

Hook Law Center Co-Sponsors Aging Talks

**This Weekly Newsletter
is brought to you by**

HOOK LAW CENTER
Legal Power for Seniors

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Hook Law Center is proud to be a co-sponsor of the Active Aging Series along with the organization, Senior Advocate. Senior Advocate provides information on aging to help seniors lead more fulfilling lives. They publish a magazine and have online resources. The series' schedule will feature a talk and lunch the first Tuesday of each month at Westminster-Canterbury on the Chesapeake Bay (3100 Shore Drive, Virginia Beach, VA). The lectures and lunch are free; however, one must register at least 1 week in advance by calling **645-6464** or online at www.SeniorAdvocateOnline.com. Each session lasts from 10 AM-1 PM. Andrew Hook, of the Hook Law Center, will be the featured speaker for the August 5th program. Under the topic "Avoiding Elder Law/Elder Care Pitfalls," he will address many concerns that seniors confront: home sales and tax consequences, long-term care expenses, social security, marriages later in life, and Medicaid estate recovery.

The schedule includes many other interesting topics with speakers coming from a wide range of disciplines, with an emphasis on health and wellness. A complete list follows:

July 1 - Better Active Aging and Wellness by Dr. James Carraway, Director of the EVMS Plastic and Cosmetic Surgery Center.

Aug. 5 - Avoiding Elder Law/Elder Care Pitfalls by Andrew Hook, Esq., CFP®, CELA, AEP®.

Sep. 2 - A Spiritual Approach to Wellness by Peter Woodbury, Supervisor and Psychotherapist at the Edgar Cayce Assoc. for Research & Enlightenment.

Oct. 7 - Dolly's Folly-A Woman's Journey by David Clemens, VP at Morgan Stanley Wealth Management.

Nov. 4 - The 4 Pillars of Healthy Eating by Cara Blume, Nutritionist at Whole Foods Market.

Dec. 2 - Using Yoga and Mindfulness to Create a More Purposeful Life by Ann Richardson

Stevens, Founder, Studio Bamboo Yoga.

We'd love to have you participate! Call the Hook Law Center at 399-7506 if you have questions and ask for Maureen.



Dogs' Play – Part 2

Hook Law Center: Kit Kat, tell us more about dogs' play.

Kit Kat: Well, there's a lot to tell. First of all, besides Dr. Bekoff, who I talked about last week, Charles Darwin in the mid-1800s was also convinced of dogs' intelligence. Darwin, over the course of his life, had 13 mixed breed dogs. His experience with his dogs led him to believe they possessed thought capability and could make moral choices. It would be for later scientists like Bekoff to validate these assumptions. Bekoff points to the following. He says that coyotes isolate other pack members that don't abide by the rules when at play. Also, he points to dogs in a park. If 3 are playing, and 1 gets too rough, the other 2 shun him and ignore him. Inherent in this behavior, Bekoff thinks, is evidence of a broad range of emotions. One doesn't just have the capability to ignore or punish without the capability of discerning the finer points of situations and what the other party really intends. Dogs, then, can decide when one of their own is just playing too roughly or when he/she intends to inflict harm.

Dogs' ability to sense inequity, Bekoff says, can be seen in this example. Many dogs can be taught to shake hands with humans. However, dogs will not just do this endlessly. If they realize that they are not being rewarded for this performance while another dog is, they will stop shaking hands. Other examples of dogs' perception are these. Dogs have a tendency to yawn when they see people doing it. Also, they are very attentive to someone who is distressed or crying. They often snuggle up to them or lick them. More insights into dogs' behavior will be continued in Part 3. They're truly amazing creatures!

(<http://www.washingtonpost.com/national/health-science/in-dogs-play-researchers-see-honesty...>)(5-20-14)

Upcoming Events

- Andrew Hook will be speaking on Avoiding Elder Law/Care Pitfalls at Churchland House, 4916 West Norfolk Road, Portsmouth, VA 23703 on **Tuesday, June 24, 2014 at 6 p.m.** This event is free and open to the public. For more information, please contact Hook Law Center at 757-399-7506 or Angelia Allen of Churchland House at 757-483-1780.
- Jessica Hayes will be speaking on Hook Law Center's Practice Area's at Westminster Canterbury on **July 1, 2014** at 10:00 am.
- Hook Law Center will be participating in **Senior Advocate's Art of Healthy Aging Series** held at Westminster Canterbury, 3100 Shore Drive, Virginia Beach VA 23451. This series will be held once a month from July through December. **Andrew H. Hook** will be the featured presenter on **Tuesday, August 5, 2014 at 10:00 a.m.** Mr. Hook will speak on Avoiding Elder Law/Care Pitfalls as well

as provide an overview of Hook Law Center's Practice Areas. HLC Attorney Jessica A. Hayes and Shannon Laymon-Pecoraro will also provide an overview of Hook Law Center's Practice Areas at the meetings held on **Tuesday, July 1, 2014 at 10:00 am**, **Tuesday, September 2, 2014 at 10:00 am**, **Tuesday, October 2, 2014 at 10:00 am**, **Tuesday, November 4, 2014 at 10:00 am**, and **Tuesday, December 2, 2014 at 10:00 am**. We look forward to seeing you there!

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