FEATURED: Combating Elder Financial Abuse
By Charles P. Golbert
Though elder abuse is often under-reported, it's a growing, multi-billion-dollar problem we need to confront. Learn the signs of elder abuse and what is being done to combat this issue.
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IN THIS ISSUE

RVing for Retiring Lawyers: Driving Toward the Future
By Vicki Levy Eskin
If you think managing your business on the road isn't possible, think again. In an adapted excerpt from her upcoming publication, Vicki Levy Eskin shares what it's like to work and travel on the road.
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Adventures in the Law: The Me and My Big Mouth Award
By Norman Tabler
It only takes one angry phone call to start a conflict. In this case, we learn that maybe sometimes it's best to keep your mouth shut, especially when you have a conflict of interest.
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Holiday Desserts from SLD Leaders
Got a sweet tooth? Discover your next favorite dessert from an assortment of cookie, pie, and cake recipes submitted from our leadership. Your taste buds will thank you!
Read More →

Protecting Yourself
By Jeffrey Allen and Ashley Hallene
Scams these days come in all forms and through all types of
technology, so it can be difficult to know what you’re up against. Our tech columnists have that covered. Get up to speed with the best ways to protect yourself.

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**Integrating Health and Supportive Services in Affordable Senior Housing: New Models for Service Coordination**

*By Donna Thurmond and Sharon Wilson Geno*

The senior population is continuing to climb, and with that increase, a new demand of affordable housing for low-income seniors calls for attention. The Journal of Affordable Housing and Community Development Law dives into what programs are working to provide seniors with housing that meets their needs.

Read More →

**Book Synopsis: Technology Tips for Seniors, Volume 2.0**

*By Jeffrey Allen and Ashley Hallene*

Sometimes, the sequel is just as good as the original, if not better. Our trusted tech authors are back with a new volume and more tech tips designed to help you successfully navigate our digital landscape with ease.

Read More →

**SLD HAPPENINGS**

**Join the SLD at the 2019 Midyear Meeting!**

Join us in Las Vegas for ABA Midyear January 25-26, 2019! The SLD will host a half hour nonCLE “Tech Tips” program for anyone who’d like to attend. Learn more about the Division’s schedule of events.

View Schedule →

**New Website for Women Trailblazers in the Law Oral History Project**

The Senior Lawyers Division is pleased to announce the launch of a new website for the Women Trailblazers in the Law Oral History Project (WTP). Stanford Law School’s Robert Crown Law Library has created the new website and has agreed to house the WTP oral history collection.

Learn More →

**Call for Nominations! John H. Pickering Award Nominations Now Open**

The Senior Lawyers Division is now accepting nominations for attorneys you think deserve to be recognized for their contributions to the profession and dedication to access to justice for all. The award celebration will take place during ABA
So It’s Time: Responsible Planning for Closing the Law Office

On-Demand CLE | 1.0 General Credit
Succession planning for your law practice in the event of injury, disability, or death.

ABA Travel Excursions
The ABA offers travel opportunities to exotic locales through two trusted travel partners, AHI Travel Inc. and Go Next.

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Volunteer with the SLD
The SLD is seeking volunteers to serve on its substantive and administrative committees. Get involved today by e-mailing your interest to abasrlawyers@americanbar.org.
Elder financial abuse is an exploding problem in our society. To give a flavor, according to a joint study by the National Committee for the Prevention of Elder Abuse, Virginia Tech University, and the Metlife Mature Market Institute - known as the Metlife Study - victims of elder financial abuse in the United States lost at least $2.9 billion (yes, that's billion with a "b") in 2010. That represents a 12% increase from just two years earlier, 2008, when the amount was $2.6 billion. And the problem continues to grow.

These numbers are low, as elder financial abuse is underreported, under-recognized, and under-prosecuted. A 2011 study by Cornell University Medical Center, Lifespan of Greater Rochester, and the New York City Department for the Aging found that 98% of incidents of elder financial abuse went unreported.

The growth in elder financial abuse is due in part to the demographics of our aging population. Many baby boomers are vulnerable to exploitation because of Alzheimer's disease and other types of dementia. Moreover, seniors are often targets of financial exploitation because they have accumulated wealth during their lifetime, which they saved for their golden years.

According to the Metlife Study and other research, older women in the United States are about twice as likely to be victims of financial exploitation as older men. Most victims are between the ages of 80 and 89, live alone, and need assistance. Cognitive impairment is a prominent risk factor.

In other words, exploiters seek out and prey upon the most vulnerable and isolated members of our society. The Metlife Study describes elder financial abuse as the “Crime of the 21st Century.”

My office, which serves as the last-resort public guardian for approximately 700 adults with cognitive disabilities in the Chicagoland area, has witnessed first-hand the boom in elder financial abuse. We see such cases every day. About 40% of our new intake cases have some financial exploitation component. That is up from about 30% a decade ago. Some of the individuals were swindled out of virtually every last cent.
To help combat this growing problem, we have a specialized unit of attorneys who focus their practice on complex financial recovery litigation against the exploiters. This program is tremendously successful, having recovered more than $50 million over the past decade. We are able to use the recovered funds to care for the individual under our guardianship. In appropriate cases, we seek and obtain punitive damages against the exploiters.

In addition to recovering money for seniors, the program has called attention to the problem of elder financial abuse, as many of our cases have been prominently covered by local, national, and even international news media.

One recent example is a lawsuit we filed in Chicago against Symphony Nursing Home and five of its employees who stole $600,000 from a 97-year-old woman with dementia. This represents almost all of her life savings. The woman spent time in the Poston Internment Camp in Arizona during World War II due to her Japanese ancestry, even though she was born in the United States and has always been a U.S. citizen. The five exploiters ranged from Symphony’s business manager and activities director at the top of its organizational chart to its receptionist and hairdresser at the bottom. Symphony is part of a large chain of nursing homes in the Midwest run by Symphony Post Acute Care Network.

Banks are often in a position to first notice financial exploitation. Here, a bank became suspicious of activities on the woman’s accounts and contacted our office. We became her guardian and on the same day as our appointment, sued Symphony, its parent corporation, and the employees. The case was front-page news in Chicago and was also covered in the national news media. Currently, we are vigorously litigating the case against the defendants to recover the stolen money.

In another recent case, we sued a priest who stole more than $300,000 from a parishioner who was in her 90’s and had dementia. Like the case before, this was virtually her entire life savings. The woman spent time in a Nazi internment camp during World War II and served for many years as the priest’s secretary. As in the case against Symphony Nursing Home, bank personnel became suspicious of the large transactions and contacted our office. We became the woman’s guardian and sued the priest.

After several years of discovery and litigation, we settled with the priest and he repaid the money. The case was in the news during the litigation and was on the front page again in October when the State’s Attorney’s Office in Chicago won an indictment against the priest. He faces up to 15 years in prison. When our office’s social worker told the woman about the priest’s indictment, she was pleased. She said that she was glad that the priest would not be able to do this to anyone else.

That leads to another point about our financial recovery program. The State’s Attorney’s Office has a specialized unit that prosecutes crimes against elders, including financial crimes. We work closely with this unit to ensure that exploiters are charged criminally in appropriate cases. This partnership has resulted in many convictions of those who abuse the elderly.
One commonality of the two cases discussed above is significant. In the majority of the cases we see, the exploiter is someone in a unique position of trust or authority over the victim, such as a family member, caregiver, or religious leader. This is consistent with national trends.

We believe that our financial recovery program is the largest in the country in terms of cases litigated (dozens every year) and amounts recovered (tens of millions of dollars). We would like to see this innovative and highly successful program replicated in other jurisdictions.

**End Notes**


**Author**

Charles P. Golbert is the Acting Public Guardian of Cook County, Illinois, which includes Chicago and the surrounding suburbs. He directs one of the largest public guardianship offices in the country, serving some 700 adults with cognitive disabilities and managing more than $100 million in estate assets. Mr. Golbert has taught elder law as an adjunct professor at John Marshall Law School and is a former Editor in Chief of the Journal of the National Academy of Elder Law Attorneys (NAELA Journal). He has presented nationally and internationally about elder abuse, published widely on the topic, and served on local and national committees to fight the problem.
Editor's Note: This article is adapted from a chapter in an upcoming book to be published by the Senior Lawyers Division.

People take to the road for many reasons. For nearly a decade, I’ve used a motorhome to combine business and pleasure for hearings, meetings, and teaching continuing legal education courses in and out of my state. My husband is retired full time, and we have a dog who goes almost everywhere with us; if we are gone for more than a month, I fly back to my home and office for a week to ten days to attend hearings, meet with clients, and check on the home, hearth, and practice. And I love it.

