

P2 / Our educational events have moved online. See the recap of our recent webinar on end-of-life planning.

P3 / COVID-19 is affecting the mental health of many older adults. This month's guest columnist explains the risks.

the CONTINUUM

Issue 22 | Summer 2020

Takacs McGinnis Elder Care Law, PLLC | 201 Walton Ferry Road, Hendersonville, TN

It Won't Be Long Now!

Ahead of schedule, construction on Takacs McGinnis' new home expected to finish in June

In just a few weeks, Takacs McGinnis Elder Care Law will be relocating to a spacious building at 104 Wyncrest Way in Hendersonville. The move, which wraps up a more than 12-month construction process, represents the beginning of an exciting new chapter for the firm.

To give readers of *The Continuum* a behind-the-scenes look at the process, we consulted attorney and partner Chris Johnson, who is serving as the firm's Move Team Coordinator. His job is to coordinate with all of the key players involved in the construction project. Chris says that the move-in date will probably be sooner than the August date originally projected. "We might get very fortunate and move in as early as late June or early July," Chris said. "Thanks to the skill and expertise of Milton Curtis and his team at Curtis Builders LLC, we are ahead of schedule. Accomplishing this is particularly impressive considering we have dealt with bouts of inclement weather and are dealing with a global pandemic that we feel the effects of daily."

Coming in at around 7,000 sq. ft., the building has three separate office suites, with Takacs McGinnis occupying about 4,200 sq. ft. Two smaller suites—625 sq. ft and 1,537 sq. ft—are available for rent by other businesses. "Takacs McGinnis will take up the entire left side of the building as you're facing it from the parking lot," Chris said. "Though we haven't finalized who the tenants will be for the other two suites, our goal is to rent those spaces to businesses whose products and services benefit our clients."

The building features a 432 sq. ft. conference room with an attached kitchen that will be shared by Takacs McGinnis and the building's other tenants. "We plan to use the room for larger meetings, community and professional education programs, and other special events," Chris noted. "We should

be able to seat up to 40 people comfortably, which is more than double the capacity of the meeting space in our Walton Ferry office."

The modern ADA-compliant design of the new building increases the comfort factor for clients and employees with push-

button entryways, a larger waiting room, and spacious offices. "The offices where we conduct our meetings with prospective clients will be significantly larger than those in our current building," Chris said.



104 Wyncrest Way on June 3, 2020

Takacs McGinnis will be hosting a community open house in August to reveal their new home. Watch the firm's blog and social media channels for more details.

The digital edition of *The Continuum* includes an image gallery and an expanded version of this article. View it at <https://bit.ly/2AG6WOV>.

Team Tidbits

Congratulations, Joshua! Welcome Cathy!



Joshua Bey

With the completion of the Kaplan course at Belmont University this spring, Public Benefits Specialist Joshua Bey has cleared another hurdle on his journey to becoming a Certified Financial Planner (CFP). Joshua now has all of the prerequisites needed to sit for the CFP exam in November, including a bachelor's

degree, the required work hours, and completion of the capstone test. As a CFP, Joshua will be able to provide unbiased assessments of clients' financial portfolios from an elder care perspective, which will enable him to provide even more value to clients.

Please join us in welcoming Cathy Danton to the Takacs McGinnis team. As the firm's receptionist,



Cathy Danton

Cathy is often the first person you'll interact with when you contact our office. In addition to answering the phones and making appointments, Cathy provides administrative support to the firm's staff. Before joining Takacs McGinnis, Cathy held executive assistant roles for companies in the legal, manufacturing, and insurance industries.



LearningCafé recap

CLIENT EDUCATION SERIES

Monthly Webinars Replace In-Person Workshops

Takacs McGinnis Elder Care Law is passionate about education. In this post COVID-19 world we're now living in, social distancing guidelines have made our in-person educational events almost impossible. As a result, we are offering monthly webinars for professionals and family caregivers.

Our last webinar, "Do You Know My Wishes?" was held on April 16. Cer-

tified Elder Law Attorney Barbara McGinnis and Public Benefits Specialist Josh Hunter discussed the complexity of end-of-life decision making.

It is impossible to cover every scenario, which makes discussions with the person you have chosen to be your healthcare power of attorney so important.

