

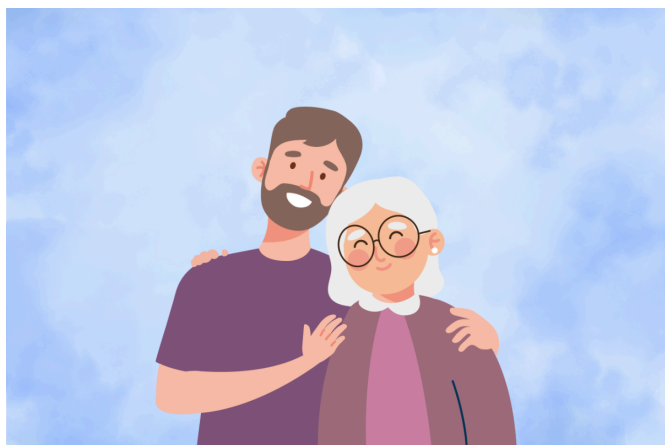


—MONTELEON LAW—

## MAY 2025 NEWSLETTER



Follow us on social media!



### The Importance of Estate Planning for Aging Parents

Many find initiating conversations around estate planning with aging parents daunting.



### Protecting Seniors from Scams: Awareness, Action, and Advocacy

With National Senior Fraud Awareness Day (May 15) and Senior Citizens Month approaching,

This topic, however, is essential. Effective estate planning ensures that your parents' wishes are honored and can help to avoid potential legal and financial hurdles in the future. Timing this discussion is crucial for a smooth transition. Here's how to start talking about estate planning with your loved ones.

[READ MORE](#)

now is the time to spotlight scams targeting older adults. Fraudsters exploit trust, isolation, and technology gaps. Whether you're supporting aging loved ones or looking to protect your community, staying informed and spreading awareness is one of the best defenses we have.

[READ MORE](#)

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## UPCOMING EVENTS

### Education and Resource Event for Seniors and Caregivers



## Health Education & Resource



**Saturday,  
May 24, 2025.  
Bartow Community Center.  
RM 31 10am-2 pm**

**Food & Refreshments  
Give-a-Ways**

### Take charge of your health and well-being

Be empowered with information that can change your tomorrow.  
Make your health a priority. Take charge of your health. Information  
is the key to living a healthy life.

### HEALTH SCREENING



**Blood  
Pressure**



**Diabetes**



**Vascular**

### FAMILY CAREGIVERS RESOURCE EXPERT PANELISTS



- Monteleon Law ,ElderLaw Attorney-Health Care Proxy, Wills, Power of Attorney, Estate Planning, Trusts
- Essen Healthcare-House Calls, Guide Model/Respite Care for people with Alzheimer's disease, Heath Home.
- Parent to Parent- People with Developmental Disability and Special needs.
- S & A Unified Home Care\_NHTD/TBI/OPWDD Wavier Program
- COME Inc. -Adult & Youth Caregivers ,Self -Care Tips
- Tips for Caregivers caring for a loved one with Alzheimer's disease
- Healthfirst NY Medicare Advantage Plans



Parent to Parent



Attention New York Clients and Friends!

Join us for a Health Education & Resource Event on Saturday, May 24, 2025, from 10 AM to 2 PM at the Bartow Community Center, Room 31. This empowering event offers valuable information to help you take charge of your health and well-being. Enjoy free health screenings (Blood Pressure, Diabetes, Vascular), food, refreshments, and giveaways.



Family caregivers can gain insight from expert panelists on legal planning, respite care, disability support, and Alzheimer's resources. Come learn, connect, and make your health a priority!

## Save the Date: The Art of Aging – June 11, 2025

# The Art OF AGING

*Life Begins at 50*

Recreational Activities

Health Services

Educational Workshops

Join us

June 11, 2025

**MAY CELEBRATIONS!**

10AM-2PM

A & B Creative Events

5013 Southpoint Parkway

Fredericksburg, Va 22407

Join us in celebrating these holidays this month and share how you observed them on our social media!