I started my law career working with a state agency, leaving service before vesting in the state retirement system. I’ve had a couple of decades of a comfortable private practice but simply didn’t put away enough to feel comfortable to fully retire. So, I’ve opted to take advantage of my increasingly part-time practice by combining travel in the RV with working from a distance to enable me to vest in the state retirement system while maintaining my practice. How? We just moved our 41-foot motorhome to a temporary location a few hours from our sticks and bricks home so that I can take a temporary position with the state to complete the time needed to vest in the state retirement system.

For the next several months, we will reside in our motorhome in a lovely RV park with a short commute to a state office, reversing our weekends and court holidays for traveling to our home, setting up visits with clients, and meeting with my staff at my private practice in a similar fashion to when I’ve traveled for months at a time.
Having a reliable, trustworthy staff enables me to retain my private practice without worrying about dropping the ball, letting my clients down, or having them feel abandoned. Some of my clients have been with me for more than a decade and like having “check-ups” from time to time to look over their estate and/or business plans to determine if any changes are needed. Most of my long-time clients are very accustomed to communicating with me via email or chatting during off hours as I’ve taken long travel leave, so when I’ve advised them of my temporary absences, each of them has been as supportive of me as they know I am of them. They know that they can count on me to ensure their work is handled.

I have committed to the state agency that during office hours, I will do no work whatsoever on my private practice. I will use vacation and personal leave days to fulfill any outstanding court appearances. And the agency understands that I have a few prior commitments that must be handled. And, of course, during the lunch hour, my time is my own and this works for checking on private practice emails and returning phone calls. It is all doable if one is committed to making it work.

Without the RV, I would have had a more difficult time meeting this goal toward retirement, relying upon nearby temporary openings, which might also have placed me in a conflict-of-interest position.

I have a good internet connection at my temporary RV home and the ability to easily relocate if we find another area we would like to visit. An added benefit of this temporary situation is that the cost of residing away from my sticks and bricks residence is deductible for up to six months.

When I first started traveling via motorhome, I had way more equipment than I use now. I had an all-in-one printer/scanner/copier/fax, a VOIP landline, a PC, e-reader, wi-fi hotspot, and cellphone that linked to a laptop. It took up a lot of space but did not always provide for my needs. Then as now, GoToMyPC.com gives me the freedom to actually log onto my office PC and into my shared office database to draft or modify documents.

Now, in addition to GoToMyPC, I rely almost solely on an iPad and my cell phone. That’s it! I no longer bother with the other cumbersome equipment, though I do have a laptop for backup and for viewing documents too large for me to see well on the iPad. As all my court pleadings are via an Internet portal, I do not need written paperwork. And if I do, every RV park where we’ve stayed has a business office where I can print documents. I bring along a ream of paper and some of my letterhead and printed envelopes in various sizes, padded envelopes, and my FedEx and UPS account numbers.
I recently added an all-in-one desktop that doesn't take up a lot of space, but admittedly, makes documents easier to read and modify due to the size of the monitor and the full-size keyboard. But this is a new addition and during one of my longest trips, my iPad handled the majority of my needs quite handily. I have chargers at all my perches throughout the motorhome and keep it connected as much as possible so that I don't lose the battery at an inopportune time. The tablet is lightweight and fits easily into my purse and makes handling matters quickly and easily something of a joy! I cannot imagine working on the road without some sort of tablet with its own internet connection, but I am acquainted with others who aren't as attached to their tablet as I am.

I review and electronically sign documents with ease, but I also find a printer to download a document requiring an original signature, and fax, email, or send back the original with very little inconvenience or expense, as we are rarely far from a place that can provide what is needed to complete the process.

For short trips (under three weeks), our personal mail is held. But when we leave for longer periods, our personal mail is delivered to my office. My paralegal has become quite proficient in determining what needs to be scanned and forwarded to me immediately and what can wait until my return.

All bills (business and private) are scanned and emailed to me. And just as when I am at the office, I set up payment through online banking. The goal is to handle each document once, make a decision, and move onto the next task.

As most of the courts with which I deal now require online filing with electronic signatures, filing documents from afar and after hours is simple. Clients still come by the office to sign notarized documents, or they sign and notarize at their convenience, placing originals in the mail to the office. Often, clients do not even realize that I am out of the office for more than two weeks at a time.

Although I occasionally file notices of unavailability where I have a bit of a trust issue with opposing counsel, my staff and I can check my cloud-based calendar (accessible by tablet) at a glance to determine my availability. When we are more than a couple of hours away from my office, there is usually an airport close enough to handle emergency trips, but I have yet to encounter one. My office staff receives immediate notice from the court portal of any filed pleading in our state.

We recently changed to an invoicing program which automatically informs my email when a client clicks through and pays immediately via credit card, making the ability to monitor cash flow much easier, though online banking and cloud-based billing and time management are also easily accessed.
I am more than delighted to share tales of my successes and foibles with anyone contemplating this lifestyle. It has worked well for my family and should happily work for yours.

No one will ever work as hard or take as much care with your business as you will. So, you must be prepared to have some reduction in cash flow. And, as with any vacation, the days immediately before departure and following your return, will require extra work and extra organization. If you talk too much about your travels, clients and others may worry that you aren’t as interested in helping them as they would like or that you are going to retire in full shortly.

I have addressed this by making sure that I return calls promptly, check emails religiously, and assure everyone that I have the best possible life – extremely cooperative staff, court administration, clients, that I try to bill a minimum of three hours each day and that I don’t plan on ever fully retiring, as this life works for me – it keeps me happy. I still adore my clients, and I’ve been doing this long enough to know that I really am able to have it all: traveling with my spouse and dog, seeing the country, eating great food, keeping up my legal skills, and best of all, helping my clients – and I’m never further away than a phone call, text, or email. I can’t imagine giving up my RV lifestyle.

Author

Vicki Levy Eskin, owner of Levy & Associates, P.A. (levylawyers.com), in Longwood, Florida, focuses her practice on circuit and appellate mediation in addition to her probate, guardianship, and estate practice. She served three years as the National Solo and Small Firm Conference Chair for the ABA Solo, Small Firm, and General Practice Division and served as ABA Advisor to the Uniform Law Commission Committee drafting the model code addressing fiduciary access to digital assets and the parallel committee for the Real Property, Probate, and Trust Law Section of the Florida Bar. She has written and lectured on preserving digital assets, international estate planning, and other areas of estate and trust practice, and small office management. She is active in local and state bars, serves on several community boards, and mentors other small firm practitioners. Her email address is Vicki@levylawyers.com.
Aloha (greetings) from Honolulu, Hawaii!

As the Chair of the Senior Lawyers Division for the 2018-2019 bar year, I thank you for reading the December 2018 edition of our Division’s Voice of Experience e-newsletter.

Starting with my Chair’s column in August 2018, I’ve introduced a Hawaiian word or phrase every month, and I’ve linked that word or phrase to activities in our Division.

On the eve of the new year, I want to wish you a “Hau'oli Makahiki Hou” (pronounced how-oh-lee ma-ka-he-key ho). This phrase means “Happy New Year.”

As you prepare the inevitable New Year’s resolutions, please consider adding some Senior Lawyers Division (SLD) items to your checklist:


Our recent books (which can be purchased with member discounts) include:
- Technology Tips for Seniors: Volume 2.0 by Jeffrey M. Allen and Ashley Hallene. For more information and to buy this book, click this link:


- Don't Let Dementia Steal Everything: Avoid Mistakes, Save Money, and Take Control by Kerry R. Peck and Rick L. Law. Buy this book at this link:

- Information about many other popular and best-selling SLD books is here:
  https://www.americanbar.org/groups/senior_lawyers/publications/

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Read the SLD’s monthly Voice of Experience e-newsletters, including the Chair’s Column.

These e-newsletters feature an array of articles with practical information and about hot topics. Past e-newsletters can be found here: https://www.americanbar.org/groups/senior_lawyers/publications/voice_of_experience/

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3

Write an article for the SLD’s Voice of Experience e-newsletter.

Click here for the Publication Guidelines and to submit an article: https://americanbar.qualtrics.com/jfe/form/SV_6m7YaFkog9i6hr7
If you have questions, you can e-mail the SLD staff at abasrlawyers@americanbar.org.

Read the SLD's quarterly *Experience* magazine.

In this flagship publication, experienced authors share their knowledge about timely topics such as succession planning, managing millennials, planning for retirement, and weathering tax changes. Here's the link to the magazine's archive:
https://www.americanbar.org/groups/senior_lawyers/publications/experience/

Make a charitable donation to the SLD's Program Support Fund of the ABA Fund for Justice and Education.

Your contribution to the Program Support Fund will enable the SLD to continue to produce public service and educational programs covering many timely issues. For more information, go to this link:

You can donate any amount of money at https://donate.americanbar.org/sld
Join an SLD committee and be an active volunteer.