If you're interested in document-

ing your own end-of-life preferences, download the "Do You Know My Wishes" booklet from the Takacs McGinnis website. It's a great way to get started--and it's completely free.

Read a longer version of this article and download the *Do You Know My Wishes?* booklet in the digital edition of *The Continuum*. Access it at <https://bit.ly/2WG51IZ>.



Did you know that the digital edition of *The Continuum* often contains bonus content?

Email us at continuum@tn-elderlaw.com to subscribe to the digital edition.

If you know someone who might benefit from this publication, we encourage you to share it.

Guest Column

COVID-19 Affects Seniors' Mental Health

I could see it on my mom's face when I visited her at the assisted living facility. She was hurt, confused, and frustrated. I was right there on the other side of the glass, but she couldn't hug me, couldn't hear me, and couldn't sit with me as usual.

It's the same everywhere. Thanks to COVID-19, thousands of senior adults have been separated from family and friends during a frightening and dangerous time. Senior centers and churches unwillingly closed their doors. Families were told to "shelter in place," often meaning far away from elderly relatives. People turned to technology to improvise. But not all seniors have access or the ability to make technology work for them.

My mom's facility closed its doors early. Surrounded by friends and a caring staff, she has fared well. As the weeks in quarantine wore on, she expressed frustration, irritation, sadness, and resignation. There were also moments of gratitude; she was grateful to be out of the danger zone. She, like so many others, has been experiencing grief over the losses of yet another layer of independence, physical closeness with loved ones, worry over finances of family members, our sense of predictability, the belief that we can protect ourselves, and so much more. Prior to the coronavirus pandemic, the elderly in America were already experiencing an epidemic of social isolation and loneliness.

At Unity Psychiatric Care, an inpa-

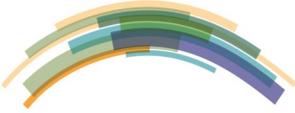
tient psychiatric hospital for seniors, we had calls from facilities that were having difficulty maintaining isolation protocols with residents whose wandering would otherwise have been managed. We heard about patients who were obsessed with the virus, anxious and tearful. We had calls from family members reporting their loved ones with dementia were more difficult to manage due to changes in their daily routines.

Seniors, especially those with cognitive impairment, experienced confusion over the restrictions imposed. Social distancing, masks and gloves, frequent temperature checks, and visitation restrictions all created an atmosphere of controlled panic. Many found themselves glued to news reports, which focused on the rapid spread of the coronavirus and death counts.

Experts tell us that long after things return to a new normal, mental health effects will continue. The elderly are resilient people. They have been through hard times before. Those already experiencing mental health issues will be hit the hardest. As the COVID-19 restrictions ease, keep your eye on elderly loved ones. If you notice signs of depression and anxiety, don't wait to get help. The right treatment from a mental health professional can make all the difference.



Mary Fox is the Community Relations Manager at Unity Psychiatric Care Columbia, a 16-bed specialty hospital serving adults age 55 and older. Mary assists senior service providers in identifying those individuals experiencing acute psychiatric issues and provides education to caregivers on dementia, depression and other mental health issues affecting seniors. For more information, call (931) 388-6573 or visit unitypsych.com.



TAKACS MCGINNIS
ELDER CARE LAW

201 Walton Ferry Road
Hendersonville, TN 37075
ADDRESS SERVICE REQUESTED

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Dana Hentschel, Outreach Coordinator
Joshua Bey, Public Benefits Specialist
Joshua Hunter, Public Benefits Specialist
Jennifer Berkon, Paralegal
Chelle Guidry, Legal Assistant
Cathy Danton, Receptionist

VA Accredited Attorney

Chris Johnson, J.D., Partner

Certified as an Elder Law Attorney by the National Elder Law Foundation

Barbara Boone McGinnis, CEIA, Partner

Certified as an Elder Law Attorney by the National Elder Law Foundation

Timothy L. Takacs, CEIA, Partner

TAKACS MCGINNIS
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Phone: (615) 824-2571

Fax: (615) 824-8772

The Continuum is a quarterly newsletter designed to enhance the service Takacs McGinnis Elder Care Law, PLLC provides to clients. Please direct feedback, questions and comments to continuum@tn-elderlaw.com.