

February Estate Planning Seminar:

Free Estate Planning seminars! If you don't have an Estate Plan or your current plan is out of date, you and your family could be in danger! When it comes to preserving your wealth and legacy, you probably don't want to leave it up to the volatile economy and market forces. Attend a FREE seminar presented by the Nawrocki Center for Elder and Family Law. Estate Planning attorney and expert, Nancy Nawrocki, will explain why estate planning is a crucial protection for you and your loved ones. Two days only! Monday, February 23, 2009 10:00 AM - 11:30 AM Summerville at Brighton 833 E. Grand River Brighton, Michigan Wednesday, February 25, 2009 6:30 PM - 8:00 PM Saint Joseph Mercy Livingston Hospital 620 Byron Rd. Howell, Michigan Refreshments served. Seating is limited! Reserve your space today! Call 866-737-5007

This Month's Articles:

- [What Happens If You Die Without a Will?](#)
- [Supreme Court Says Deceased Employee's Ex-Wife Can Get His Pension Benefits](#)
- [Book Review: *Living and Dying in a Long-Term Care Facility: Notes From a Nursing Home Doctor*](#)
- [10 Steps to Less Stressful Caretaking](#)
- [IRS Clarifies Recent Law Waiving Account Distribution Rules for 2009](#)

ElderLaw News is a monthly e-newsletter that brings you reports of legal developments and other trends of vital interest to seniors and their advocates. This newsletter is brought to you by Nawrocki Center for Elder & Family Law.

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Quick Links...

[Social Security Launches Online Sign-Up For Benefits](#)

[Home Health Aides: What They Make, What They Cost](#)

[6 Tips to Evaluating a Retirement Community](#)

[Caregiving May Lengthen Life](#)

[Advice on Managing Medical Debt](#)

[Relatives Can Be Paid to Look After Elderly](#)

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We all know we are supposed to do estate planning, but not all of us get around to it. So what happens if you don't have a will when you die? Your estate will be distributed according to state laws, which may or may not be the way you want it to be distributed.

[more...](#)

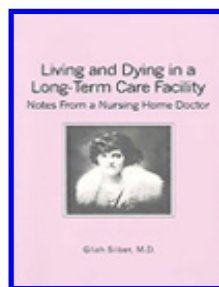
Supreme Court Says Deceased Employee's Ex-Wife Can Get His Pension Benefits

A new Supreme Court decision illustrates the importance of making sure your beneficiary designations are up-to-date.

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Book Review: *Living and Dying in a Long-Term Care Facility: Notes From a Nursing Home Doctor*

A geriatrician offers an eye-opening, behind-the-scenes look at the long-term care system from a nursing home physician's perspective.



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10 Steps to Less Stressful Caretaking

Taking care of an elderly loved one can be exhausting and stressful. Often due to the lack of outside help, a devotion to the person needing care, or the tunnel vision that can accompany exhaustion, caretakers don't take care of themselves. Here are some ways to care for yourself so you can better care for your loved one.

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IRS Clarifies Recent Law Waiving Account Distribution Rules for 2009

The Internal Revenue Service has issued guidance to financial institutions clarifying the new law that allows seniors to avoid making required withdrawals from depleted retirement accounts in 2009.

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