Here's the link to the list of SLD committees:
https://www.americanbar.org/groups/senior_lawyers/committees/

Please e-mail your interest in becoming an active volunteer to the SLD staff at abasrlawyers@americanbar.org.

Mark your calendar for 2019 SLD events.

Consider attending:

- January 25-26: ABA Midyear Meeting and SLD Council Meeting, Las Vegas, Nevada
- May 1-4: SLD Spring Meeting (jointly with the ABA Section of Litigation and the ABA Solo, Small Firm and General Practice Division) and SLD Council Meeting, New York City, New York
- June 2-3: SLD’s U.S. Supreme Court Trip to be newly admitted during a ceremony at a session of the Court, Washington, D.C.
- August 8-10: ABA Annual Meeting and SLD Council Meeting, San Francisco, California

Visit the SLD website regularly.
Click here to access the SLDs website to get news, updates, and other invaluable information: https://www.americanbar.org/groups/senior_lawyers/

Thank you for being a member of the Senior Lawyers Division. Keep us in mind during 2019.

Have a Hau'oli Makahiki Hou!

Author

Marvin S.C. Dang
2018-19 Chair, ABA Senior Lawyers Division

Marvin S.C. Dang is the managing member of Law Offices of Marvin S.C. Dang, LLLC in Honolulu, Hawaii and has been an attorney since 1978. He's currently the 2018-2019 chair of the ABA Senior Lawyers Division, a member of the ABA Nominating Committee, a delegate in the ABA House of Delegates, and a commissioner on the ABA Commission on Racial and Ethnic Diversity in the Profession. During the past 42 years, he's held leadership positions in various ABA divisions and sections. A former legislator in the Hawaii State House of Representatives, he's now a registered lobbyist. His law firm's practice areas include legislation, lobbying, creditors' rights, and real estate matters. He received his law degree from the George Washington University Law School in Washington, D.C.
Disclaimer

1. Nothing in this article or the included recipes constitutes either the endorsement of a recipe or its contents by either the American Bar Association (ABA) and/or its Senior Lawyers Division (SLD). Rather, the contents of each recipe solely represent that of each contributor and their personal opinions. Measurements and choice of ingredients are accurate to the author’s own particular taste. I have read that the adventurous cook is one who will adjust amounts and even an ingredient to please his or her own palate, and of course, dietary issues. In that regard, butter and margarine may also be interchangeable with non-dairy products depending on your individual cholesterol and other dietary tolerances and limitations.

2. Opinions and information contained in these recipes do not replace, modify, alter, amend, or change the recommendations of a brand-name item manufacturer. Any such modifications from those of a brand-name manufacturer are those opinions of the author of each recipe and not those of the ABA or SLD. Furthermore, if a brand-name of a product is stated, we are not aware of whether any of the authors have been subsidized in any way by any brand-name manufacturer for stating that their product is being used.

3. We recommend that you read the entire recipe before starting to cook. As a further word of advice, be sure your oven is working properly and that the thermostat is accurate. It is also wise to always monitor something during its preparation to make sure it is cooking properly and to your satisfaction.

4. The information and recipes contained in this article including all portions thereof may not be copied or disseminated in any form or by any means or stored in an electronic database or retrieval system without the express written consent of the American Bar Association and Senior Lawyers Division being first obtained in writing.

5. The Surgeon General has not yet opined on this subject and/or its use by you either in your daily diet or even a holiday meal. Indeed, certain foods have been found to be quite caloric and not appropriate for all persons. You should heed the advice and recommendations of your
physician, nurse, trainer, spouse, children, office assistants, and others who tell you to eat a
smidgeon and not the entire plate, no matter how inviting it looks and even how awesome it
tastes. The word to always follow is “moderation...” at best.

Lastly, in case of weight gains, neither the SLD nor the ABA will be providing any dues rebate for
gym memberships or weight reduction programs and/or the payment of any medical bills
incurred due to gluttonous activity by you.

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**Banana Bread**

*Submitted by Carole Worthington, Secretary, Senior Lawyers Divison*

*Yield: 2-3 loaves*

**Ingredients**

- 1 cup butter, softened
- 1 tsp. salt
- 2 cups sugar
- 3 ½ cups all-purpose flour
- 2 tsp. vanilla
- 2 tsp. baking soda
- 2 tsp. lemon juice
- 2 tsp. baking powder
- 4 eggs
5 ripe bananas (4 mashed; 1 coarsely chopped)

1 cup sour cream

½ cup chopped pecans

Instructions

1. Cream butter and sugar.

2. Add vanilla, lemon juice, and eggs. Beat well.

3. Stir in mashed bananas.

4. Sift together salt, flour, baking soda, and baking powder.

5. Combine banana mixture, flour mixture, and sour cream.

6. With a wooden spoon, gently stir in coarsely chopped bananas and nuts.

7. Pour batter into 2 large or 3 small greased and floured loaf pans.

8. Bake at 350 for 1 hour and 10 to 15 minutes.

Maamoul

Submitted by jennifer j. rose, Voice of Experience Editorial Board
Morelia, Michoacan, Mexico

Yield: 32 cookies

These cookies are actually better the second day and freeze very well. Who says you can’t have maamoul during the December holidays?

Ingredients

- Dough
  - 2 cups flour
1 cup semolina

¼ cup sugar

½ tsp salt

1 T. ground mahlab, optional. (substitute ground cardamom)

1 cup unsalted butter, softened

1 tsp rosewater (substitute orange water)

1 tsp vanilla

¼ cup oil

Filling:

2 cups almond meal

¼ cup sugar

½ tsp. cinnamon

a pinch of salt

1½ tsp. almond extract

2 large egg whites

Instructions

Combine the dry dough ingredients in a medium-sized bowl. Beat butter in stand mixer until fluffy, adding the rosewater and vanilla. Add dry ingredients to the butter until the mixture becomes a coarse, mealy mixture. Blend in oil, one tablespoon at a time, until the ingredients come together to form a dough. Divide the dough into two equal pieces, wrap in plastic wrap, and refrigerate for anywhere from 8 hours to 3 days.

To make the filling, combine all of the ingredients in the stand mixer, mixing until it looks like a thick paste. Roll it into 2 logs about 1-2” thick, wrap in wax paper, and refrigerate until ready to use, not more than a day ahead.
- Preheat the oven to 350 degrees F.

- Remove half of the dough and half of the filling from the refrigerator. Divide both into 16 pieces. Flatten each piece of dough into a disc, place in a ma’moul mold, and insert a ball of the filling, smoothing any excess dough over the filling. Slap the mold down with some authority over a silicon-lined cookie sheet, 16 pieces to a half-sheet pan. You may need to prime your hands and the mold with a little flour, and it’s all right if the product looks floury. The butter will absorb it all. If you can’t figure this out, go to [https://www.youtube.com/watch?v=su5lzHr6Ol0](https://www.youtube.com/watch?v=su5lzHr6Ol0) and watch the video about making maamoul with and without a mold.

- Repeat with the remaining half of the dough and filling.

- Watching carefully, bake cookies for about 18 minutes because they will remain pale throughout baking but can easily burn. Let cool for a few minutes, and then continue the cooling process on a cookie rack. Dust with powdered sugar.

**Pine Nut Cookies**

*Submitted by jennifer j. rose, Voice of Experience Editorial Board*

*Morelia, Michoacan, Mexico*

**Ingredients**

- 300 grams almond paste
- 150 grams superfine sugar
- 1 gram salt
- 2 grams orange or lemon zest
- 2 large egg whites
- 200 grams pine nuts (about 1.5 cups)

**Instructions**

1. Place almond paste, sugar, salt, and orange or lemon zest in a food processor. Pulse 4-5 times to blend slightly. Then, on low speed, slowly add egg whites until the mixture begins to form a
smooth paste. This may be fairly stuff, but it must have a uniform consistency. Stop to scrape
down the sides of the bowl as necessary. At this point, you may refrigerate the dough for
anywhere from an hour to a day.

2 Preheat the oven to 350 degrees F.

3 Place pine nuts in a shallow bowl. The dough will be extremely sticky, so grease your hands first
with butter. Drop the dough onto the pine nuts in teaspoon-sized lumps, rolling each gently
with your hands until coated with nuts.

4 Place the balls of pine nut-covered dough onto a cookie sheet covered with parchment or a
silicon mat, leaving ample space between each, because they will collapse during the baking
process.

5 Bake for about 9 minutes, turning the cookie sheet back-to-front halfway through. Resist
overbaking, because pine nuts have a high oil content and will burn at the blink of an eye.

6 The cookies are done with the pine nuts are light- to medium-brown in color. Outside, they will
be toasty-crunchy while chewy inside.

