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—MONTELEON LAW—

## OCTOBER 2024 NEWSLETTER



Follow us on social media!



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## TOP STORIES



## Vacation Properties and Estate Planning: What Do You Need to Know?

Leaving your house to a beneficiary is a very common scenario. However, the question arises about vacation properties: Are there any special considerations for vacation homes that differ from your primary residence? The following will examine what you need to know about leaving your vacation home to a beneficiary.

[READ MORE](#)



## What Adjustments Should You Make to Your Estate Plan if You Get Divorced?

Going through a divorce is very often a difficult and frustrating time. While there may be many long and drawn-out processes to go through, and the entire situation may feel overwhelming, it is imperative that you don't ignore the necessary adjustments you must make to your estate plan.

[READ MORE](#)

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## UPCOMING EVENTS



We are participating in the Alzheimer's Association Walk to End Alzheimer's for the nearly 7 million Americans living with the disease. Your support will allow the Alzheimer's Association to continue to provide 24/7 care and support while accelerating critical research.

Please join our team or support us with a donation!

[JOIN OUR TEAM](#)[DONATE TO THE TEAM](#)



WITH THE SUPPORT OF  
LOCAL  
LAW ENFORCEMENT



## OPERATION MEDICINE CABINET

**October 26, 2024**

**10 a.m. to 2 p.m.**

**Drop off your Expired or Unused Medications and Sharps!**

**Drive up, drop off and drive out! No questions asked.**

**Twelve Locations to Serve You:**

### CAROLINE COUNTY

**Mary Washington Primary Care  
and Pediatrics**  
8051 Prosperity Way  
Ruther Glen, VA 22546

**Walgreens**  
104 West Broadus Avenue  
Bowling Green, VA 22427  
**NO SHARPS ACCEPTED**

### CITY OF FREDERICKSBURG

**Fredericksburg Department Police**  
2200 Cowan Boulevard  
Fredericksburg VA 22401  
**NO SHARPS ACCEPTED**

**Mary Washington Hospital Tompkins  
Martin Medical Plaza**  
1101 Sam Perry Boulevard  
Fredericksburg, VA 22401

**University of Mary Washington Bell Tower**  
1301 College Avenue  
Fredericksburg VA 22401  
**NO SHARPS ACCEPTED**

**Wegmans**  
2281 Carl D. Silver Parkway  
Fredericksburg, VA 22401  
**NO SHARPS ACCEPTED**

### SPOTSYLVANIA COUNTY

**Chancellor's Village**  
12100 Chancellor's Village Lane  
Fredericksburg, VA 22407  
**NO SHARPS ACCEPTED**

**Mary Washington Healthcare  
Emergency and Outpatient Center – Lees Hill**  
10401 Spotsylvania Avenue  
Fredericksburg, VA 22408

**CVS Courtland Commons**  
9767 Courthouse Road  
Spotsylvania, VA 22553  
**NO SHARPS ACCEPTED**

**Spotsylvania Regional Medical Center**  
4600 Spotsylvania Parkway  
Fredericksburg, VA 22408  
**NO SHARPS ACCEPTED**

### KING GEORGE COUNTY

**Walmart/Petco Parking Lot**  
16375 Merchant's Lane  
King George, VA 22485  
**NO SHARPS ACCEPTED**

### STAFFORD COUNTY

**Stafford Hospital**  
101 Hospital Center Boulevard  
Stafford, VA 22554



**Mary Washington  
Healthcare**



**RAPPAHANNOCK AREA  
COMMUNITY SERVICES BOARD**

The mission of Partners in Aging is to improve the quality of life of older adults in the greater Fredericksburg area by providing access to resources and programs.

## October 26th - Operation Medicine Cabinet

Attention Fredericksburg clients and friends:

Do you have expired or unused medication? If so, you can drop it off Saturday,  
October 26th from 10:00 am - 2:00 pm at any of these local locations

## OCTOBER CELEBRATIONS!

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

**October 1st - International Day of Older Persons**

We're fortunate to have older people in our lives, whether family, friends, or acquaintances. They offer wisdom, experience, and inspiring stories, guiding us and warning us of potential dangers. Sadly, society often overlooks or ignores them. That's why the International Day of Older Persons on October 1 is so important—it reminds everyone to celebrate and seek guidance from our elders.

To learn more, visit National Today below!

[LEARN MORE HERE](#)

# National Estate Planning Awareness Week

**ENTER TO WIN**

**\$350 Credit towards your  
estate plan with us!**

Check out our social media to learn how to  
participate during the week of October 21st - 27th



