

# Blancato to Keynote Senior Law Day Event

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**A**s the trees on the Potomac once again start to change color and the end of the year approaches, most people take stock of things they meant to do this year, but never started. We often postpone tackling situations that we feel are un-

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pleasant or out of our control. And, it's easy to feel out of control when thinking about end-of-life decisions, or like it's easier to not think about the whole subject. But, we can make plans now that will guide our future, both financially and medically. These plans and forethought allow us to make the decisions that we want,



based on our values, and lessen the burden on our loved ones, giving them comfort and guidance.

On Saturday, Oct. 15, come and learn more at the Sixth Annual Senior Law Day event, "Determining Your Destiny: Understanding the Need

to Plan," sponsored by Senior Services of Alexandria (SSA) and the Alexandria Bar Association. Senior Law Day will be held from 8:30 a.m. to 12:30 p.m. at the First Baptist Church of Alexandria, located at 2932 King St. (near T.C. Williams High School). There is plenty of free parking and a light breakfast will be provided.

Headlining the event is nationally-recognized advocate for seniors' rights, Robert

(Bob) Blancato, national coordinator for the bipartisan 3,000-member Elder Justice, and the executive director of the National Association of Nutrition and Aging Services Programs. He has more than 20 years of service in the Congressional and Executive branches, including the senior staff of the U.S. House Select Committee on Aging. Most recently, Mr. Blancato was selected as the chair of the board of the American Society on Aging and on the National Board of AARP. He also serves on the board of the National Council on Aging and the Advisory Panel on Outreach and Education of the Centers for Medicaid and Medicare Services.

In addition, Janet Essix, strategic planning director with Capital Caring, will explain POST (Physician Orders for Scope of Treatment), which are signed by a doctor, similar to a Do Not Resituate (DNR) order,

but are more thorough and specific regarding your wishes. Ms. Essix will discuss the development of POST in Virginia and how these orders can help people plan for a medical crisis.

In addition to our speakers, the seminar will include panels of local estate planning attorneys, financial planners, and geriatric care managers discussing how you can help shape your future by planning now. You will be able to ask questions of the panelists and get more information about local resources from the event sponsors, who will have tables set up at the event. Further, the AARP "shred truck" will be onsite. So, please help prevent identity theft and reduce clutter by bring your unwanted papers to shred.

You can learn more and register online at [seniorservicesalex.org](http://seniorservicesalex.org) or call Senior Services at 703-836-4414, ext. 110.