



SENIOR LAW DAY

2 0 2 5

**“The Cost of Aging: Mental, Physical,
Financial, and Legal Perspectives”**

Saturday, June 7, 2025

8:30 am – Registration

9:00 am – 12:00 pm - Program

First Baptist Church of Alexandria

2932 King Street

Alexandria, VA



Alyia Gaskins
Mayor



Office: 703.746.4500
alyia.gaskins@alexandriava.gov

City of Alexandria, Virginia
301 King Street, Suite 2300
Alexandria, Virginia 22314

June 7, 2025
Alexandria Bar Association & Senior Services of Alexandria

Greetings:

Welcome to Senior Law Day 2025!

Thank you to the Alexandria Bar Association and Senior Services of Alexandria for hosting this annual event for the 14th year.

The theme this year is: "The Cost of Aging: Mental, Physical, Financial and Legal Perspectives." Throughout today, you will hear from estate planners, financial experts, and senior resource specialists as they share insights on caregiving challenges, healthcare and housing costs, as well as the essential legal documents everyone should have in place.

I hope that all attendees leave with examples of positive strategies for caregiving with dignity and support, new ways to navigate finances for older adults, and knowledge of the essential documents for aging well.

I also want to extend a special thank you to First Baptist Church offering their space for this important and impactful program.

Once again, welcome to everyone!

Sincerely,

A handwritten signature in cursive script that reads "Alyia Gaskins".

Alyia Gaskins
Mayor
City of Alexandria

Welcome to Senior Law Day!
**“The Cost of Aging: Mental, Physical, Financial,
and Legal Perspectives”**

The Alexandria Bar Association (ABA) and Senior Services of Alexandria (SSA) present the thirteenth annual program to inform the Alexandria community about legal issues that might be important to the needs of older adults. This program, conceived by the Senior Lawyers Conference of the Virginia State Bar, has been well-received by the Alexandria community since its inception.

Over the past several years, ABA and SSA have worked to create a network of resources, referrals, and support services for seniors in our community, their adult children, caregivers, neighbors, and friends. Our goal is to ensure that all Alexandria residents become aware of the many services available. This year’s presenters will cover the basics of creating strategies for caregiving with dignity and support; navigating finances and essential documents for aging well.

In the coming months, SSA will unveil its 2025-26 schedule of monthly in-depth programs to address the needs of older adults. We hope you’ll take advantage of these programs and the resources provided by our sponsors today and call upon them as you plan for the future.

We thank you for coming today and look forward to your questions and comments! Please understand that the lawyers and other experts who are participating in our panels and resource tables today cannot answer specific questions related to your individual legal situation, but are happy to assist you personally after the program.

2025 Senior Law Day Program
**“The Cost of Aging: Mental, Physical, Financial,
and Legal Perspectives”**

8:30 – 9:00 a.m. *Registration & Continental Breakfast*
Visit with Resource Sponsors

9:00 – 9:10 a.m. **Opening Remarks and Welcome to the Conference**
Christine Friedberg
Board Chair Senior Services of Alexandria

Panel Presentations

9:10 – 9:55 a.m **Strategies for Caregiving with Dignity and Support**
Moderator: Chris Leighton, Partner
Hughes & Leighton PLLC
Heidi Travis, Executive Director
ElderTree Care Management
Emily Apyan, MWS, VP of Operations
ElderTree Care Management, Veterans
Benefits Expert

9:55 – 10:40 a.m. **Essential Documents for Aging Well**
Gretchyn Meinken, Esq., Partner
Friedman Grimes Meinken &
Leischner PLLC
Elizabeth Crego, Esq., Elder Law Practice
Group Chair
Legal Services of Northern Virginia

10:40 – 10:55 a.m. **Stretch Break**

2025 Senior Law Day Program
**“The Cost of Aging: Mental, Physical, Financial,
and Legal Perspectives”**

10:55 – 11:40 a.m.

Navigating Finances for Older Adults

Moderator: Seth Royster, Esq.