## FAMILY WELLNESS MONTH



health services, and educational workshops focused on wellness and aging with confidence.

### May is Family Wellness Month!

Monteleon Law will have a dedicated table, where we'll be available to answer your questions about estate planning, elder law, and how to protect your legacy and loved ones through every stage of life.

day is as simple as what it is named. With so many factors affecting our health, from our environment to our feeding and lifestyle habits, working for top-quality health care today, the best way to improve our overall well-being. Why bother waiting and make enjoy this day with your family? Family Wellness

Month was created to educate and support families on their quest for wellness and not just illness treatment, as every family is, in a way, different. By different wellness stories to improve the general health of the population.

Visit National Today below for more info!

[LEARN MORE HERE](#)



### May is Mental Health Awareness Month!

Mental health is wealth, especially during Mental Health Awareness Month, which is celebrated in May. The stigma around mental health and treatment has long existed, even though this has started to change. Still, people hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing unnecessary backlash. Simple logic dictates that if we are hurt anywhere, we must seek treatment to get better. This applies to both our mental- and physical well-being.

While Mental Health Awareness Month is celebrated in the U.S., a more universal day is also celebrated by the WHO on October 10, and it is known as World Mental Health Day.

Visit National Today below for more info!

[LEARN MORE HERE](#)

MAY 2025



# AMERICAN STROKE AWARENESS MONTH

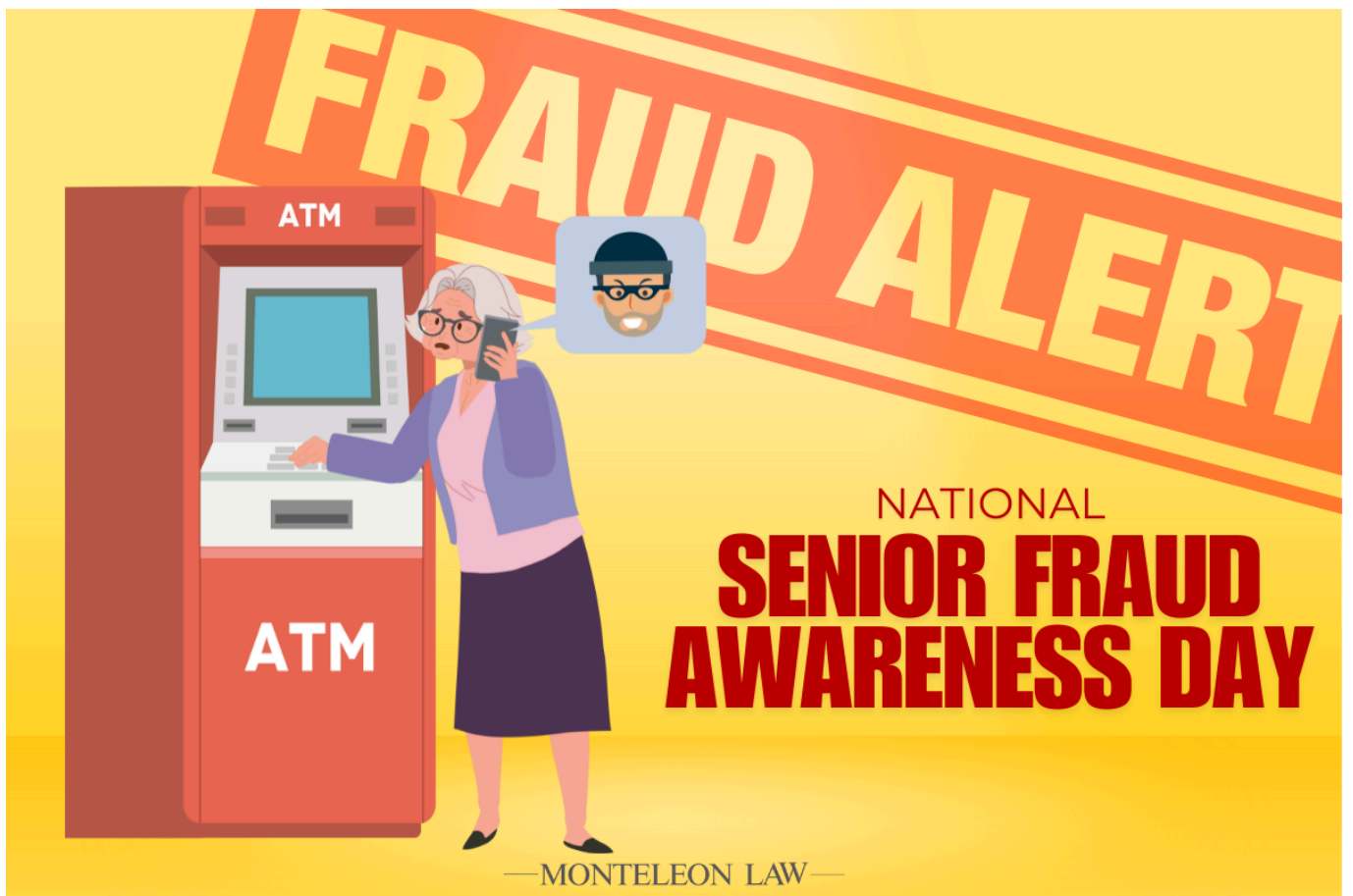
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## May is American Stroke Awareness Month!

