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MEMBER



*Special needs require special lawyers.*

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## INTRODUCTION BY ANDREW HOOK

The latest report on obesity in the United States by the Trust for American Health reports that 26% of Virginians are obese and 61% are obese or overweight. Obesity and inactivity are linked to a wide range of chronic illnesses including diabetes and hypertension. Obesity puts the country at risk when many citizens are physically incapable of serving in the military or serving as first responders. It also strains our country's budget by increasing health care costs. Oast & Hook recognizes that the lives, health, and independence of our staff and many of our clients could be improved by increasing their fitness through proper rest, nutrition, and exercise. Oast & Hook has invited a personal trainer to provide an educational session to its staff. I have retained a personal trainer and taken a course on nutrition. To educate our clients on fitness, Oast & Hook will regularly include articles from respected local physical trainers including Tom Purcell, owner of Town Center Fitness, and Carlton Dove, Level One CrossFit certified instructor.

## MALE MENOPAUSE BY TOM PURCELL, AFAA, NSCA-CPT

Menopause in women has been known for decades, but it has only recently been “discovered” that men also go through a change with similar symptoms. The subject of the male menopause has been not taken seriously, and men are not likely to talk about this problem; sometimes “pride” gets in the way.

Women will start losing the hormone estrogen during menopause; they cease to menstruate and they can no longer become pregnant. Men experience a different type of menopause with losing the hormone testosterone. These hormone losses typically start in both men and women when they are between the ages of 40 and 60. There are always exceptions to this rule; however, we need to be able to spot the symptoms.

The symptoms of male menopause are similar to the ones women experience, and these symptoms can sometimes be as overwhelming. Some symptoms to

look for include: decrease in sex drive, depression, lack of energy, decreased work performance, decrease in strength, decrease in endurance, loss of height, decrease in sport performance.

How can men prevent or slow down some of these symptoms? First, consult with your primary care physician and get regular check-ups. Second, start exercising. It's never too late to start exercising. Contact a certified personal trainer to receive sound advice before starting a program. A certified personal trainer can evaluate your current physical condition and design a balanced exercise program that will fit your needs.

Some of the preventative measures are:

- Cardiovascular training: Will increase your endurance, give you more energy, release stress, sleep better, more vitality, and feel better about yourself.
- Strength training: Will keep your testosterone levels from slowing, build or maintain muscle as you age, provide stronger bone density, increase metabolism, increase sex drive, and improve sport performance.

If men take a proactive approach to menopause, then they can start fighting this decline in their hormone loss as they age. Most of these problems can be easily fixed with proper guidance from one's physician and health professional. In closing, and this is for all my male contemporaries, remember that preparation beats pride nine times out of ten.

*Tom Purcell, AFAA, NSCA-CPT is the Owner of and a Certified Personal Trainer at Town Center Fitness located in the Town Center/Pembroke area of Virginia Beach, Virginia. If you have any questions about fitness you can phone Mr. Purcell at 757-962-3778 or e-mail him at [tom.purcell@towncenterfitness.com](mailto:tom.purcell@towncenterfitness.com).*

### **Genworth Long-term Care Insurance**

Have you been considering purchasing a long-term care insurance policy?

If so, then phone Oast & Hook immediately to schedule a no-cost long-term care needs consultation. Effective August 15, 2011, Genworth Life Insurance Company will introduce its new *Privileged Choice® Flex Long-Term Care Insurance* contracts. Why this is important to you is because there is still limited time to purchase Genworth's popular 2007 series *Classic Select®* and *Privileged Choice®* contracts that cost roughly 9% less than the soon-to-be-rolled-out *Privileged Choice® Flex* contracts for comparable coverage.

### Ask Allie

O&H: Allie, we've heard about an interesting cat rescue group. Please tell us about it.

Allie: Sure! The Kitty Bungalow Charm School for Wayward Cats is located in a Los Angeles community. Shawn Simons and her husband, Kyle Drevlo, converted a 1973 Rambler trailer into a kitten socialization center and "boarding school" for rescued cats. Ms. Simons set up the rescue group after she rescued four kittens that she found in her backyard. She taught herself how to socialize them and fostered them until she was able to find homes for them. The socialization process has requisite courses for graduation, such as "Belly Rub 101," which helps ensure that the kittens will be fully adoption-ready. Ms. Simons now has 12 volunteers who have fostered more than 120 kittens, and they have trapped, neutered, and returned another 172 cats. Ms. Simons is a television producer and is working on Spanish-language TV ads to promote spay/neuter. She is also working on a celebrity concert called CATS for Cats to raise awareness and funds for a permanent facility for the rescue group. What a great group! My first family at Oast & Hook helped socialize me, and now I'm in a happy home with my mom. Speaking of belly rub... see you next week!

### Announcement

Oast & Hook will hold its quarterly Social Workers and Administrators Breakfast on Thursday, August 11th, at the Springhill Suites, 6350 Newtown Road, Norfolk, Virginia 23502. The guest speaker is Margaret A. Sgritta, Pharm.D., Certified Geriatric Pharmacist, who will present "Medications in the Elderly: The Good, The Bad, and The Ugly," which will focus on pharmacology and how medications affect the elderly. Registration begins at 8:00 a.m., and the presentation begins at 8:30 a.m. Questions will be answered from 9:30 a.m. to 10:00 a.m. The breakfast is designed to be an educational opportunity for area professionals who work with seniors, the disabled, and their families. Seats are limited, so please register early for this breakfast by phoning Darcee Hale at 757-399-7506.

### Distribution of This Newsletter

Oast & Hook encourages you to share this newsletter with anyone who is interested in issues pertaining to the elderly, the disabled, and their advocates. The information in this newsletter may be copied and distributed, without charge and without permission, but with appropriate citation to Oast & Hook, P.C. If you are interested in a free subscription to the *Oast & Hook News*, then please e-mail us at [mail@oasthook.com](mailto:mail@oasthook.com), telephone us at 757-399-7506, or fax us at 757-397-1267.

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