



—MONTELEON LAW—

ELDER EDIT NEWSLETTER

JUNE 2025



Follow us on social media!





How to Plan for Incapacity: The Importance of Durable Powers of Attorney

Planning for the future involves preparing for the unexpected, and this includes the possibility of becoming incapacitated. While it's difficult to think about losing the ability to make decisions for yourself, it's essential to plan ahead. One of the most effective ways to do so is by creating a **Durable Power of Attorney (DPOA)**.

[READ MORE](#)



Graduation Season: Why Young Adults Need Basic Estate Planning

As graduates toss their caps in celebration, they step into a new phase of adulthood. While the focus may be on careers, independence, or future goals, there's another key step that often gets overlooked: **estate planning**. Even at a young age, creating a basic estate plan is a smart way to prepare for the unexpected and take control of important life decisions.

[READ MORE](#)

UPCOMING EVENTS

NEW YORK EVENTS

Education and Resource Event for Seniors and Caregivers



ESTATE PLANNING AND MAKING MOVES FOR SENIORS

Estate Planning | Downsizing | Senior Living

EXPERT PANELISTS



JENNIFER MARTIRE BAUKOL, SENIOR REAL ESTATE SPECIALIST
Skilled in Downsizing, "Right-Sizing," Senior Placement, Move Management, Relocating and Living Transitions, with over 20 years of experience in health care, mortgage and real estate worlds, Jennifer is a wealth of knowledge for her clients, providing exceptional service beyond the norm.



ALYSSA MARIE MONTELEON, ESQ
Specializing in helping individuals and families navigate issues around aging, Alyssa focuses her practice on Estate Planning and Elder Law. Alyssa has a heart for educating and empowering those around her about the legal complexities of getting older so that they can make informed decisions for themselves.



KATRINA SNYDER, MS
With over 30 years of experience in both Hospitality and Health Care, Katrina is skilled at providing support services and resources to Seniors and Caregivers, while offering the highest level of customer service and compassion to those looking to make Senior Living transitions.

TUESDAY, JUNE 17TH | 1-3PM

PLANNING AHEAD JUST GOT EASIER
Join us for an informative and engaging, free panel event tailored to seniors and their families. Learn how to navigate estate planning, downsizing, and senior living with expert guidance.

Appetizers and beverages will be served.

RSVP BY JUNE 14TH TO 914.768.600 OR KSnyder@MONARCHCOMMUNITIES.COM



THE FOUNTAINS AT RIVERVUE

GPS ADDRESS: 2 SCARSDALE RD | TUCKAHOE, NY

Attention New York Clients and Friends!

You're invited to a free, informative panel event on **Tuesday, June 17th from 1–3 PM** at The Fountains at Rivervue in Tuckahoe, NY. *Estate Planning and Making Moves for Seniors* will feature expert guidance on estate planning, downsizing, and navigating senior living options. Whether you're planning for yourself or a loved one, this is a valuable opportunity to get clarity and support from experienced professionals.

Appetizers and beverages will be served.

RSVP by June 14th to 914.768.600 or KSnyder@MonarchCommunities.com

VIRGINIA EVENTS

The Art of Aging – June 11, 2025



Recreational Activities

Health Services

Educational Workshops

Presented by:



June 11th 10 am - 2 pm

A and B Creative Events

Platinum Sponsor:



MORNINGSIDE HOUSE
SENIOR LIVING

Also Proudly Sponsored by:



Attention all Virginia clients and friends!

Monteleon Law is proud to announce that we will be participating in *The Art of Aging* event on Wednesday, June 11, 2025, from 10:00 AM to 2:00 PM at A & B Creative Events, 5012 Southpoint Parkway, Fredericksburg, VA.

This inspiring event celebrates the vibrant lives of adults 50 and over, offering recreational activities, health services, and educational workshops focused on wellness and aging with confidence.

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.

Whether you're planning for the future or looking for helpful resources today, this is a great opportunity to connect, learn, and enjoy the day with your community.

We hope to see you there!

2025 Senior Farmers Market Nutrition Program



SENIOR FARMERS MARKET NUTRITION PROGRAM

ARE YOU 60 OR ABOVE?