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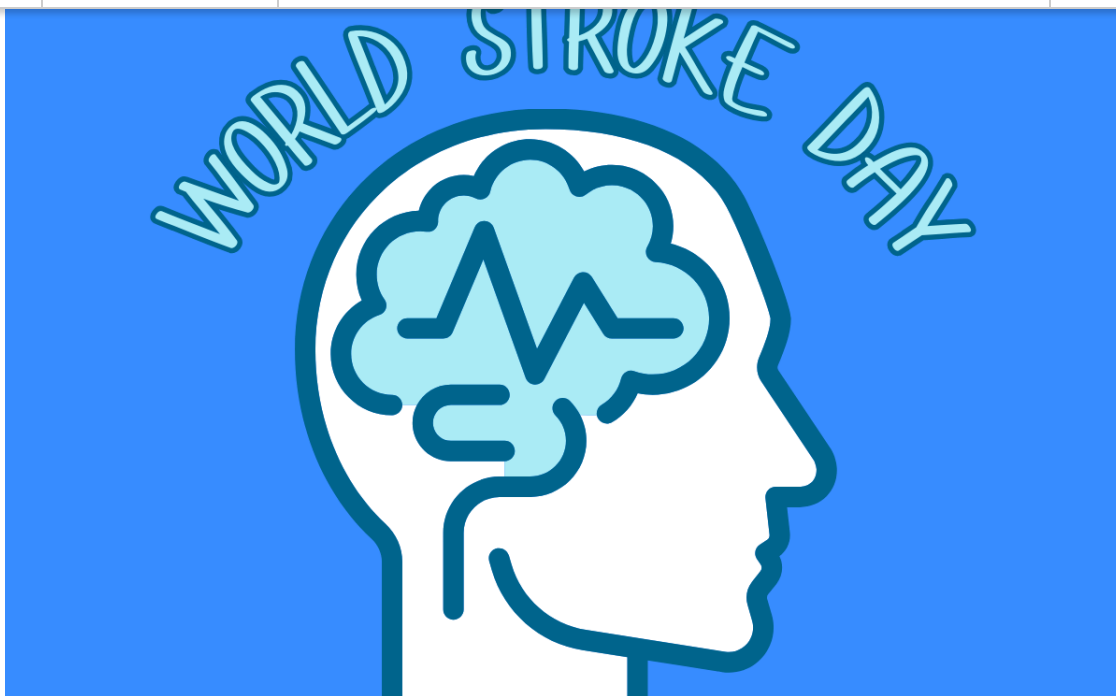
## October 21 - 27 - National Estate Planning Awareness Week

National Estate Planning Awareness Week takes place during the third full week of October. Created in 2008, it helps people understand the importance of estate planning for financial health. It encourages discussions about future wishes, preventing family disputes and ensuring your decisions are respected.

In honor of this week, we have a special raffle YOU can enter to win!  
Check out our social media to learn how you can participate during the week of  
October 21st - 27th.







[INSTAGRAM](#)

[FACEBOOK](#)



### October 29th - World Stroke Day

The World Stroke Organization (WSO) reports that one in four adults will experience a stroke in their lifetime. World Stroke Day on October 29 raises global awareness about this serious condition. A stroke occurs when blood flow to the brain is interrupted, potentially causing temporary or permanent damage. While recovery is possible, many are left with disabilities, and some may not survive. This day emphasizes that strokes are preventable, and adopting a physically active lifestyle, along with proper nutrition, can significantly lower our risk. Strokes are the leading cause of disability and the second leading cause of death from disease.

B.E. F.A.S.T.		To Reduce Stroke Impact			
					
<b>Balance</b>	<b>Eyes</b>	<b>Face</b>	<b>Arms</b>	<b>Speech</b>	<b>Terrible Headache</b>
Sudden loss of balance	Sudden loss of vision in one or both eyes	Sudden facial weakness or drooping	Sudden weakness or numbness	Sudden slurred speech or difficulty speaking	Sudden onset of a severe headache

To learn more about stroke symptoms, visit [American Stroke Association](#) below!





**October 31st - Halloween**

Happy Halloween from Monteleon Law!

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## PREVIOUS POSTS

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

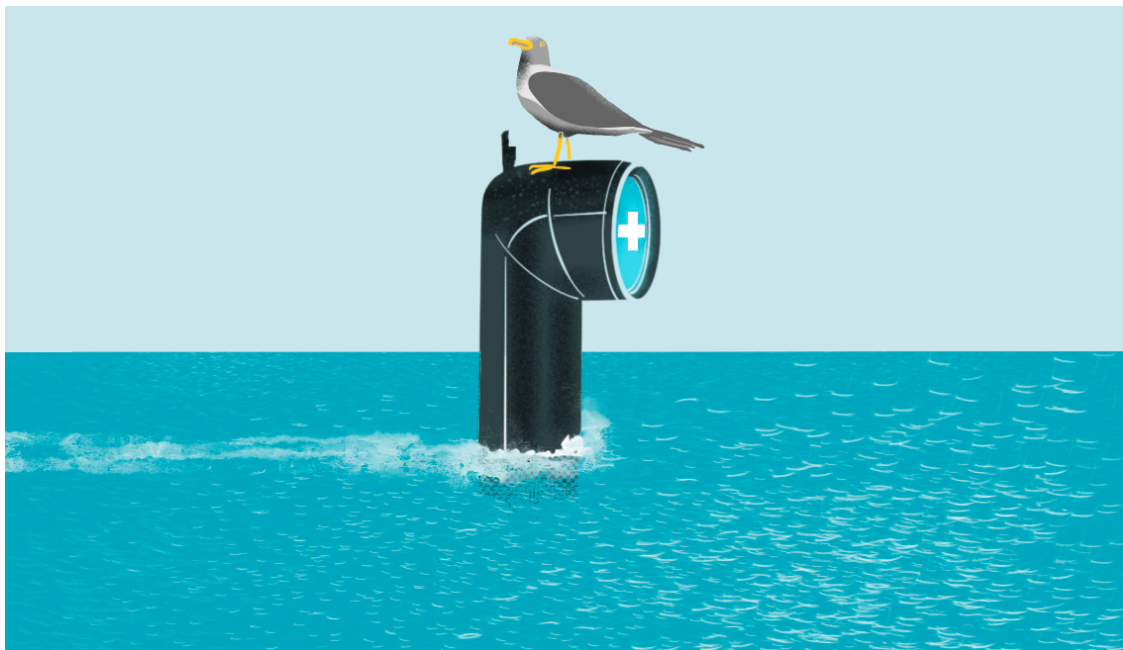


**Older adults can encounter severe complications as a result of West Nile Virus.  
How can you best avoid falling ill?**

AARP



**Understanding the link between diabetes and dementia:**



**What Medicare changes can you expect next year?**

AARP

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