

**The Brennan & Rogers, PLLC Journal**  
**October 2019 Edition**



HELLO  
*Autumn*

**October is**  
**National Estate Planning Awareness Month**

Estate planning is the process of planning for the transfer of everything you own to those persons you want it to go to after you pass on. Your estate plan should also appoint individuals to make decisions for you if you are alive but incapacitated. Our mission is to provide clients with informed, compassionate legal care and to offer support with guidance through life's transitions because we know better than most that planning for or dealing with aging, [disability](#) and death can be an uncomfortable and unpleasant task. Our ultimate goal is to make the process as manageable as possible.

Estate planning is something people often put on the back burner as "something to do in the future when I am older". The problem with that mindset is we never know what the future holds; there are no guarantees for tomorrow. Benjamin Franklin said, "You may delay, but time will not, and lost time is never found again" and this poignant statement couldn't be more true of estate planning. We are thrilled to have been seeing a trend showing that this mindset is changing with younger clients in their 40's and even 30's looking ahead into their future.

Estate planning is thought of in the financial sense however a factor often overlooked is if you have children, or even elderly parents, who have disabilities or special needs. Plans need to be in place to protect those who have no voice and this couldn't be more true for children. No parent wants to think "what would happen to my children if something happens to me" however, parents of children with disabilities often feel that "they can't die" because who will take care of their children when they

are gone with all their complex needs? Documents need to be in place to ensure that everyone in the family is aware of who is responsible for these children and what that exactly entails.

Common [estate planning documents](#) include but are not limited to Wills, Powers of Attorney-both Financial and Health-Care, Advance Directives, and Trusts. These are only some of the tools used in estate planning by which asset transfer at death work together to achieve the desired result.

[National Estate Planning Week is recognized between October 21-27, 2019.](#)

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## **Estate Planning Selections from our Legal Blog:** ***[Planning for Life's Transitions](#)***

### [Do you Know the Difference Between a Living Will and a Do-Not-Resuscitate Order?](#)

Two documents often confused however they have very different meanings. One communicates your wishes if you become unable to communicate them in the case of a medical event and the other assures that no medical attempts to intervene should be made if you stop breathing or your heart stops.



### [Familiarizing yourself with Estate Planning Terminology](#)

Attorney in fact? Decedent? Probate? Are any of these terms familiar to you? If not, you could be misguided when it comes to your perception of the estate planning process. Knowledge is power; arm yourself.

### [When Things Fall Apart by Smilie G. Rogers, Esq.](#)

An honest, forthright piece written by Smilie about his impressions of what happens "when things fall apart" and there is no safety net.



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## **October Awareness Months**

### [Breast Cancer Awareness Month](#)

According to [Wikipedia](#), "National Breast Cancer Awareness Month (NBCAM) was founded in

1985 in October as a partnership between the American Cancer Society and Astra Zeneca. The purpose of NBCAM was to promote mammography as the most effective weapon in the fight against breast cancer. In 1993 Evelyn Lauder, Senior Corporate Vice President of the Estée Lauder Companies, founded The Breast Cancer Research Foundation and established the pink ribbon as its symbol, (though this was not the first time the ribbon was used to symbolize breast cancer);<sup>1</sup> a 68-year-old California woman named Charlotte Haley, whose sister, daughter, and granddaughter had breast cancer, had distributed peach-color ribbons to call attention to what she perceived as inadequate funding for research. In the fall of 1991, the Susan G. Komen Foundation handed out pink ribbons to participants in its New York City race for breast cancer survivors."

[ADHD Awareness Month](#)  
[Dental Hygiene Month](#)  
[Cybersecurity](#)

### **October Awareness Weeks**

10/20-10/26 [Respiratory Care Week](#)  
10/6-10/12 [Mental Illness Awareness Week](#)  
10/21-10/25 [National Health Education Week](#)

### **October Awareness Days**

10/5 [World Teachers Day](#)  
10/10 [World Mental Health Day](#)  
10/10 [National Depression Screening Day](#)

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## **Medicare Open Enrollment!!**

### **Medicare Open Enrollment October 15, 2019 through December 7, 2019**

Any changes to Medicare Drug Plans or Medicare Advantage Plans need to be made during Medicare's Open Enrollment period! Please note - there is now an additional Medicare Advantage Plan only enrollment/disenrollment period from January 1 to March 31.



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## **Local Events**

### **October**

#### **Seacoast Successful Aging Expo presented by the Maine Senior Guide**

Wednesday October 16 from 9 am-2 pm at the Kittery Community Center in Kittery, ME 03904. \*We will have a booth here so stop by and say hello!\*

#### **35th Annual York Harvestfest & Kidsfest**

Saturday October 19, 2019 from 9 am-4 pm at Short Sands Beach.

#### **South Berwick Trick or Treat Night**

Wednesday October 30, 2019 from 5 pm- 8 pm.

### **November**

**St. Christopher's Church Fair** on Saturday November 2, 2019 from 8 am-2 pm at St. Christopher's Church, 4 Barrell Lane, York, ME 03909.

**Red Cross Blood Drive** on Friday November 8, 2019 from 10 am-3 pm at The York Region Chamber of Commerce 1 Stonewall Lane, York, Maine 03909

[Turkey Trot 5K](#) on Saturday November 30, 2019 starting at 11 am beginning at the York Village Elementary School. Register by November 1 to get a shirt!



Autumn is here! Cooler temperatures, falling leaves, fairs and pumpkins are what October is about! Enjoy mother natures' spectacular show before a "[Polar Coaster](#)" of a winter sets in.

### **Brennan & Rogers, PLLC**

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\*Satellite office located in [Kennebunk, ME](#) is staffed for scheduled appointments made through the York office only \*

Monday - Friday: 9 am- 5 pm  
Saturday: By appointment  
Sunday: Closed

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