Shannon & Wright LLP

Andrew White, Assistant Vice

President

Atlantic Union Financial Consultants

Sally Hurme, Elder Law Attorney and

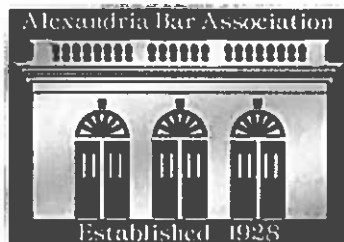
the Author of *Wise Moves*

11:40 – 11:50 p.m.

Closing Remarks

Xue Connelly, Esq., President,

Alexandria Bar Association



Senior Services
OF ALEXANDRIA

Today's Presenters

Emily Apyan, MSW, VP of Operations, ElderTree Care Management, Beterans Benefits - At ElderTree, we provide concierge care management that goes beyond traditional services to ensure your loved ones receive personalized and compassionate care. With over 20 years of experience, our team has been a trusted partner for families navigating elder care, chronic illness management, and more. **571-427-0806, www.eldertreecare.com**

Elizabeth Crego, Esq., Legal Services of Northern Virginia - We are the largest legal aid organization in Virginia, helping thousands of clients each year in civil legal matters. We partner closely with other legal aid organizations and local bar associations, as well as the courts, to serve the region's low-income and neediest populations. Elizabeth is the Staff Attorney specializing in housing, consumer, and elder law matters in our Alexandria office. **703-778-6800, www.lsnv.org**

Sally Hurme, Esq., Elder Law Attorney and Author of Wise Moves, Elder Law Attorney retired from AARP. B.A. Tulane University, 1968; J.D. American University Washington College of Law, 1977. Hurme was an assistant staff director for the American Bar Association (ABA) Commission on Law and Aging where she led the research for Steps to Enhance Guardianship Monitoring. She was a project advisor with American Association of Retired Persons (AARP) for twenty-three years, retiring in 2015. She was an adjunct professor at the Washington College of Law and the George Washington University Law School. Hurme is a member of the National Academy of Elder Law Attorneys, the National Guardianship Association, and the Virginia Bar Association. She is the author of six books in the award winning ABA/AARP Checklist series and the Great Courses lecturer for Getting Your Legal House in Order, **202-288-5558, sallyhurmel@gmail.com**

Chris Leighton, Partner, Hughes & Leighton PLLC, Our practice focuses on Estate Planning, Probate and Trust Administration, and Estate and Gift Tax Planning. We work closely with our

Today's Presenters (continued)

clients, their families, and their advisors to craft custom wealth preservation and transfer strategies to fit their unique lives. **703-977-1139, <https://hughesleighton.com>**

Gretchyn Meinken, Esq., Friedman, Grimes, Meinken & Leischner. PLLC – Ms. Meinken focuses her practice on estate planning, probate and estate administration, and adult guardianship and conservatorship matters. **703-836-9030, www.oldtownlawyers.com**

Heidi Travis, CMC serves as Executive Director at ElderTree Care Management. She has worked in the field of health care for over 25 years. She holds a Master's Degree in Music Therapy from Loyola University, is a Certified Dementia Practitioner and has developed programming for memory care neighborhoods as a Certified Montessori Dementia Care Provider. Heidi is a Positive Approach to Care (PAC) Trainer and PAC Consultant. Heidi has a background in acute care and rehabilitation. She served as the Program Director for a Traumatic Brain Injury/Neurological inpatient program. In addition, Heidi brings strong assessment skills and extensive experience working with individuals with Autism Spectrum Disorder and Mental Illness. **703-424-7575**

Seth Royster, Esq., Shannon & Wright LLP – Shannon & Wright LLP has offices in Alexandria and Leesburg, Virginia, and provides legal advice across a wide range of practice areas including land use, real estate, litigation, estate & trust, business & tax. **571-620-1930, <https://shannonwright.law>**

Andrew White, Assistant Vice President, Atlantic Union Financial Consultants - Over the years, we've helped clients navigate through challenging times with purpose and confidence toward their financial goals, and we're here to help you, too. We can offer you an array of personalized financial services, support and guidance that can help make a positive difference in the pursuit of your financial goals. **540-371-1000, www.raymondjames.com**

Thank you to the following community partners who provided information and hosted resource tables today:

ACT for Alexandria

Alexandria Bar Association

Alexandria Division of Aging
and Adult Services

Alexandria Police Department

Alexandria Sheriff's Office

Legal Services of Northern Virginia

Senior Services of Alexandria

**Thank you to these Senior Law Day Event
Underwriters. Their generous contributions keep
this event free to attendees!**

AARP Virginia, 707 E. Main St., Suite 910, Richmond, VA 22312,
703-931-0758, www.aarp.org

Alate Old Town, 1112 First Street, Alexandria, VA 22314,
571-686-5624, www.alateoldtown.com

Comfort Keepers, 709 Pendleton Street Suite 102, Alexandria, VA 22314,
703.574.1744, www.comfortkeepers.com

Demaine Funeral, 520 S. Washington Street, Alexandria, VA 22314,
703-549-0074, www.dignitymemorial.com

ElderTree Care Management, 205 Van Buren Street, Suite 120, Herndon, VA 20170,
703-424-7575, www.eldertreecare.com

Friedman, Grimes, Meinken & Leischner. PLLC, 616 N. Washington Street,
Alexandria, VA 22314, 703-836-9030, www.oldtownlawyers.com

Hughes & Leighton, 916 Prince Street, Suite 200, Alexandria, VA 22314,
703-977-1139, <https://hughesleighton.com>

KW Metro Center, 1701 Duke Street, Suite 100, Alexandria, VA 22314,
703-535-3610, www.kwmetrocenter.com

Planning for Senior Life, 17350 Lockport Place, Suite E, Lorton, VA 22079,
571-438-8790, www.planningforseniorlife.com

Retirement Unlimited, Inc. – 7116 Fort Hunt Road, Alexandria, VA, 22307,
703-768-0234, www.rui.net

Shannon & Wright, LLP, 124 S. Royal Street, Alexandria, VA 22314,
571-620-1930, <https://shannonwright.law/>

Silverado Alexandria Memory Care, 2807 King Street, Alexandria, VA 22302,
703-215-9110, <https://www.silverado.com/locations/alexandria/>

Sunday Health, 102 S Union Street, Alexandria, VA 22314,
571-517-1564, <https://www.sundayhealth.com/>

**Woodbine Rehabilitation & Healthcare Center and Alexandria Rehabilitation
& Healthcare Center**, 2729 King St., Alexandria, VA 22302,
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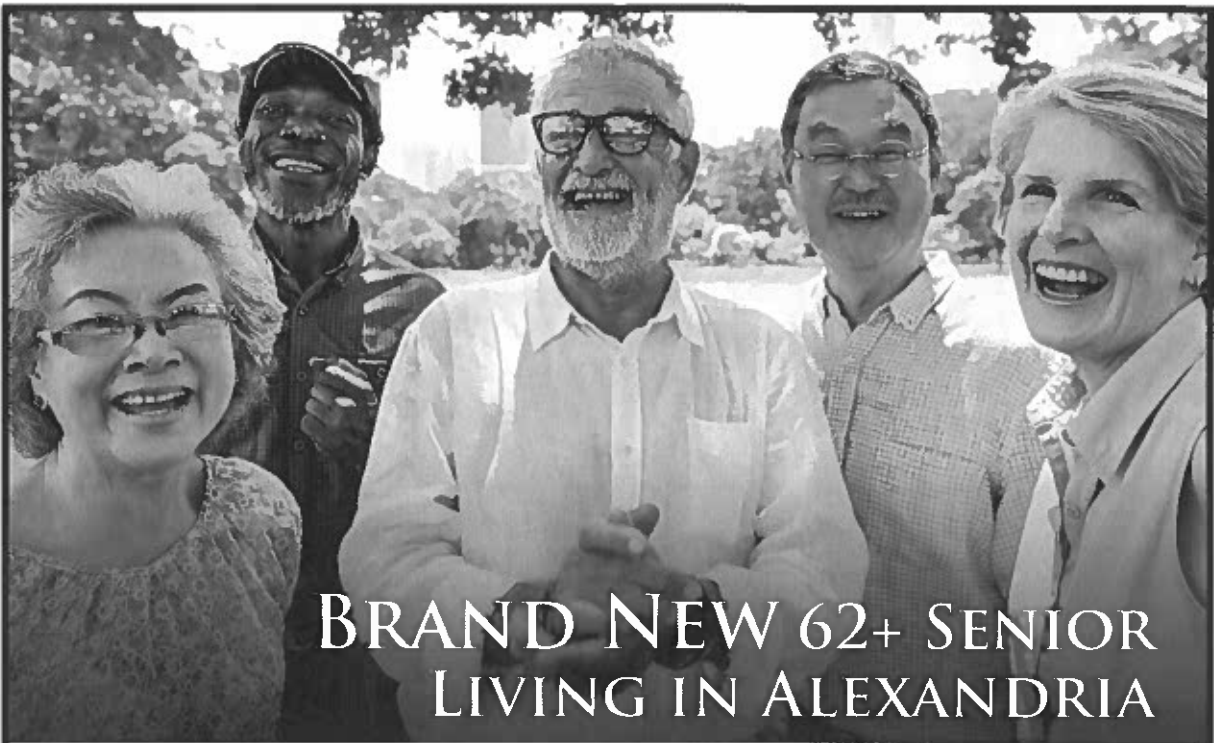
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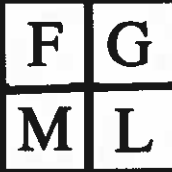
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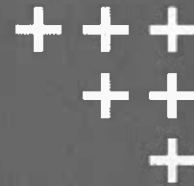
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Thank you all for coming today. This program was created by the Senior Lawyers Conference of the Virginia State Bar to advise older adults of their rights and the importance of estate planning and long-term-care planning. The Alexandria Bar Association and Senior Services of Alexandria partnered in 2011 to produce the first Senior Law Day in Alexandria. We ask that you join us in extending heartfelt thanks to the following, who helped make the event possible:

