

JULIE OSTERHOUT

*Emeritus Specialist in Elder Law
Of Counsel*

LANCE MCKINNEY

Certified Elder Law Attorney

BETH PRATHER

Certified Elder Law Attorney

BRITTON G. SWANK

Elder Law Attorney

If you have clients who need assistance with finding the right place for their ill family member to live and determining how to pay for it, **we can assist them with becoming eligible for Medicaid.**

If you have clients who are unable to care for themselves and make their own decisions, **we can assist their loved ones with becoming their guardian.**

Osterhout, McKinney
& Prather, P.A.
3783 Seago Lane
Fort Myers, FL 33901
Telephone: 239-939-4888
Fax: 239-277-0601
www.omplaw.com

E-Mail:
info@omplaw.com

WORDS TO THE WISE

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Alzheimer's and Alcohol

A recent analysis of 44 studies regarding the effects of moderate alcohol consumption on the heart and the brain suggests that having one to two alcoholic drinks per day may benefit the brain as well as the heart. The studies analyzed were all conducted since 1990 and an overwhelming majority of them found that *moderate* alcohol consumption lowered a person's risk for developing Alzheimer's disease and dementia.

Source: Toronto Globe and Mail (31 December 2008)

Give a Little More in 2009

Among the tax law changes for 2009 is an increase in the annual exclusion for gifts. The first \$13,000.00 of gifts to any person, other than a gift of a future interest in property, is not included in the total amount of taxable gifts made during 2009. The amount exempted from federal estate taxes also increased to \$3,500,000.00 for decedent's dying in 2009.

Source: <http://www.irs.gov/businesses/small/article/0,,id=164878,00.html>

Those 80 or Under Need Not Apply

Are you over 80 and in "unusually" good shape? If so, inquiring minds want to know how you've done it. Over the next five years, the Baltimore Longitudinal Study on Aging is recruiting 500 highly functioning seniors over 80 years of age who are in exceptional health. Participants must however come to a hospital in Baltimore every two years and stay for several days of tests and assessments.

Source: Northwest Arkansas News (5 January 2009)
<http://www.nwanews.com/adg/Style/248647/>

Giving Tree Results

Thank you to all who participated in our 2008 Holiday Giving Tree. As a result of the generous support of our clients, local professionals and our employees, we were able to provide gifts to 129 residents in area nursing homes. Your generous donations truly made a difference in the lives of local seniors and your participation is greatly appreciated.