7 Remove the pan from the oven, allowing the cookies to rest 4-5 minutes. Then carefully peel
them off with a spatula, placing them on a cooling rack. Alternatively, you can slide the
parchment paper or silicon mat with the cookies still attached off the cookie sheet and onto a
flat surface to let them cool. They will crisp up as they cool and are easier to remove.

8 Store in an air-tight container.

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Peach Cobbler

*Submitted by Karen Campbell, Council Member, Senior Lawyers Division*

Ingredients

- 4 - 8 oz. cans of peach pie filling (not canned peaches)
- 2 cups of light brown sugar
- 1 cup of granulated brown sugar
- Dash of cinnamon
1 stick of unsalted butter

10.5 x 7 casserole dish

4 frozen pie shells

Instructions

1. Mix peach pie filling, cinnamon, butter, and sugar together.

2. Add more sugar and cinnamon to taste.

3. Line the casserole dish with two frozen pie shells and pour in peach filling mixture.

4. Cover the top of the peach filling mixture with the remaining pie shells. There should be some space not covered by the pie shells.

5. Bake in a 350-degree F oven until top is light brown approximately 20 to 30 minutes.

6. Serve with ice cream or whipped cream.

Toasted Almond Fingers

Submitted by Michael Van Zandt, Vice-Chair, Senior Lawyers Division

Yield: 5 dozen cookies

Ingredients

- 1 cup butter
- ½ cup confectionery sugar
- 1 tbsp. milk
- 1 tsp. vanilla extract
- ¼ tsp. salt
- 2 cups sifted, regular, all-purpose flour
○ 2 cups finely chopped, slivered almonds

○ 16 oz. packaged semi-sweet chocolate pecans

○ 2 tbsp. shortening

Instructions

1. In a medium bowl, use a mixer on medium speed to beat butter and sugar until light and fluffy. Add and mix in milk, vanilla extract, and salt. At low speed, beat in flour. Stir in almonds. Wrap dough in wax paper and refrigerate until cold.

2. Heat oven to 325 degrees F.

3. When the dough is cold, shape into 2” fingers and place on ungreased cookie sheets.


5. Melt chocolate with shortening, stirring to blend in the double boiler over hot (not boiling) water.

6. Carefully dip one end of each cookie into the mixture, and lay the cookie on the wire rack.

7. Store in loosely-covered containers.

Czech Bábovka Cake

Submitted by Seth Rosner, Council Member, Senior Lawyers Division

Bábovka is a delicious traditional Czech cake!

Prep Time: 20 minutes
Cook Time: 45 minutes
Total Time: 1 hour 5 minutes
Eat Time (normal slice): 4 mins!
Yield: 8 servings

Ingredients

○ 2 cups all-purpose flour
○ 5 eggs

○ 1 1/4 cup sugar

○ 3/4 cup vegetable oil

○ 5 tablespoons milk, warm

○ 5 tablespoons water, warm

○ 2 teaspoons baking powder

○ 1/2 teaspoon vanilla extract

○ 2 tablespoons cocoa powder

○ 2 tablespoons powdered sugar

○ 2 tablespoons butter (to grease the mold)

Instructions

1. Separate the egg whites from the egg yolks.

2. Preheat the oven to 350 degrees F.

3. Whisk the yolks and sugar at high speed until the mixture whitens and becomes firm.

4. At low speed, gradually add the oil, water, then milk.

5. Mix the flour and baking powder.

6. Beat the egg whites, at high speed for 5 minutes and at medium speed for another 5 minutes, until firm.

7. Using a spatula, delicately fold the egg whites into the batter without breaking them, as well as the vanilla extract.

8. Grease a bundt pan with the butter. Pour in half of the batter.
Gently mix the cocoa powder with half of the remaining batter, and pour it into the mold, above the first layer. It is important not to mix the two layers.

Bake for 45 minutes.

After 45 minutes, poke the cake with a wooden skewer or a toothpick. It should come out clean. If not, continue baking for a few more minutes if necessary.

Cool and sprinkle the babovka with powdered sugar.

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**Espresso Kahlua Pie**

*Submitted by Sheila Hollis, Council Member, Senior Lawyers Division*

**Ingredients**

- Oreo cookies (cream filling removed)
- Pre-made pie crust.
- 3 pints of espresso or coffee flavored ice cream
- 2 jiggers of Kahlua
- (Optional) 3/4 cup walnuts, pecans, or macadamia nuts

**Instructions**

- Soften the ice cream and put into the pie shell.
- Add 2 jiggers of Kahlua.
- (Optional) Add 3/4 cup of nuts.
- Mix well.
- Freeze for several hours.
- Remove from freezer and decorate with nuts of covered coffee beans.
- Serve with whipped cream and espresso.
Party Peppermint Ice Cream Pie

Submitted by Sheila Hollis, Council Member, Senior Lawyers Division

After a heavy dinner, this will invigorate conversation, and everyone’s breath will be fresh as a bonus. Espresso recommended after!

Ingredients

- Graham cracker or crushed Oreo (minus cream filling) pie crust
  - Note: you can purchase premade in pan cookie-based crust.
- 3 pints peppermint ice cream.
  - If you can’t find peppermint ice cream, use French vanilla and add one tablespoon peppermint flavor to softened ice cream. With the vanilla ice cream, get -1 cup of the most colorful peppermint candies and take out suppressed aggression by smashing them with mallet or hammer (or your fist if it’s been a bad day).
- Crème de Menthe liqueur

Instructions

1. Soften ice cream and add 1-2 jiggers of Crème de Menthe liqueur.
2. Mix together and add to cookie pie crust. Smooth top.
3. Add a mix of mint candies.
4. Put the pie in the freezer for several hours.

Chocolate Chip Cream Cheese Cake

Submitted by Dick Goodwin (from the kitchen of Susan Manderscheid Walters Goodwin), Honorary Council Member, Senior Lawyers Division

Note: This recipe is actually like “Black Bottoms.” It is easier because you only have to do one cake rather than lots of little cupcakes! This recipe was given to me by Gail Baruth (Columbia, MD ca.
and it is from her grandmother! Freezes well!

Cooking Time: 40 to 50 minutes
Yield: serves 12 to 18

Equipment & Ingredients

- **Equipment**
  - Measuring bowls, spoons, and cups
  - 9 x 13-inch baking pan

- **Cheese Mix**
  - 16 ounces cream cheese (softened)
  - 2 eggs (room temperature)
  - ½ cup sugar
  - 1/8 tsp salt
  - 2 to 2 ½ cups chocolate chips

- **Chocolate**
  - 2 cups flour (preferably Cake Flour)
  - 1½ teaspoons baking soda
  - 1 cup sugar
  - ½ (or less) tsp salt
  - 1/3 cup cocoa
  - 2/3 cup oil (i.e., Wesson, Crisco Vegetable Oil)
  - 1 1/3 tablespoon vinegar
- 1 1/3 cups water
- 1 1/3 tsp. vanilla

Instructions

1. Preheat oven to 350 degrees F.
3. Mix remainder of ingredients. Pour the second set of ingredients into 9 x 13-inch pan. Place large spoonfuls of cream cheese (first ingredients) mixture on chocolate mixture. Using a spoon, gently cover cream cheese mixture with chocolate mixture. With a knife, pull through the two mixtures (length and width).
4. Cook 40 to 50 minutes. When finished, the top should have a few cracks.

Candy Cane Cookies

Submitted by Dick Goodwin (from the kitchen of Susan Manderscheid Walters Goodwin), Honorary Council Member, Senior Lawyers Division

Yield: ~4 dozen cookies

Equipment & Ingredients

- Equipment
  - Large mixing bowl
  - Cookie sheets
- Ingredients
  - ½ cup shortening
  - ½ cup butter, softened
• 1 cup powdered sugar
• 1 egg, slightly beaten
• 1 tsp almond extract
• 1 teaspoon vanilla extract
• 2 ½ cups all-purpose flour
• ¼ tsp salt
• ½ tsp red food coloring
• ½ cup finely crushed peppermint candy
• ½ cup sugar

Instructions

○ Preheat oven to 375 degrees.

○ Combine first 8 ingredients in a large bowl, and mix well. Divide dough in half; add food coloring to one portion, mixing well.

○ On a lightly floured surface, roll a teaspoonful of each dough (plain and colored) into a 4-inch-long rope. Place ropes side by side and carefully twist together; curve one end down to resemble a cane. Repeat procedure with remaining dough.

○ Place cookies on ungreased cookie sheets, and bake at 375 degrees F for 9 minutes or just until edges begin to brown. Combine candy and sugar, mixing well.

○ Remove cookies from cookie sheet while warm; immediately coat with candy mixture.