Our presenters, for donating their time and expertise to this event

First Baptist Church of Alexandria for making this wonderful space available to the community and to Hannah's Catering for the delicious refreshments

MaryAnne Beatty, Iris Garay, Lindsay Hemphill, Marshall Hesse, Jane Marcus and Samantha Lambert-Williamson of Senior Services of Alexandria, who managed registration and publicity

All of the sponsors of Senior Law Day who supported the event financially and provided information to attendees during this year's Senior Law Day event, "The Cost of Aging: Mental, Physical, Financial and Legal Perspectives."

Our Community Partners who came today to share valuable community resources

AND

The Law Day Planning Committee:

Mary Lee Anderson, MaryAnne Beatty, Elizabeth Crego, Chris Leighton, Jane Marcus, Gretchyn Meinken, Natalie Page, and Seth Royster.

Thank you to the *Positive Aging Community* for providing copies of the latest *Guide to Retirement Sourcebook*.

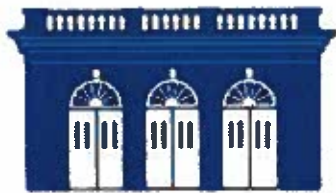
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The Alexandria Bar Association, which provides a **Lawyer Referral Service**, a legal consultation service. For a fee of \$55, paid to the service in advance, clients receive a referral for a 30-minute appointment with an Alexandria Bar Association attorney who works in the client's particular area of need. Appointments are usually scheduled within 1-3 days of the first contact from the client and take place at the attorney's office. Begin your questionnaire by visiting <https://alexandria.barlrs.com/> and find the right lawyer or in person at the Alexandria Courthouse, 520 King Street, Room 202, Monday – Thursday from 9:00 a.m. – 3:00 p.m.

Senior Services of Alexandria (SSA), a nonprofit organization that has as its mission, “to foster independence and self-sufficiency, enabling seniors within the City of Alexandria to age with dignity.” SSA operates a Senior Nutrition program including Meals on Wheels and Groceries-to-Go, handles DOT transportation reservations for the City, and presents educational programs including a monthly speaker series, the Senior Academy, and the Senior Ambassador program. SSA and the Animal Welfare League of Alexandria operate the Animeals-on-Wheels program, providing food for pets of low-income seniors. SSA's Friendly Visitor Program matches volunteers with seniors for weekly visits, enhancing connections to the community. If you would like to join the effort to enhance the lives of seniors in our community, please contact SSA at www.seniorservicesalex.org or call (703) 836-4414.

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