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## SOCIAL SERVICES CORNER JULY 2007

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### ISSUE 7 ARTICLES:

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## CHOOSING THE RIGHT ELDER LAW ATTORNEY

There are many legal issues facing the elderly that require specialized legal advice. The National Academy of Elder Law Attorneys (NAELA), comprised of attorneys in the private and public sectors who deal with legal issues affecting the elderly and disabled, is a valuable resource for finding an attorney with the right qualifications.

Elder Law encompasses many different fields of law. Most elder law attorneys do not specialize in every field, so it is best to find out if they specialize in the field affecting you. Elder law attorneys may specialize in a number of the following areas:

- Age discrimination in employment.
- Retirement, public and private retirement benefits, survivor benefits and pension benefits.
- Social security and disability claims and appeals.
- Preservation of assets for those seeking to avoid spousal impoverishment when a spouse enters a nursing home.
- Administration and management of trusts, estates and probate.
- Conservatorships and guardianships.
- Elder abuse and fraud recovery cases.

For a searchable directory of attorneys who belong to NAELA, visit [www.naela.com/applications/consumerdirectory/](http://www.naela.com/applications/consumerdirectory/).

For a free copy of the brochure “Questions and Answers When Looking For An Elder Law Attorney,” send a stamped self-addressed business envelope to:

NAELA Q & A  
1604 North Country Club Road  
Tucson, AZ 85716-3102

Source: The National Academy of Elder Law Attorneys  
[www.naela.com](http://www.naela.com) or (520) 881-4005.

Questions or  
comments call  
Karen Wiener,  
MA, MFT,  
Manager of  
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(888) 994-3863,  
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## KEEPING YOUR SKIN HEALTHY

Your skin regenerates itself approximately every 27 days. Like a winter coat, your skin is essential to protect you from the thousands of germs and infections that you may encounter in each 27-day cycle. There are three easy ways to keep your skin healthy:

- Plenty of water. Drink plenty of water often and throughout the day.
- Eat good, healthy foods. Keep the processed fats and sugars out of sight and balance your daily intake with vegetables and fruits.
- Thorough cleansing. Wash your face twice a day. If you wear makeup, remove it before going to bed. No matter how much activity you engage in, make sure you maintain good hygiene.

You can contact the American Academy of Dermatology, toll free at **(866) 503-SKIN (7546)** or visit their website at [www.aad.org](http://www.aad.org). They have developed a public resource center which provides information regarding common dermatological conditions, treatments and terminology.

## HEALTHY SNACKS TO FUEL YOUR BODY DURING THE DAY

Some snack ideas to tide you over 'til lunch or dinner:

- Get a satisfying crunch from carrot sticks, low sodium air-popped popcorn or pretzels.
- Snack on nonfat yogurt or whole-grain crackers.
- Pack an apple, orange, banana or bag of dried raisings in your briefcase, purse or backpack.

Healthy snacks will keep your body full of energy throughout the day.

## CALLING ALL “SOCIAL SERVICES CORNER” READERS

Throughout the remainder of 2007, the “Social Services Corner” would like to address any questions or topics our readers have. Please contact Karen Wiener, MA, MFT, Manager of Social Services at **(888)994-3863, ext. 2390** or email her at [karen@wrinstitute.org](mailto:karen@wrinstitute.org). All submissions will be kept confidential unless otherwise requested.

## QUOTE OF THE MONTH

*“Golf is the only game in the world where it takes longer to explain than it does to play.”*

— Will Rogers

QUESTIONS OR COMMENTS CALL  
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