Chocolate Velvet Pie

Submitted by Dick Goodwin (from the kitchen of Susan Manderscheid Walters Goodwin), Honorary Council Member, Senior Lawyers Division

Yield: Serves 6-8
Equipment & Ingredients

- Equipment
  - 9-inch pie plate
  - Blender

- Ingredients
  - 6 large eggs, separated (at room temperature)
  - 1 package (12 ounces) semi-sweet chocolate pieces
  - 2 tbsp. instant or freeze-dried coffee
  - ¾ cup sugar
  - 1½ cups boiling hot milk (whole milk)
  - Butter
  - Graham cracker crumbs
  - 1/8 tsp. salt
  - 1 envelope unflavored gelatin
  - ¼ cup dark or light rum
  - 1 pint heavy cream (2 cups)

Instructions

1. Preheat oven to 400 degrees F.

2. In a blender jar put egg yolks, chocolate, coffee, sugar, and milk. Cover. Blend until smooth, scraping down sides with rubber spatula.

3. Grease 9-inch pie plate very well with butter; dust bottom and sides with crumbs. Heat oven to 400 degrees. Beat egg whites with salt until stiff but not dry.
Pour 1½ cups chocolate mixture in bowl; stir one-quarter of beaten whites in to lighten it. Fold in remaining whites gently until mostly mixed. Turn into pie plate; bake 5 minutes.

Reduce heat to 350 degrees. Bake 25 minutes more or until center is firm. Cool completely on wire rack, about 1½ hours. As it cools, the center sinks to form a shell.

Meanwhile, heat gelatin in rum until melted; stir into remaining chocolate mixture. Leave at room temperature until the shell is cooled.

In a large bowl, stir the chocolate mixture and heavy cream until blended. Beat with electric mixer on high speed until fluffy and about double in volume. Chill mixture until it mounds and holds its shape. Turn into shell.

Chill or freeze pie until firm.

If desired, garnish with chocolate curls.

Grandma Goodwin’s Sticky Buns

Submitted by Dick Goodwin (from the kitchen of Dan Goodwin), Honorary Council Member, Senior Lawyers Division

Yield: number of rolls in the packages

Equipment & Ingredients

- Equipment
  - 2 cake pans
  - Wax paper
  - Small mixing bowl

- Ingredients
  - Frozen bread rolls (In the olde days Grandma Goodwin made the rolls from scratch.)
  - 1 stick (8 ounces) butter or margarine
• 16 tbsps. brown sugar

• Chopped nuts and raisins (optional)

Instructions

1. Divide butter/sugar mixture between 2 cake pans.

2. Place frozen bread rolls on top of the butter/sugar mixture and cover each pan with wax paper.

3. Place in a cool oven to thaw and rise.

4. In the morning, preheat the oven and remove the wax paper from the pans and bake according to the baking directions for the rolls.

American Bar Association
Protecting Yourself

By Jeffrey Allen & Ashley Hallene

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Not to be depressing, but as we age we slow down physically and eventually, mentally. Some slow down mentally before physically, some physically before mentally. Some slow down earlier in their life, others later. However, one thing is certain: each of us that lives long enough will ultimately experience some mental and physical decline. As a result, older people have become a prime target for those who seek illicit financial gain or to steal identities. Because technology often plays a major role in such financial misdeeds, the fact that many (most) seniors remain technologically challenged makes them far easier targets than those with a better command of technology.

Interestingly, often as the quickness of mental capacity slows down, experience substitutes, allowing older people to continue to function with relative ease. Whether younger or older, the fact that you know technology reasonably well will not make you invulnerable to attack. However, it may give you some ability to resist and to protect yourself. Bottom line, the more you know about technology, the safer you make yourself.

Some of the reasons that the bad guys target older people include:

○ Older Americans did not grow up with modern technology and do not have great comfort levels with it. The bad guys can confuse them due to the lack of understanding of how technology works.

○ Senior citizens are more likely than younger people to have money in their bank account making them ideal choices for identity theft.
Seniors may fear that reporting that they were victimized by such a scam may make others think that their mental capacity has diminished to the point that they cannot care for themselves.

Don’t think that you make yourself safe by not using smartphones, tablets, or computers. Some of the scams use the most basic of our technology. For example, any old phone will do for making a call to a senior to try to get the personal information necessary to allow identity theft. By way of example, Jeff and his wife received four identical phone calls last week from someone who claimed to be a “Social Security enforcement officer” who was investigating fraud involving a social security number at their address. The message left a phone number and asked for a return phone call. As an added inducement to get a return call, the message said that all social security benefits would be terminated pending the outcome of the investigation. No doubt had the call been returned, the bad guys would have asked for identification such as name, social security number, address, and birthdate. The message did not provide the name of the person being “investigated,” any digits in the social security number; or anything else that would have made it more credible. Jeff and his wife knew better than to return the call; however, it is a good bet that many seniors would do so, thinking it really was the Social Security Administration. This is just an example of one of many scams that have cropped up in recent years.

The bad guys have learned to use many forms of technology to facilitate their efforts. Accordingly, self-preservation requires constant vigilance, and the more knowledge you have about technology, the better.

You are vulnerable via any telephone, email, computer use of the Internet, and even the use of an ATM machine (not an exhaustive list). We have given you an example of the telephone; here are some others:

1. **ATM machine.** In the not too distant past, one of the local banks discovered that bad guys had installed a video camera outside the front door of the bank to observe and record (i.e. steal) entries of passwords and other information entered into an ATM machine.

2. **Email** can come with links to phony websites and/or attachments that can download malware to your computer that can transmit personal information to the bad guys. It is not difficult to build a phony website or to create letterhead that looks real. It is amazingly simple to get a copy of a logo from a financial institution, corporation, or government agency, and create letterhead or a web page or an email using it.
Using public WiFi can allow bad guys to scan your electronics to gain access to the information they contain.

So, other than disconnecting from all technology and the outside world, staying in bed, pulling the covers over your head and hiding, what can you do to protect yourself?

First of all, you must understand that we are talking about risk minimization. NOTHING can give you absolute protection. Second, take the following steps:

1. Never connect directly to public WiFi. Either use your own secure cellular hotspot or protect yourself with a Virtual Private Network (“VPN”).

2. Never give personal information to anyone who calls you claiming an official capacity. Call a number you have verified belongs to the agency/business and deal with them. Don't simply call back the number someone gives you over the phone when they call you.

3. Don't trust urgent request emails purporting to be from family or friends. Contact them by phone or in person to verify.

4. Don't rely on links provided in emails to go to websites to resolve a problem. Independently go to the company’s website using a known safe URL (Internet address), call them using a known safe number, or go visit them in person.

5. Don’t respond to emails from unknown persons or with questionable email addresses. For example, Bank of America will not send an email to you using a non-B of A server: billpay@billpay.bankofamerica.com is a Bank of America email; George@yahoo.com is not. Be very careful, however, and do not rely exclusively on what appears to be right. An email with the bank of America logo and letterhead set up on it may still be spoofed. For example, someone could set up a server named bankamerica.com and send an email to you from billpay@billpay.bankamerica.com and copy and paste the Bank of America logo (as we have done below).
If you respond to the email from the real Bank of America address, the bank will likely get your response. If you respond to the phony address, it will not, and the bad guys will. The risk is not just a faked financial institution. It took less than a second for Google to assemble all of the following images while we wrote this article:

Google search of logos

Armed with such logos, the bad guys can make phony web pages, emails, and letters that will fool most people.

In writing this article, we did not intend to scare you away from technology. But, if we have scared you a bit, that is a good thing. We want to encourage you to use technology, but we want you to do so carefully and safely.

Authors

Jeffrey Allen is the principal in the Graves & Allen law firm in Oakland, California, where he has practiced since 1973. He is active in the ABA, the California State Bar Association, and the Alameda County Bar Association. He is a co-author of the ABA book Technology Tips for Seniors.

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Tell us a little bit about your career.

As an energy lawyer for nearly 45 years—all in Washington, D.C.—I’ve had two stints in government and have been in private practice for the remainder of the time. The energy practice has taken me throughout the world. I’ve worked extensively in Africa, a fair amount in Asia, and all over the U.S., Canada, Mexico, and South America. It covers just about every aspect of energy and environmental issues that are associated with the topic of energy, such as renewable energy, nuclear, oil, gas, transmission lines, infrastructure development, energy trading, and regulation.

My Twitter handle is @energylawgirl, and my motto is “Energy never sleeps.” And it never does. You never have a dull day in energy law because of international markets, the physicality of the issues, and their significance to the world. You never do the same thing twice; it’s a wonderful experience. I have absolutely no regrets about jumping into this challenging subject and making a life out of energy law—and being one of the first women to do so.

Is it what you had planned when you started law school?

Quite simply, the answer is no. My thought was to be a real estate tax lawyer in Colorado, particularly in Denver, although I always had a great interest in international law and thought that perhaps my interest in property and tax would take me internationally.

