

### Tip 6: Support Networks and Resources

Don't hesitate to reach out to support networks, both in your local community and online. There are numerous resources available to help you navigate the challenges of the Sandwich Generation.

## Conclusion

Being a part of the Sandwich Generation can be challenging, but with careful planning, open communication, and adequate support, it's possible to navigate this period with grace and peace of mind. Remember, you're not alone on this journey, and help is available. Alperin Law is here for you.

# Presenting the New Alperin Law Seminar Room

We are thrilled to announce the latest addition to Alperin Law's infrastructure that is sure to enhance your experience with us—the unveiling of our brand new, state-of-the-art seminar room.

This seminar room, located at our Virginia Beach office, is designed to provide an exceptional environment for learning, collaboration, and meaningful discussions. With this addition, we aim to elevate our commitment to excellence by offering you an unparalleled experience.

At Alperin Law, we understand the importance of knowledge-sharing and staying updated with the latest developments in the legal landscape. Our seminar room is thoughtfully designed to foster an engaging and interactive atmosphere, ensuring that you receive the utmost value from attending our seminars, workshops, and educational sessions.



Interested in attending an in-person seminar? Visit our website or email [saylor@alperinlaw.com](mailto:saylor@alperinlaw.com) for more information.

## RECIPE – CAPRESE SALAD



### Ingredients

- **1 ½ lbs.** ripe tomatoes (3-4 medium) sliced in ¼
- **12-16 oz.** fresh mozzarella cheese, sliced in ¼
- **1 bunch** fresh basil leaves (⅓ cup)
- **3 tbsp.** extra virgin olive oil, for drizzling
- **½ tsp** sea salt
- **¼ tsp.** black pepper
- **2 tbsp.** balsamic glaze

### Directions

Begin by arranging slices of tomatoes on a delightful serving platter. Intersperse slices of cheese between the tomatoes in a way that showcases both ingredients and nestle whole basil leaves between the cheese and tomatoes. Arrange the slices thoughtfully, ensuring that each layer is visible and contributes to the overall presentation.

Sprinkle a generous amount of salt and pepper over the arrangement, infusing it with delightful flavors. Drizzle the entire ensemble with high-quality extra virgin olive oil, allowing it to enhance the taste and texture. For an extra touch of tangy sweetness, add 2 tablespoons of balsamic glaze or adjust the quantity according to your preference, ensuring a harmonious balance of flavors.