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MEMBER



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OAST & HOOK COMMUNITY OUTREACH

In the coming months, Oast & Hook is participating in many informational community seminars. All of these seminars are free and open to the public, but space is limited, so please register as soon as possible. If you are interested in attending one of these seminars, or if you would like more information about them, then please phone Jennifer Lantz or Linda Gerber at 757-399-7506. This issue of the *Oast & Hook News* describes these seminars.

March 25, 2009

Oast & Hook is co-sponsoring a presentation with Seniorcorp entitled “Life Care Planning and Veterans Benefits.” This informational seminar will cover veterans benefits, asset protection, retirement living, and home health care services.

Time: The first session starts at 2:00 p.m., and the second session starts at 6:00 p.m.

Location: Virginia Beach Central Library, 4100 Virginia Beach Boulevard, Virginia Beach, Virginia.

April 16, 2009

Oast & Hook is co-sponsoring a presentation with Commonwealth Assisted Living entitled “Life Care Planning and Veterans Benefits.” This informational seminar will cover veterans benefits, asset protection, retirement living, and assisted living options.

Time: 7:00 p.m.

Location: Churchland House, 4916 West Norfolk Road, Portsmouth, Virginia.

April 17, 2009

Oast & Hook is co-sponsoring a presentation with Brian Center Health and Rehab entitled “Paying for Long-term Care.” This information seminar will cover how to pay for the costs of long-term care.

Time: 7:00 p.m.

Location: Brian Center Health and Rehab, 1300 Don Juan Road, Hertford, North Carolina.

April 17, 2009

The Adult Protective Services Unit of the Hampton Division of Social Services and Riverside PACE will host its first “Interagency Community Resource Expo.” Oast & Hook is pleased to announce that it will be an exhibitor at this expo. This expo is geared toward senior citizens, individuals with disabilities, children of seniors, children of disabled individuals, and other relatives, neighbors and advocates of seniors and those with disabilities. To register for this expo, please phone the reservation hotline at 757-727-1949.

Time: From 8:30 a.m. to 2:00 p.m.

Location: Y. H. Thomas Community Center, 1300 Thomas Street, Hampton, Virginia.

April 30, 2009

Oast & Hook is co-sponsoring a presentation with Towne Investment Group, TowneBank, and The Chesapeake entitled “Asset Protection and Long-term Care Planning in the Current Economy.” This informational session will cover asset protection and long-term care planning options, including investments, insurance, veterans benefits, Medicare, and Medicaid.

Time: 6:30 p.m.

Location: The Chesapeake, 955 Harpersville Road, Newport News, Virginia.

May 7, 2009

Oast & Hook will hold its quarterly Social Workers and Administrators Breakfast/Workshop. This breakfast/workshop is designed to be both a networking opportunity and also an educational opportunity for area professionals who work with seniors, the disabled, and their families. The guest speaker is Oast & Hook attorney Letha Sgritta McDowell.

Time: Registration begins at 9:00 a.m., and the presentation begins at 9:30 a.m.

Location: Russell Memorial Library/Western Branch Library, 2808 Taylor Road, Chesapeake, Virginia.

May 7, 2009

Oast & Hook is co-sponsoring a presentation with Towne Investment Group, TowneBank, and The Chesapeake entitled “Asset Protection and Long-term Care Planning in the Current Economy.” This

informational seminar will cover asset protection and long-term care planning options, including investments, insurance, veterans benefits, Medicare, and Medicaid.

Time: 1:00 p.m.

Location: The Chesapeake, 955 Harpersville Road, Newport News, Virginia.

Ask Allie

O&H: Allie, we've been hearing about first aid classes for pets. Please tell us more!

Allie: Sure! Red Cross pet first aid classes, which last about four hours, are a combination of lecture, discussion, video presentation, and live demonstrations. They can be taught for dogs, cats, or both, and topics include actions to take in an emergency, such as CPR and controlling bleeding. The Red Cross first began offering pet first aid classes in 1997, and it recently revised the program to separate care for cats and dogs, which are different in some important respects. Another source for pet first aid classes is Pet Tech, which has 300 trained instructors in 30 states, Canada and Mexico. Started 13 years ago by Thom Somes, a former emergency medical technician and a human first aid instructor, Pet Tech offers first aid and CPR, dental care, and senior pet care classes. For more information you can visit Pet Tech's website at www.pettech.net.



Please feel free to e-mail your pet- and animal-related questions to Allie at: allie@oasthook.com.

Announcement

Save the date for some spring cleaning. On May 9th, Stealth Shredding will have a truck at Oast & Hook's Portsmouth office so Oast & Hook's clients and friends can bring their papers to be shredded at no cost. (Stealth Shredding recycles the shredded material.) The *Oast & Hook News* will provide more information about this spring cleaning opportunity in upcoming issues.



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