I loved the practice of law from the moment it was dangled in front of me by family friends. My mother was a nuclear weapons designer, a geological draftsman, and generally fascinated by real
estate, and as an only child (my father died when I was young), I was a miniaturized legal representative when we went to all of the closings and negotiations.

She never went to one without me. So, I got a good taste of the law from watching my mother, who had no training in business or in law to do what she did: make a good life for us by both working her entire life and also having this interest and fascination with property.

**If you could go back to the beginning of your legal career, would you have done anything differently?**

Studying management, the “business of law,” would have been very helpful. I probably would have picked a law school with a broader base. I went to a Rocky Mountain law school because I was a Westerner, and Denver is the “Queen City of the Rockies.”

I thought I would spend the rest of my life in the Rockies where I was born, and while I didn't live there my entire childhood (Los Alamos, N.M.; Hanford, WA; and Casper, WY were among my childhood homes), I wanted to stay in Denver. I had a young child, my husband, and my mother there; we had no other family, so I thought that Denver was going to be the alpha and omega of my world.

And also, I had a close connection to a very fine, small real estate law firm. They wanted me to go to the University of Denver Law. So, I stayed close. The law school and the law firm were only about a half mile apart, and I was at home in Denver and the law! We loved the mountains and lifestyle.

In retrospect, I probably should have gone further east or west beyond the confines of the Rockies. Little did I know that immediately after graduation, I would head to D.C., never to practice in the West!

**What advice would you give to someone considering law school today?**

Plan on the unexpected occurring both in the practice of law and in life, to pick up new tools quickly, and to learn enough about the way law is practiced so that you have the flexibility to mutate into another type of practice if you need to.

For example, artificial intelligence, intellectual property, environmental law, and also international law soon opened up to me. I would think that I would stay flexible, keep an open mind, and if an
opportunity comes along that does not exactly fit your “big life plan,” you still should probably take a pretty close look at it, and don’t be afraid.

Just do your homework, do your due diligence on your life, hold it up to the light, question yourself, get input from those who are close, understand you and understand the practice before you make the leap, but don’t be afraid to do something that isn’t as you had it all plotted and planned out because there may be bigger opportunities out there. I started in the old Federal Power Commission, which became the Department of Energy and the Federal Energy Regulatory Commission.

Be ready for change at any turn and twist. It’s a fast-moving river and plenty of opportunities come and go very rapidly, so be prepared and flexible, and don’t be afraid. Within four years of the beginning of my career, I was selected for managerial roles, and it would have been beneficial to have management skills.

What are the biggest changes you saw in the legal profession over the course of your career?

The expansion, the magnitude of the profession, the number of lawyers, the sophistication of the issues, computerization, and the change in the structure of law firms and law offices have been remarkable. When I initiated my career and practice, there were wonderful secretaries and assistants, and it was heavily dependent on human beings as opposed to machines. Computers were not around. Instead, we had electric typewriters, dictation machines, and shorthand.

Well, machines have taken over a major part of that world. The old-school secretary who was your partner, best buddy, and organizer has gone away, and now there are legal assistants, multi-faceted, multi-talented individuals who can juggle, fulfill, and meet a number of needs for a number of lawyers and who tend to be very highly educated and trained with respect to computers and digital communications.

When did you first become a member of the ABA and why did you decide to join?

Well, I was always a “joiner,” but in law school, I happened to look up one day going into a class. There was a small sign on the wall that advertised a lecture on energy-related issues. This was the first little hint of the oil shortage and the issues that would soon arise. For $5, come in and listen. So, I
went in, and it was such an excellent lecture (and also a recruiting tool for the ABA), and that’s when I became involved.

Then when I came to Washington, I was recruited heavily by the Section of Environment, Energy and Natural Resources—at the time it was the Natural Resources Section—to become a member of the ABA and get in the mix of early-on leadership, which has been a wonderful and incredibly fulfilling part of my life. Many of my best friends (and this is not a cliché but rather reality), ultimately became almost a family over the years, particularly in the Section of Environment, Energy and Resources. They’ve proven to be very close, wonderful friends, and friends of my family as well.

My mother, as well as my husband and daughter, traveled the world with me to things that the ABA offered. The latest major events were the Magna Carta commemorations and the Charter of the Forest, the companion piece. The ABA has been a critical part of my career development, network development, friendships, and opportunities. I have absolutely nothing but positive things to say about the ABA.

Under the pressures of the times, things are changing, but I think it’s a valuable commitment to make and something that will enrich your life, enrich your practice, and add a certain fabric and texture which you might not otherwise be able to find. It's particularly important in these difficult times and the switchover to digital communications that these friendships and human relationships (which I happen to be a big believer in still) should be key. And those personal relationships that form a network throughout the country and throughout the world are incredibly valuable in the most basic sense as human beings, as well as lawyers. It enriches your life and your practice.

**What has been the highlight of my work with the ABA?**

There have been so many wonderful things. I’ve been in the House of Delegates for many years on behalf of the Section of Environment, Energy and Resources and before that on behalf of the Energy Bar Association. I chaired the Section of Environment, Energy and Resources and a variety of committees and have been appointed to a number of ABA presidential committees.

I’ve been honored to be chair of the Fund for Justice and Education group. I had the honor of being a member of the Standing Committee on the Federal Judiciary for the initial investigation of Chief Justice Roberts when he was nominated to serve on the Supreme Court from the D.C. Circuit. I chaired the Coordinating Group on Energy Law and the Standing Committee on Environmental Law.
I also chaired the Board of Editors of the ABA Journal for three years and was on the Board for six years, and it is just a wonderful, tremendous experience. I chaired the Standing Committee on the Gavel Awards as well. I have just finished a term as Chair of the Standing Committee on the Law Library of Congress, a remarkable and enriching experience.

If you had not become a lawyer, what do you think you would have done?

Well, I have always been a bit of a philosopher and would love to have been a philosopher, a print journalist, an archaeologist, or perhaps a classicist. All of those continue to interest me greatly.

I love to read, and I start my day by reading every newspaper or other publication I can get my hands on of all varieties. The diversity and the color of our world and country is a rich tapestry despite the problems.

As a back-up, I would enjoy being a Formula One racer or a professional “Cowboy Songs of the Old West” singer!

Author

Sheila Slocum Hollis
Council Member, ABA Senior Lawyers Division

Sheila Hollis is chair of the Duane Morris, LLP Washington, D.C. office, and was the office's founding managing partner, as well as the founding leader of its Energy, Environment, and Resources Practice Group. She served for a decade on the firm's Executive Committee, the first woman to do so in the 120-year history of the firm. Ms. Hollis practices in energy transactional and regulatory law and international and administrative law before government agencies, Congress, state and Federal courts, and other entities. She focuses on domestic and international energy, water and environmental matters, representing governmental bodies, the power and natural gas industries, and other entities.

Ms. Hollis recently received Petroleum Economist's Legacy Award.
Adventures in the Law: The Me and My Big Mouth Award

By Norm Tabler

This month’s Me and My Big Mouth Award goes to Todd Canni, a partner in one of the country’s biggest and most respected law firms.

Todd represented Continental Service Group (ConServe for short) in competing for a $400 million Department of Education debt-collection contract. When rival bidder Performant Recovery won the contract, ConServe was one of 19 losing bidders challenging the award as arbitrary, capricious, and without rational basis.

Todd represented ConServe in the challenge. He was nothing if not zealous in his advocacy, and he didn’t limit that advocacy to court filings. He was quoted in the Washington Post as telling its reporter,

“Given the fact that Performant was not a highly rated [company] and, in fact, was rated fairly low, the agency will need to explain how suddenly these ratings changed so significantly to allow Performant to leapfrog over so many other qualified [companies].”

Performant COO Jeffrey Haughton learned about Todd’s remarks when a Post reporter asked for a comment on them. Needless to say, Jeffrey was steamed to hear his company labeled as “not highly rated” and “rated fairly low.”

But it wasn’t just the content of the comments that angered Jeffrey. It was also the source. You see, Todd’s firm was Performant’s corporate counsel. That meant that Todd was disparaging a current
client of his firm and doing so in one of the nation's leading newspapers. Jeffrey called Todd's firm to express his outrage.

Nevertheless, Todd continued to represent ConServe in challenging the award to Performant. Performant moved to disqualify Todd and his firm because of the conflict. Todd fought the motion, explaining that his firm's conflicts system had failed to identify Performant as a current client because it was listed in the system under its old name: Diversified Collection Services.

U.S. Court of Claims Judge Thomas Wheeler rejected that argument, not least because Todd's firm had advised Performant on changing its name from Diversified Collection to Performant.

What's more, once Jeffrey had made his angry call, Todd and his firm were fully aware of the conflicting interests of its two clients and of Performant's objection to the continued representation of ConServe. In a blistering eight-page opinion, Judge Wheeler disqualified Todd and his firm.