Stroke Awareness Month is observed in the United States every year during May. This month aims to create public awareness about stroke risk factors and to lessen the occurrence of stroke in the U.S. A stroke is a medical condition where poor blood flow to the brain results in cell death. There are two main types of stroke — ischemic stroke, which occurs due to lack of blood flow, and hemorrhagic stroke, which occurs due to bleeding. Both conditions cause parts of the brain to stop functioning properly. A stroke happens in America every 40 seconds, and someone dies of it every four minutes.

To learn more about the warning signs of a stroke, visit [American Stroke Association!](#)

[LEARN F.A.S.T. HERE](#)



### May 15th - National Senior Fraud Awareness Day

Observed annually on May 15, National Senior Fraud Awareness Day aims to educate and protect older adults from financial scams. Seniors are increasingly targeted by fraudsters, with losses exceeding \$3.4 billion in 2023 alone. This day serves as a reminder to stay vigilant and informed about common scams, such as tech support fraud, romance scams, and lottery schemes. Raising awareness and promoting prevention methods can help safeguard the financial well-being of our aging population.

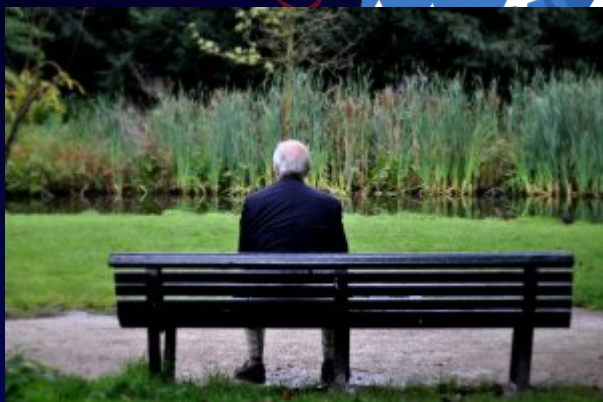
Visit National Today below for more info!

[LEARN MORE HERE](#)

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## PREVIOUS POSTS

Missed out on our recent social media posts? Catch up below!



Tips for combating loneliness for older adults:

U.S. News



Learn more about respite care:

U.S. News

## MEMORIAL DAY



Learn more about the financial impact of caregiving:

AARP



What should caregivers know about Medicare?

AARP

Need legal help? Contact us today!



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