

Upper Westside1



Fairway Market

September 2014

Elder Law Documents and Issues

At the September meeting, the group heard from an expert about the various documents that should be in place as we approach the last half of life. Our guest, Natalie Kaplan, JD, reviewed the characteristics and issues connected to the following:

- **Documents**
 - ✓ Durable Power of Attorney (POA)
 - ✓ Healthcare Proxy
 - ✓ Living Will
 - ✓ Will
- **Legal issues connected to Elder Law that are often misunderstood.**
 - ✓ Taxes on monetary gifts
 - ✓ Changing a durable power of attorney status
 - ✓ Mental capacity
 - ✓ Getting support from government agencies when you need to complain about service.



We thanked Natalie Kaplan for her help in these matters and were grateful for the clarifications.

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October 2014

Memory

Our October meeting addressed the topic of memory. What do we do to maintain the brain? We all have *senior moments* and many of us fear dementia.

Things people do:

- Organize -- put things in the same place every time.
- Write things down -- use cards; a notebook; phone or other electronic device.
- Learn new things to really stretch the memory and brain.
- Access an online program for brain games – Lumosity www.lumosity.com

Observations:

- Age related memory loss is not the same as Alzheimer's; it's part of aging.
- Perhaps we were always bad at remembering certain things & we shouldn't be alarmed if this continues.
- There was a consensus that memory and organization are related.



Dementia:

- Alzheimer's is the most common type of dementia, but most of us will not develop Alzheimer's. It's important to remember that it has a strong genetic dimension and runs in families.
- There are many causes of dementia-and some are treatable. Behavior change coupled with memory loss should prompt immediate medical testing-

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November 2014

Friendships-- Past, Present and Future

At the November meeting the group had a lively discussion about past, present and future friendships.

- Problems of distance, loss of common interests and lack of knowledge of events in each other's lives affect our relationships with friends who live elsewhere. We make decisions about who makes the calls and how frequently calls are made. Sometimes, one just loses interest in maintaining the relationship.
- Descriptions of the rewards of frequent communication with friends were related.
- We expressed sorrow for the loss of friends, which will now be happening more frequently as we age.
- Using newer methods of communication are valuable in maintaining friendships, i.e. Skype and texting. Facebook is excellent whereas emails are not.
- Several of us described the value of having younger friends. They bring a high level of energy, enthusiasm and a different generational view of life to our interactions with them.
- A friend who is too assertive can become a problem. Suggestions for dealing with this situation included setting limits and saying no.
- We concluded that it requires WORK to achieve happy, satisfactory relationships.