The next time a reporter asks you to comment on one of your cases, think about Todd.

The case is FMS Investment v. United States, Court of Federal Claims.

**Author**

Norman G. Tabler, Jr.
Columnist and Editorial Member, *Voice of Experience*

Norman G. Tabler, Jr., is a retired partner with Faegre Baker Daniels, where he led the firm's health law practice. He serves on the editorial advisory boards of the ABA Senior Lawyers Division's Voice of Experience, the ABA Health Law Section's The Health Lawyer, and Law360 Health. He is the host of the American Health Lawyers podcast The Lighter Side of Health Law. He was educated at Princeton (A.B.), Yale (M.A.), and Columbia (J.D.). He may be reached at Norman.Tabler@FaegreBD.com.
Technology Tips for Seniors, Volume 2.0

The tools you need for today, tomorrow, and beyond

By Jeffrey Allen and Ashley Hallene

You can’t hide from technology in your personal or professional lives, and you shouldn’t want to. Technology can and should make life better; it improves the way we practice law and how we interact with one another. With a little time and effort, you can master (or at least harness) the power of technology. Jeffrey Allen and Ashley Hallene wrote Technology Tips for Seniors, Volume II (“TTFS”) to help you harness that power.

TTFS propels readers beyond the boundaries of the first Technology Tips for Seniors book. Volume II is designed to walk readers through technology tips for the office, home, or road and to help you safely maximize your time online. This volume even adds a chapter on the authors’ favorite apps, which can be used as a quick-start guide for applications you may want to incorporate into your use of tablets, phones, and other smart devices.

Every turn of the page presents a new tip, suggestion, or product to add to your technology toolkit. TTFS does not update or replace the authors’ first book. In TTFS the authors create a brand-new collection of tips and suggestions that augments the first. You don’t need to read the first one to understand the second. If you do not have the first volume, you might want to as the two together give you even more help; the tips in the first volume remain valuable today.

Do you know where the dark web is and want to find it? You have questions about technology, and this book has answers to many of them. As more states impose the duty on lawyers to maintain a level of technological competency, guides like this book become even more important. ABA Model
Rule 1.1 requires that a lawyer “keep abreast of changes in the law and its practice, including the benefits or risks associated with relevant technology,” and this book can help you do just that.

One of the biggest threats with technology that lawyers encounter is cybersecurity. Imagine yourself sitting and working at your office desk when you receive an email from a name you recognize with a memo attached. You do not remember asking for the memo, but you open the attachment to see what it is about, only to find that it is not a memo at all; it is malware that has now infected not only your computer but every other computer attached to the same network. Fortunately, the *TTFS* reader doesn’t have to meet this fate (check out the discussion on identity theft in the “Miscellaneous Technology Tips” chapter). There are also great tips on securing your information while traveling and how to access the internet when traveling abroad (detailed in the chapter on “Travel Technology Tips”).

All work and no play have a negative impact on everyone, so the book also explores the fun side of technology. There are many ways technology can improve your hobbies (cooking, socializing, health and fitness, etc.) As of 2017, four out of ten seniors now own smartphones, and that number continues to rise. Take a look back to the year 2000, when only 14% of seniors reported using the Internet. Today, that number has grown to 67% for adults age 65 and over. Studies indicate that once online, most seniors make the internet a part of their daily routine, with roughly three-quarters of senior Internet users going online daily.

What are all these seniors doing online? The vast majority use the internet to communicate with family (check out the discussion on the Amazon Show). The following most popular activity is online shopping (there are quite a few recommended sites to check out for this activity.) Beyond that, common uses include:

- Research (specifically, gathering health care information or learning about medical issues);
- Comparing prices for purchases (especially cars, vacation rentals, etc.);
- Keeping up with news in the community; and
- Watching TV shows, movies, and other videos.

All of this and more make *Technology Tips for Seniors, Volume II* a great read and an excellent addition to your library.

[Click here to order your copy.](#)
Technology Tips for Seniors, Volume 2.0: The tools you need for today, tomorrow and beyond

Authors

Jeffrey Allen is the principal in the Graves & Allen law firm in Oakland, California, where he has practiced since 1973. He is active in the ABA, the California State Bar Association, and the Alameda County Bar Association. He is a co-author of the ABA book Technology Tips for Seniors.

Ashley Hallene is a petroleum landman at Alta Mesa Holdings, LP, and practices Oil and Gas law, Title Examination, Due Diligence, Acquisitions and Oil and Gas Leasing in Houston, Texas. She frequently speaks in technology CLEs and is Deputy Editor-in-Chief of the Technology and Reviews Department of the GPSolo eReport.
Integrating Health and Supportive Services in Affordable Senior Housing: New Models for Service Coordination

By Donna Thurmond & Sharon Wilson Geno

Editor's Note: This article is reprinted with permission from the ABA Journal of Affordable Housing and Community Development Law.

Introduction

It is well-documented that the population of the United States of people 65 years and older is increasing and living longer. The senior population is currently 49 million and is projected to double to more than 98 million by 2060. Most people today will live past the age of 65 and many will surpass the age of 85 years, placing this population at risk of suffering from multiple chronic diseases during their lifetimes. Over the coming years, this drastic increase in the senior population will become a challenge for both the housing and health care systems. For low-income seniors, the issue will be whether the supply of affordable housing and services will meet their needs or not. Moreover, the cost to the government of providing increased health care services to a substantially larger number of low-income seniors has the making of a looming national crisis, unless changes are made to our delivery systems.

Volunteers of America National Services (VOANS), a subsidiary of Volunteers of America, is a national faith-based nonprofit organization that owns and develops housing for low-income populations in 42 states and Puerto Rico. In addition, VOANS also operates over 46 health care programs for seniors in nine states. These include skilled nursing, assisted living, adult day care, Program for All-inclusive Care for the Elderly (PACE), and other services. Given this experience as both a senior housing and health care provider, VOANS understands that low-income seniors with multiple chronic illnesses are at risk for poor health outcomes. For more than 20 years, VOANS has been at the forefront of providing health and supportive services for its senior residents through service coordination practices, which link residents with services in the community, as those have evolved. This article discusses VOANS's experience, as a housing owner utilizing the U.S. Department of Housing and Urban Development (HUD) service coordinator program, to develop models that integrate preventative health and supportive services within its senior housing portfolio.

Housing Alone Is Not Enough

For many seniors, housing-related costs are their biggest expense. Approximately 44 percent of senior households spend 30 percent or more of their income on housing. The need for more affordable housing
for this population, especially for those whose annual income is $12,000 or less, continues to rise, as many of those in this group are on fixed incomes. HUD provides options for approximately five million households (10 million individuals) through three of HUD’s major programs: housing choice vouchers, public housing, and multifamily housing. More than one-third of these households are headed by a senior (defined by HUD as an adult aged 62 years and over).

HUD’s multifamily housing consists of two programs: Section 202, serving primarily seniors, and Section 811, serving disabled adults. The Section 202 program provides nearly 400,000 affordable homes for seniors and is the only federal rental assistance program designed specifically to serve seniors. Nationally, most residents living in Section 202 housing are low-income, white, single women ranging in age from 70 to 80, of whom 68 percent are covered by both Medicare and Medicaid. While housing assistance helps low-income seniors become more economically stable, it alone cannot improve health and life outcomes without other services. Stabilized housing with the availability of supportive services for vulnerable residents can positively impact the quality of life and reduce high-cost outcomes.

**Keeping Seniors Healthy: Using Housing as a Platform Saves Resources and Improves Outcomes**

Managing seniors’ chronic diseases and providing support for residents experiencing limitations on activities of daily living (ADLs) could prolong their independence and mortality, which has the potential to save substantial resources in the Medicare and Medicaid systems. A chronic disease is considered a condition that will last for more than a year. Diseases such as “cancer, diabetes, hypertension, heart disease, respiratory diseases, arthritis, obesity, and oral diseases can lead to hospitalization, long-term disability, reduced quality of life, and death.” In the United States, chronic diseases are among the most common and costly health conditions. In fact, today, one in four adults has two or more chronic conditions while more than half of seniors have three or more chronic conditions. Seniors living with multiple chronic diseases and support for assistance with ADLs will receive treatments from different primary care providers, health systems, and other providers, resulting in a lack of communication due to the fragmentation of health services. An unintended consequence of this lack of coordination often places seniors at risk of poor health outcomes, such as adverse drug interactions and increased costs to the health care system. Moreover, some recent studies show that low-income seniors who live in affordable housing where services are available use less of costly hospital and long-term services, thus reducing costs to the health care system.

