exchange it for a little less chaos, a little less fear, and a lot more civility. There is comfort in sharing the same circumstances; we're all going through it, and there

is no controlling the external forces at play. Yes, "it is what it is." We can't control it, but we can control how we respond.

And in the spirit of addressing matters that are outside of our control, in this edition we look at long-term care and insurance planning.

Until next time, we wish you all good health and safety.

Waste no more time arguing what a good man should be. Be One.

-Marcus Aurelius

Planning for the Unexpected: Long-Term Care



enough to be completely independent again. When that isn't the case, long-term care serves a vital purpose to help people live safely and maintain independence in a home-based setting by providing assistance and resources for activities of daily living, such as: Bathing and personal hygiene Dressing and grooming Maintaining a clean, healthy environment Preparing and eating meals Transportation to appointments and events

disabilities, or people on dialysis. Some of these chronic, ongoing health conditions or disabilities can arise suddenly and without warning, such as those who have suffered a heart attack or stroke that lead to a decreased ability to safely maintain independence. Most commonly, however, long-term care is needed by those who are simply aging or

maintaining personal health, emotional health, and providing access to support services that can improve their daily lives. These are the same aspects you will find in short-term care as well - the difference being that short-term care implies the individual will recover

of daily living on their own. Activities of daily living can include everything from

- Who needs long-term care?
- Those who are more likely to benefit from long-term care are those with chronic, ongoing health conditions or disabilities. For example: people with Alzheimer's or cognitive

The truth is that you never know when you may need long-term care. A person may

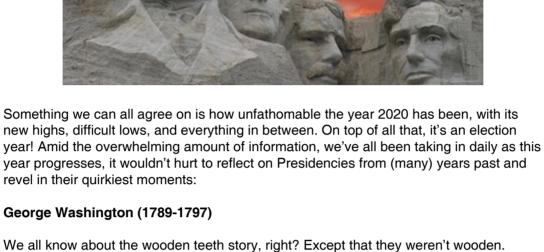
have worsening illness or disability.

Should I plan for long-term care?

that leaves them in need of long-term care. Unexpected accidents, illness, or injuries can be life-changing; the best time to learn about and plan for long-term care is before you need it. Working with an estate and elder law attorney can not only make the process much easier to learn about, but it can enhance the outcome of your experience when you need long-term care. Take the weight of uncertainty off your shoulders and start planning today!

never need it, or they may experience an unforeseen medical event a year from now

Quirky Facts About U.S. Presidents



to animal bones and even human teeth. It's suspected that the wood theory came from his love of red wine, which stained the fractures in his false teeth and created a wooden texture! John Adams (1797-1801)

Washington's infamous teeth were made of several materials, from hippopotamus ivory

A lesser-known fact about John Adams is that he had a bone to pick with Shakespeare. Despite having met on several occasions, one meeting wound up with Adams and Thomas Jefferson chipping off a piece of Shakespeare's furniture and bringing it home

as a "souvenir" of their fated encounter.

Thomas Jefferson (1801-1817) On the topic of Jefferson, he then later squalled with John Adams despite their rendezvous with Shakespeare. Adams ran ads opposing Jefferson with colorful and century-specific insulting terminology, only to then lose and later die on the same day as

Adams: July 4th, 1826, on the 50th anniversary of the writing of the Declaration of

Independence. **Andrew Jackson (1829-1837)**

Our estate and elder law attorneys at Brady Cobin Law Group, PLLC, are committed to honoring the life, work, and charity of every individual. Contact us today at (919) 694-6276 to request a callback for all of your estate planning, administration, litigation needs, and more.

> **Recipe of the Month Harvest Chicken Casserole**

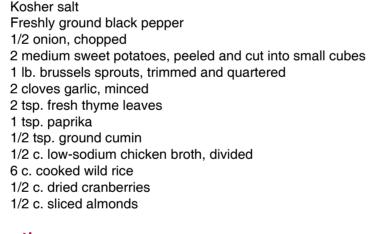
While this quirky fact about Andrew Jackson is only allegedly true, it's too good to pass up: Jackson had a beloved pet parrot who he was believed to have taught several curse words. This made for a fun party trick until the parrot attended Jackson's funeral. The

parrot reportedly wouldn't stop cursing and had to be escorted out!

This satisfying casserole has ALL your fall favorites and makes enough to feed a large

2 tbsp. extra-virgin olive oil, divided, plus more for baking dish

2 lb. boneless skinless chicken breasts



1. Preheat oven to 350° and grease a 9"-x-13" baking dish with oil. In a large, deep skillet over medium-high heat, heat 1 tablespoon oil. Season chicken with salt and pepper. Add chicken to skillet and cook until golden and cooked through, 8 minutes

almonds and bake until dish is hot, and almonds are toasted, 15 to 18 minutes.

The COVID-19 pandemic has caused many large events to be cancelled or postponed. To ensure public safety, we would like to encourage you to enjoy some socially distant

2. Heat another tablespoon oil over medium heat. Add onion, sweet potatoes,

Brussels sprouts, garlic, thyme, paprika, and cumin. Season with salt and pepper and cook until softened, 5 minutes. Add 1/4 cup broth, bring to a simmer, and cook, covered, 5 minutes. 3. Place cooked rice in a large baking dish and season with salt and pepper. Stir in chicken, cranberries, cooked vegetables, and remaining 1/4 cup broth. Top with

Recipe courtesy of delish.com

outdoor activities in your area.

Raleigh Road Outdoor Theater

Raleigh, NC

Capital Drive-In Wake Forest, NC

Eno River State Park

American Tobacco Trail

Durham, NC

Durham, NC

Directions

family.

Ingredients

What's Happening in North Carolina

per side. Let rest 10 minutes, then cut into 1" pieces.

Dix Park Raleigh, NC Juniper Level Botanic Garden Raleigh, NC

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