Find out if you're eligible for the
**SENIOR FARMERS MARKET
NUTRITION PROGRAM**

\$50 to be used at approved farmers market vendors

- ☒ Resident of: Caroline, Fredericksburg, King George, Spotsylvania or Stafford
- ☒ Household income below \$2,413/month (1 person) or \$3,261/month (2 people)
- ☒ Don't live with a participating farmer

DIFFERENT IN 2025 - ONLINE BENEFITS

TO APPLY TO RECEIVE YOUR BENEFITS:
YOU CAN DOWNLOAD THE HEALTHY TOGETHER APP
ON IOS OR ANDROID
OR
ON YOUR BROWSER AT
WWW.HEALTHYTOGETHER.CO/ONBOARDING/VIRGINIA-FMF

WE ARE HERE TO HELP!!!

 **HEALTHY
GENERATIONS**
FOR AGING & LONG-TERM CARE

Healthy Generations Area Agency on Aging 460 Lendall Lane Fredericksburg, VA 22405 540-371-3375

Attention all Virginia clients and friends!

Fresh Food, Healthy Living – Apply Now for the 2025 Senior Farmers Market Nutrition Program!

Seniors 60+ in Caroline, Fredericksburg, King George, Spotsylvania, or Stafford may qualify for \$50 in farmers market benefits. Applications are now online—visit Healthy Together or download the app today!

APPLY HERE

JUNE CELEBRATIONS!

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



June is Alzheimer's & Brain Awareness Month!

Take charge of your brain health and join us in the fight to end Alzheimer's and all other dementia.

To learn more or to donate, visit Alzheimer's Association below!

[LEARN MORE HERE](#)



June 20th - The Longest Day

The Longest Day® is the day with the most light — the summer solstice. The Longest Day participants fight the darkness of Alzheimer's and all other dementia through a fundraising activity of their choice on a day that works for them. With sports tournaments, card games, parties, baking and more, participants raise funds to advance the care, support and research efforts of the Alzheimer's Association®.

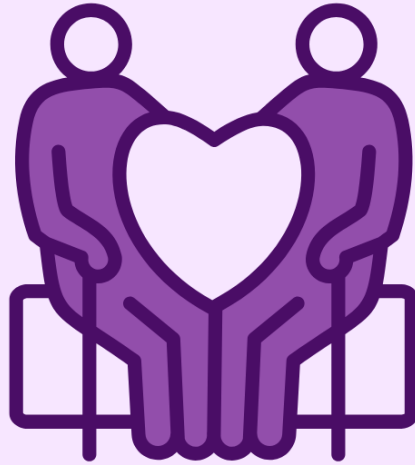
For the first time, we have [treatments that can change the course of Alzheimer's](#). While this is a

tremendous step forward, our work is far from done. We won't rest until everyone living with the disease — at any stage — can get the treatment, care and support they need and deserve.

To learn more, visit Alzheimer's Association below!

[LEARN MORE HERE](#)

World Elder Abuse AWARENESS MONTH



—MONTELEON LAW—

June is Elder Abuse Awareness Month!

This month, we recognize **Elder Abuse Awareness Month**—a critical time to raise awareness about the mistreatment of older adults, which can include physical, emotional, financial, or neglectful abuse. Seniors are among the most vulnerable in our communities, and knowledge is key to prevention. We encourage you to learn the signs, understand the risk factors, and know how to respond.

Together, we can help protect our seniors and ensure they live with dignity and respect.

To learn more and access resources, visit the National Center on Elder Abuse (NCEA) below!

[LEARN MORE HERE](#)



June 19th - Juneteenth

June 19th marks Juneteenth, a powerful celebration of the end of slavery in the United States and a reminder of the enduring strength and contributions of the Black community. It's a time to honor the past, embrace joy in the present, and commit to a future rooted in equality and justice. Let's celebrate freedom, culture, and progress—together.

Happy Juneteenth from all of us at Monteleon Law!

PREVIOUS POSTS

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



Learn more about how assisted living facilities ensure the safety of their residents:

U.S. News



What to know about choosing a Medigap plan?

U.S. News



Learn about what aspects of dementia care are covered by Medicare:

U.S. News



Learn more about respite care:

U.S. News

Need legal help? Contact us today!



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