



# SENIOR LAW DAY 2025

## THE COST OF AGING: MENTAL, PHYSICAL, FINANCIAL AND LEGAL PERSPECTIVES.

**WHEN: SATURDAY, JUNE 7, 2025**

**TIME: 8:30 AM – 12:00 NOON**

**REGISTRATION BEGINS AT 8:30 AM AND THE PROGRAM WILL START AT  
9:00 AM.**

**WHERE: FIRST BAPTIST CHURCH, 2932 KING STREET, ALEXANDRIA**

Hear from estate planners, financial experts, and senior resource specialists as they share insights on caregiving challenges, healthcare and housing costs, and the essential legal documents everyone should have in place.

**THE EVENT IS FREE, BUT PLEASE REGISTER BY EMAILING [EVENTS@SENIORSERVICESALEX.ORG](mailto:EVENTS@SENIORSERVICESALEX.ORG) OR  
CALL 703-836-4414, EXT. 110.**

### **STRATEGIES FOR CAREGIVING WITH DIGNITY AND SUPPORT**

**Moderator:**

*Chris Leighton, Partner,  
Hughes & Leighton PLLC*

**Panelists:**

*Heidi Travis, Executive  
Director, ElderTree Care  
Management*

*&*

*Emily Apyan, MSW, VP of  
Operations, ElderTree Care  
Management, Veterans  
Benefits Expert*

### **NAVIGATING FINANCES FOR OLDER ADULTS**

**Moderator:**

*Seth Royster, Associate at  
Shannon & Wright LLP*

**Panelists:**

*Andrew White, Assistant Vice  
President, Atlantic Union  
Financial Consultants*

*&*

*Sally Hurme, Elder Law Attorney  
and the Author of Wise Moves*

### **ESSENTIAL DOCUMENTS FOR AGING WELL**

**Speakers:**

*Gretchyn Meinken, Esq.,  
Partner, Friedman Grimes  
Meinken & Leischner PLLC*

*&*

*Elizabeth Crego, Esq., Elder  
Law Practice Group Chair,  
Legal Services of Northern  
Virginia*