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OFFICE LOCATIONS

Multiple office locations for your convenience.

Virginia Beach (Main Office)

500 Viking Drive, Suite 202

Norfolk Office

319 W. 21st St., Suite B

Chesapeake Office

1545 Crossways Blvd., Suite 250

Suffolk Office

3345 Bridge Road, Suite 916

Newport News Office

11815 Fountain Way, Suite 300

Phone: 757-530-7011

Fax: 757-233-3600

FREE SEMINAR SCHEDULE CHOOSE FROM TWO IMPORTANT TOPICS:

Long-Term Care Planning Seminar: **WHY WILLS ARE OBSOLETE:**

How to Protect your Home, Family, and Assets the Right Way



Wednesday, September 21st at 2:00 P.M.

Alperin Law Virginia Beach Office

500 Viking Dr. STE 202, Virginia Beach, VA 23452

Estate Planning Seminar: **PLAN NOW TO PROTECT YOUR LOVED ONES:**

Discover the Secrets You Need to Know When Creating Your Estate Plan



Thursday, September 8th at 10:00 A.M.

Tuesday, September 27th at 3:00 P.M.

DURING OUR SEMINARS, YOU WILL LEARN:

- How to protect your home & assets from the costs of long-term care; Costly misconceptions about planning for your senior years.
- How to plan your estate should you become physically or mentally incapacitated.
- How to protect your family from losing their inheritance to greedy in-laws, divorce, lawsuits, creditors, and government claims!
- How to protect your valuable IRAs (and retirement plans) so they may later provide much-needed retirement income for your loved ones.
- Why wills don't protect assets from nursing home costs and how certain trusts can provide powerful asset protection.

Call us today to register at **757-530-7011** or register online at **www.alperinlaw.com**

Your Alperin Law Monthly Newsletter

FROM SCOTT'S DESK

Surrogacy & Estate Planning - Protecting Your Family

The start of a surrogacy can be a whirlwind, filled with excitement and emotion. The growth in the relationship between the surrogate, the intended parents, and even their families can be a very precious time, as a new, beautiful life is about to enter the world!

Estate planning during this time can seem overwhelming to both surrogates and intended parents in the midst of all this excitement. However, a surrogacy journey is a prime time to create a new estate plan or update your existing one, both for intended parents hoping to welcome a new family member and surrogates who will want to protect their family members, as well.

Intended Parents

Many Surrogacy/Gestational Carrier agreements will prompt intended parents to have an Estate Plan in place prior to their surrogate becoming pregnant. If the intended parents were to pass away during the pregnancy, their Will or Trust would act as an agent to fulfilling their contract with the surrogate and providing for the care of any children born as a result of the surrogate pregnancy.

An Estate Plan for the Intended Parent(s) should name back-up guardians for the baby. If guardians are not named within a legal document prior to the Intended Parents death or incapacity, a guardianship proceeding would be held where

a judge would determine the baby's guardian. Guardianship cases can be extremely expensive, stressful, and time-consuming, especially considering parentage proceedings for surrogacy in Virginia, if multiple people come forward to parent the child in the Intended Parents absence, or if there is any disagreement.

A Will or Trust should also authorize an Executor or Trustee to fulfill the Intended Parent(s) contractual obligations to the surrogate should they die or become incapacitated. This includes, but is not limited to, financial and legal items within the contract. A well-drafted and comprehensive estate plan can alleviate stress, expenses, and save time for everyone and is less expensive than petitioning a court and hiring attorneys later down the road.

Surrogates & Gestational Carriers

As a surrogate, you will be partially responsible for helping to create another life for another family. If there were to be an accident that occurs leaving you on life support while pregnant, the intended parents will likely want to recommend you stay on life support if the pregnancy is still viable. Your spouse and loved ones will of course be part of this decision, but it is important to outline your family's wishes as well as the wishes of the Intend Family in a legal document such as a living will or an advance healthcare directive. It is suggested to have these documents to be in place before becoming pregnant, at the time your surrogacy

contract is written and prior to any medical procedures.

Advance healthcare directives and/or Living Wills can nominate an agent to make medical decisions on your behalf should you become incapacitated or otherwise unable to make these important decisions for yourself. They can also outline specific instructions regarding life support and special considerations for if you suffer brain death while pregnant.

Get Started Today

Take the time create a quality estate plan for your family, whether it be as an Intended Parent or a Gestational Carrier. Many surrogacy agreements have deadlines and usually all parties are eager to get to the pregnancy part of a surrogacy journey, but taking the time to tailor your estate plan to your specific goals is important and worth spending time on in the long run.

Alperin Law is proud to have Attorney Lindsay Frederick on staff, who is not only well-versed and experienced in Assisted Reproductive Law and Gestational Carrier Agreements, but is also one of our preferred Estate Planning Attorneys here at the firm. If you are interested in pursuing surrogacy, either as an Intended Parent or Gestational Carrier, and you are considering Estate Planning for your family, please contact us as soon as possible – we will be happy to assist you and your family!

About Our Free Client Care Maintenance Program

There is an incredible feeling of relief that comes when you sign estate planning documents. All the hard decisions have been made and knowing that you, your family, and your assets will be protected no matter what happens brings a certain peace of mind. We love providing this feeling to our clients. However, we are also aware that an estate plan that works for you now may not meet your needs in a few years. That is why we have developed our free Client Care Maintenance Program. With this unique program, you can file away your documents and not give them another thought. We will contact you every three years and invite you in for a free review of your plan.

