



# Vouga Elder Law, LLC

## Veterans & Seniors Asset Protection

Dedicated to  
Seniors & Veterans

Volume 1, Issue 3  
October 2009

### FREE EDUCATIONAL WORKSHOPS

Every month we offer FREE educational workshops on different subjects including, How to Protect Your Assets from the Draining Cost of Nursing Home Care, Veterans Benefits and more. If you or someone you know would like to attend a workshop please call Lori at 636-591-0089 to reserve a seat.

Attendees at our workshop who fill out a survey receive two certificates for giving us an opportunity to explain these issues. For those who ask in the survey for an appointment, the first certificate is a **FREE** 2 hour consultation to go over your assets and your current situation. Our second certificate is a 10% discount on our services or an upgrade on your current estate plan documents for those who hire us at the **FREE** no-obligation 2 hour conference.

**Please take us up on our offer and visit us in October and November at the Hampton Inn & Suites!**

### Get the Most from Your Doctor's Visit

Doctor visits can be stressful– it's easy to forget what you wanted to ask. Before your loved one's next appointment, take time to jot down:

- Details of any symptoms
- A list of any medications and dietary supplements
- Questions to ask the doctor

Consider going along with your loved one to listen and write down what the doctor says.

### 7 Questions to Ask About Your Medicine

The American Academy of Family Physicians lists 7 questions you should ALWAYS ask the doctor about any new medicine:

1. What does the medicine do?
2. When and how should I take the medicine?
3. What side effects could I have?
4. What should I do if I forget to take the Medicine?
5. How will I know whether the medicine is working?
6. Will the medicine react to any other medicines, foods or drinks?
7. Should I avoid any activities while taking the medicine?

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## October 17

## OPEN HOUSE

See inside for details

### **FREE WORKSHOP**

### **HOW TO PROTECT YOUR ASSETS FROM THE DRAINING COST OF NURSING HOME CARE**

November 2, 2009

10:00 am to Noon  
and again at  
6:30 to 8:30 pm

Hampton Inn & Suites  
Chesterfield, Missouri

**Seating is Limited!**

**RSVP Required!  
636-591-0089**

**Ext. 20 after hours**



## Fear of Professionals

In a recent conversation with a financial advisor, the subject turned to the lowered level of trust people are willing to extend to financial professionals in recent days, because so many people have lost their investments—sometimes their entire retirement or life savings—in the stock market. After being betrayed by the heads of Fannie Mae, Freddie Mac, and major investment houses, people are afraid to trust, and afraid to invest again. This fear of professionals is not making people safer—it is actually making individuals even more vulnerable to ongoing losses that can devastate their accounts.

At times like these, when people are in a state of fear, they put a complete stop on any forward movement because they're afraid of the unknown. According to one financial advisor, freezing up is the worst thing you can do. He uses the following analogy, "if your child is sick, you don't wait until your child turns blue to go to the doctor. You take your child to the doctor right away! If you're not satisfied with the opinion of that doctor, then you get a second opinion. But you need to do something." Investment management is not so different from taking care of a sick child.

Despite the losses in today's market, people are at much greater risk if they are paralyzed with fear. Don't freeze up; instead, use this time to take action! If you don't trust your financial advisor any more, find someone you DO like and trust, who can assist you in moving forward. And whatever you do, do not pay attention to the pundits on TV. Those "professionals" are promoting the flavor of the month, trying to push people's hot buttons to get ratings. This is absolutely the opposite of working with a professional who will endeavor to understand your concerns and priorities and guide you accordingly. Change is not nearly as fearsome as you might believe—provided you have a trustworthy guide.

I asked the financial advisor, "Well, how can people know who to call? What should a client look for in an advisor?" His advice was simple: ask around and interview until you find someone you feel you can trust. I admit that this particular advice can be somewhat challenging, especially when you have the specter of someone like Bernie Madoff, who made off with over \$50 billion entrusted to him by individuals who are far savvier than the average citizen in America. But the financial divisors advice makes sense. In the end, we all have to trust our instincts and just keep moving.

Choose a financial advisor who is not a slick new kid on the block. Select one who is educated about the particular concerns of senior citizens and is quite aware that elderly clients need to be able to have access to their money in the event of an emergency. Pick one who can tell you that there are appropriate products that do provide seniors with liquidity and options in the event of a nursing home or long-term care emergency.

We would gladly provide names of those who you might want to consider.

# **Vouga Elder Law, LLC**

## **Open House**

**Saturday, October 17, 2009**  
**10:00 a.m. - 2:00 p.m.**

Over 100 **FREE BROCHURES** available on the following subjects and many more! You will also be able to talk to a knowledgeable Elder Law attorney!

**Alzheimer's**

**Care Givers**

**Elder Care**

**Guardianship**

**Senior Housing**

**Asset Protection**

**Probate Avoidance**

**Long Term Care**

**Conservatorship**

**Veterans Benefits**

**Avoiding Medicaid Spend Down**

**Including**

The **THREE MOST IMPORTANT**

**DOCUMENTS** Everyone Needs

Vouga Elder Law, LLC

2997 Clarkson Road, Suite 120,

Chesterfield, Missouri 63017

**R.S.V.P. to Lori at 636-591-0089** and receive a certificate for a FREE 1 hour, no-obligation conference.

Not valid with any other offer.

(after hours extension #20)

**We look forward to seeing you!**



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The choice of a lawyer is an important decision and should not be based solely on advertisements.

**VougaElderLaw.com**

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Veterans & Seniors Asset Protection

**Vouga Elder Law**

**OPEN HOUSE  
INFORMATION!!!**

### Medicaid Myths, Part 3

#### Missouri Adopted the Name Missouri Health Net in July 2007 For Its Medicaid Program

**“I have to give away everything I own before I can get Medicaid”**

All Medicaid recipients are able to keep some of their assets and still qualify for benefits. The key is to understand what Medicaid considers an “exempt” versus a “non-exempt” asset in your state.

For instance, a single person in Missouri can keep a few items, including the house they lived in before going into a nursing home, one automobile, a specific type of pre-paid funeral plan, personal belongings and up to \$999.99. The laws surrounding what a married couple can keep are even more complicated and vary depending on each individual’s specific set of circumstances.

That’s why it’s important to have an Elder Law attorney review your financial situation before you apply for benefits.

**“The Medicaid office can just give me the paperwork.”**

Those who work in the Medicaid office cannot offer you legal advice. You may not learn about laws that may allow you to receive Medicaid and still keep part or all of your spouse’s income as well as your own. Nor can they represent you or give you advice on the laws that, depending on your specific situation, may allow you to keep all of your assets without spending down a single penny. Medicaid has rules and regulations in place to ensure families don’t lose everything to nursing home costs. An elder law attorney can explain how those laws may benefit you and your family.

