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MAY 2024 NEWSLETTER



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TOP STORIES



Estate Planning for Blended Families: What You Need to Know

A blended family, also referred to as a stepfamily, is a family in which at least one parent has children from prior to the current marriage. So what are the impacts on estate planning for blended families?

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Your Estate Plan?

A family limited partnership, commonly referred to as a FLP, comes with advantages and disadvantages. The following will examine what exactly is an FLP and what the advantages and disadvantages are as it pertains to estate planning.

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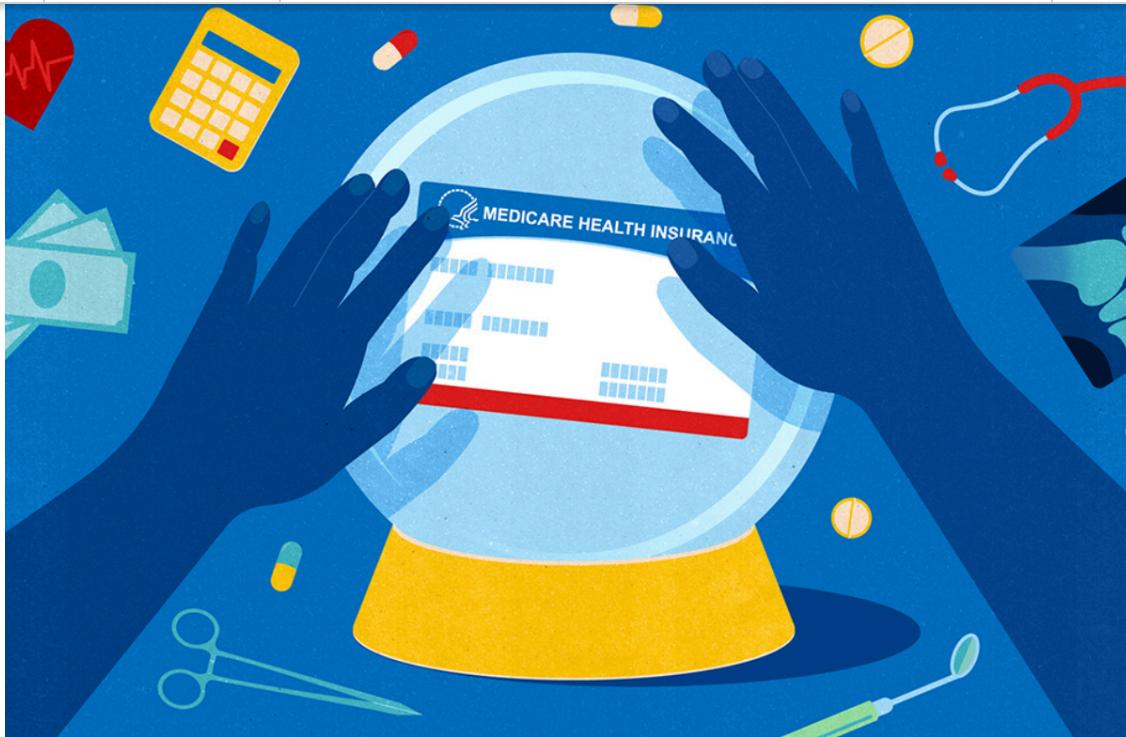
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How can caregivers create a respite plan?

[AARP](#)



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AARP



SeniorNavigator

MAY CELEBRATIONS!

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



May is Family Wellness Month!

Family Wellness Month is celebrated in May every year. The reason for the commemoration of the 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, we need to religiously cater to our health to improve our overall well-being. What better way to embark on this journey than as a family? Family Wellness Month was created to educate and support families on their quest for wellness and not just illness treatment,

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!



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!](#)

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May 27th - Memorial Day

Now and forever, we remember. Never forget, forever honor.

Happy Memorial Day from the Monteleon Law Group!

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