Why You Might Need to Update Your Estate Plan

If you're like many people, not much will change in your life in three years. You may still be working, have minor children, and have no new valuable assets. When we reach out to you under our Client Care Maintenance Program, we will send a questionnaire for you to fill out to determine if you have experienced a significant change before you come in to meet with us. The kinds of changes that will require an update to your estate plan include the following:

- Contact information and address
- Significant change in financial situation
- Marriage or divorce
- Birth of a child
- Children reaching the age of majority
- Death of a beneficiary, trustee, guardian, agent, or executor
- Change of heart about a beneficiary, trustee, guardian, agent, or executor



- Serious health concerns for yourself or a family member
- Funding of trusts
- Impending need for long-term, assisted living, or nursing home care for you or your spouse
- Purchase of firearms you want to pass on to heirs
- Retirement or life insurance plans
- Assets that are not included in existing trusts

The questionnaire we send will require you to think about the things that might have changed in the previous few years so that when you meet with us in a free consultation, we can dig in right away to review your estate plan.

We Are Here for You Whenever You Need Us

Of course, the team at Alperin Law is here for you whenever you need us. You can call anytime you have a question about your plan or when you have experienced a significant life change. But if you don't reach out to us, you will get an email from us in three years. You may be shocked to realize that three years have already passed—many of

our clients are! If you don't respond to our email—we know you are busy!—we will send a letter, and we will follow that up with a phone call. We are not trying to annoy you, but we really don't want you to find out too late that your estate plan doesn't meet your needs because things have changed since you wrote it.

We Are Your Partners for Life

At Alperin Law, we don't see estate planning as a single legal transaction—you sign documents, and we send you on your way. Instead, our goal is to maintain a life-long relationship with you. We are here for you every step of the way and, if you don't think you need to call us, we'll call you to make sure your plan still works for you. The best part is, you don't have to do anything to sign up for our Client Care Maintenance Program. You will be automatically enrolled once you have signed your initial documents with us. It's just one of the many ways we work to be your estate planning partner for life.

Employee Spotlight

Meet Lindsay Frederick

My Background

As a long-time Hampton Roads resident, my love for my community and my family runs deep. Though I was born in Punxsutawney, Pennsylvania (where the famous groundhog lives!), I have lived in Virginia for most of my life, I also spent a few years in South Florida. I attended Old Dominion University where I received my Bachelor's Degree and went on to Regent University School of Law for my Juris Doctor. During law school, I completed several internships in varying legal specialties but spent the majority of my time with the Office of the Commonwealth's Attorney in the City of Virginia Beach.

Throughout my career, I have practiced in the areas of Estate Planning, as well as Assisted Reproductive Technology and Business/Real Estate. I am happy to have found myself at home at Alperin Law where my passion for helping my community can flow through my work.

In My Free Time

I am very attached to my dog, Gracie, and working out at least 5 days a week. I love the outdoors and being active outside.... As long as the weather is warm enough! Summer is my favorite time of year, although I'll never say no to going skiing with my extended family.

Court Admissions & Bar Memberships

I am licensed to practice law in Virginia and Florida.



Recipe:

Baked Spaghetti



INGREDIENTS

- Cooking spray
- 16 ounces dried spaghetti, such as Barilla
- 1 1/2 teaspoons kosher salt, divided
- 1 tablespoon olive oil
- 1 pound lean ground beef
- 1 (24-ounce) jar marinara sauce
- 1 (15-ounce) container full-fat ricotta cheese
- 1 teaspoon dried Italian seasoning
- 1 clove garlic, minced
- 2 large eggs
- 1/2 cup finely grated Parmesan cheese (about 3 ounces)

- 4 cups shredded part-skim mozzarella cheese (16 ounces)
- Chopped fresh flat-leaf parsley leaves, for serving (optional)

INSTRUCTIONS

1. Grease a baking dish and heat the oven. Arrange a rack in the middle of the oven and heat to 350°F. Coat a 9x13-inch baking dish with cooking spray. Meanwhile, bring a large pot of water to a boil.
2. Cook the pasta. Add the spaghetti and 1 teaspoon of the salt. Cook according to package directions until the spaghetti is al dente, 8 to 10 minutes. Meanwhile, make the sauce.
3. Brown the beef and make the sauce. Heat the oil in a large skillet over medium heat until shimmering. Add the beef and use a stiff spatula to break it up into large pieces. Season with the remaining 1/2 teaspoon salt and let the meat brown undisturbed 4 to 5 minutes. Break the meat up into smaller pieces with the spatula and continue to cook until the beef is mostly browned with no pink showing, 2 to 3 minutes more. Remove from the heat and stir in the marinara.
4. Drain the pasta and cool slightly. When the pasta is ready, drain but do not rinse. Let cool for 5 minutes, just long enough to prevent the eggs from scrambling.
5. Make the ricotta layer. While the pasta is cooling, stir the ricotta, Italian seasoning, and garlic together in a small bowl.
6. Whisk together the egg and Parmesan cheese. Place the eggs and Parmesan cheese in a large bowl and whisk to combine. Add the drained and cooled spaghetti and toss to coat.
7. Layer the spaghetti, ricotta mixture, meat sauce, and mozzarella. Place 1/2 of the pasta mixture in the baking dish in an even layer. Dollop with 1/2 of the ricotta mixture, then spread with a spatula. Spoon 1/2 of the meat sauce over the ricotta, then sprinkle with 1/2 of the cheese. Repeat the layers with the remaining ingredients.
8. Bake covered 30 minutes, then 10 to 15 minutes uncovered. Cover the dish tightly with aluminum foil. Bake for 30 minutes. Uncover and cook until the edges are bubbling and the cheese is melted and browned in spots, 10 to 15 minutes more. Garnish with fresh parsley, if desired. Let cool 5 minutes before cutting and serving.

Recipe inspired by www.crockpotladies.com