The HUD Multifamily Service Coordinator program is one strategy that can help seniors navigate these systems. In the 1990s, HUD funded the service coordinator program, allowing owners and/or management companies to hire or contract a social services staff person to provide residents with access to supportive services already existing in the community, such as transportation to medical appointments, immunizations, and benefits and entitlements. Service coordinators today provide intentional programming and target the needs of the residents by conducting individualized assessments of their social and health needs.

The program helps improve residents’ transitions from the hospital or rehabilitation centers back to their homes. With the increase in health issues and functional impairments of residents, the service coordinator program
model has expanded its focus to include building closer relationships with health-related organizations and providing these types of services on-site. The future of HUD assisted housing is not a health care or nursing home model, which includes specific medical treatment, but rather a focus on offering preventative/health care management services to residents to enhance their independence and quality of life. The medical models, including nursing homes, hospitals, and other longer term treatments, are not only costly to the health care system, but research increasingly shows that integrating preventative services in affordable housing produce better outcomes.

**VOANS's Senior Affordable Assisted Housing with Service Coordinators**

The VOANS portfolio is similar to many non-profit senior housing providers across the country, although larger. Seventy-one percent of VOAs residents are women, and 29 percent are men. The racial and ethnic representation of these residents consists of Whites (71%), Blacks (22%), Asians (6%), and Native Americans (1%). Almost one-third of the residents are age 80 and over. The residents are extremely low-income, with annual household incomes under $12,000. Over 80 percent of residents are also eligible for some type of publicly funded health insurance, and more than a third have been identified as dual eligible for Medicare and Medicaid benefits.

The five most frequently reported health conditions by residents are hypertension, arthritis, heart disease, diabetes, and lung-related issues. More than half of all residents have been identified as being functionally at-risk (unable to perform one or more activities of daily living) or frail (unable to perform three or more activities of daily living). The activities of daily living that residents report as being the most difficult to perform include housekeeping, bathing, transferring from a wheelchair to another position, and meal preparation. This is similar to many senior assisted housing populations across America.

Today, VOANS employs 133 service coordinators located in 158 housing sites in 42 states and Puerto Rico, serving more than 9,067 residents. Ninety-one percent of VOANS’s senior residents use the service coordinator services. While residents' levels of program participation vary widely across properties, on average a typical resident engages with her service coordinator or services arranged by the service coordinator approximately 22 times annually. The most common services provided through the service coordination program include meal deliveries, social enrichment programs, health and wellness-related programs, and home management services. Assistance with benefits and entitlements, educational programming, and resident advocacy are also highly utilized.

While service coordinators have always been encouraged to provide services that can help residents live healthier lifestyles, as more residents are living longer and more frailly, an increasing number of residents are not able to manage their chronic conditions well. This results in frequent hospital visits and transfers to nursing homes. As part of VOANs's new protocols, all service coordinators are required to create and track individualized service and referral plans for residents, especially high-risk residents. High-risk residents have been identified as those who are frail or at risk of being frail, have a history of frequent falls, have frequent emergency room and hospital visits, manage three or more chronic diseases, or show signs of dementia. Focusing more attention on these high-risk residents requires a service coordinator to visit them more frequently, develop individualized service plans, and work closely with their primary care providers to ensure health-related appointments are kept.
With a more targeted focus on this high-risk population, the service coordinator program was able to decrease the number of move-outs for health-related reasons. Of the 8,653 residents enrolled in the service coordinator program last year, only 3 percent transitioned to a higher level of care. Roughly 86 percent of all program participants continue to age successfully in place. The remaining 14 percent of residents enrolled in the service coordinator program left the property for the following reasons: death (30%); voluntarily opted to move to another independent housing community (26%); needed a higher level of care, such as nursing home (26%); and moved to live with family or a group home (18%).

**Volunteers of America’s Service Coordination Program Structure**

**Service Coordination:** In order to be successful, service coordinator must build trust with residents so they can be linked to the services they need and desire. One full-time service coordinator generally can serve up to 100 households, operating similarly to a case manager by providing information, referrals, case management, advocacy, and access to socialization opportunities.

The service coordinator develops community partnerships and collaborates with social service agencies and health organizations to provide on-site services and programs most requested by residents. An individual assessment is conducted for all residents to determine their ADLs. Once this assessment has been conducted, the service coordinator reviews the results with the residents and discusses the possible services in the community that can improve their quality of life.

**Funding Structure:** Service coordinator programs are often funded by HUD through the HUD Multifamily Service Coordinator grant program. Unfortunately, this program has not expanded in many years and funding levels for existing service coordination programs has remained largely flat. Regardless, VOANS has tried to ensure that service coordination is available at as many sites as possible. Other sources include the properties’ operating expenses or residual receipts.

**Oversight and Supervision:** To ensure that the program is implemented in a coordinated fashion, a national framework for quality assurance was put in place to support and guide each service coordinator. This framework consists of both local and national staff to help the service coordinator address the needs of residents as well as to ensure HUD’s protocols are being followed. The supervision structure varies based on local affiliates of VOA, Inc. Approximately 70 percent of the service coordinators are supervised by the housing property managers. The other 30 percent are supervised by staff located off-site, often either the director of social services or the regional housing director of the local office. In a state where there is a high number of service coordinators, a lead service coordinator is also selected to provide supervision. Finally, in addition to the service coordinator supervisor and quality assurance staff, each service coordinator is assigned a mentor. The mentor’s role is to provide support and technical assistance to service coordinators assigned to them based on their region.

**Training:** VOANS provides all service coordinators with ongoing training through monthly webinars and annual in-person conferences, which provide Continuing Education Units (CEUs). VOANS's service coordinators are
members of the American Association of Service Coordinators (AASC), which also provides national training and professional guidance.

**Web-based Data Collection System:** Service coordinators are required to input all resident interactions and assessments into a web-based data collection system. This system allows service coordinators to record and track resident assessment data and other vital information in real time and to create service plans. The data collection system generates HUD-required reports, as well as resident and property-level reports on a variety of subjects (e.g., the most common health problems reported by the residents and the most common types of services provided). These online service plans are intended to meet two goals: (1) to ensure that all residents have the support and services they need to successfully age in place and (2) to document high-risk residents’ service needs, program engagement, service utilization, and outcomes over time.

**Evaluation Process:** VOANS's national staff analyzes the service coordination program data on a semi-annual basis and uses that data to monitor the program's outcomes. The program performance data that is regularly reported includes, but is not limited to:

- number of residents in properties utilizing their service coordination program;
- number of residents with chronic health conditions and physical disabilities and other “risk factors” that place them at "increased risk" for health deterioration or death;
- number of residents participating in educational and preventive health-related and social services programs and services;
- number of residents participating in socialization activities;
- results of the resident satisfaction surveys;
- residents' average length of stay and retention rates; and
- number of residents transitioning to a higher level of care.

The VOANS service coordinator program has changed and expanded over time based on our on-going evaluation of the data into increasingly leveraging health-related services. VOANS has taken a preventive health approach by identifying and engaging frail and at risk of being frail residents in services before their problems turn into crises. VOANS trains the service coordinator to use non-clinical screening and assessment tools that have been researched and scientifically proven to assist with detecting issues that might be affecting the residents, such as depression, dementia, and social isolation. The Patients Health Questnaire-9 (PHQ9), for example, is an evidence-based assessment tool for screening depression. The service coordinators use this tool, based on the self-reporting of the residents, to make the appropriate referral.

**HUD's Integrated Wellness in Supportive Housing (IWISH) Program**
VOANS, like other organizations providing service coordination, has increasingly seen preventative health services as an important intervention for seniors to achieve successful outcomes. Supports and Services at Home (SASH), located in Vermont, is a successful example of using housing as a platform to address the health and needs of residents. This program, composed of a care coordinator and a wellness nurse, is designed to connect seniors living in assisted housing with community health care and supportive services. SASH promotes greater care coordination, improves health status, and decreases health care expenditures. The Department of Health and Human Services (HHS) and HUD evaluated the SASH program and compared health outcomes and service utilization with Medicare beneficiaries who did not participate in the program. The results showed that participated in the SASH model had a decrease in health care costs.

The positive outcomes of the SASH program laid the foundation for HUD's Integrated Wellness in Supportive Housing (IWISH), formerly called the Supportive Services Demonstration grant. This three-year grant, awarded by HUD in January 2017, was aimed at helping low-income senior residents age in place and delay or avoid the need for nursing home care. The funding covers the costs of providing a full-time resident wellness director (service coordinator-type position) and a part-time wellness nurse.

The IWISH program will be evaluated independently to determine the impact of the enhanced service coordination model in the following areas: (1) success in aging in place in HUD-assisted property; (2) avoiding early transitions to institutional care; and (3) preventing unnecessary and often costly health care utilization, such as emergency room visits and hospitalizations. HUD selected an implementation group, consisting of the Lewis Group, the LeadingAge Center for Applied Research, and the National Center for Healthy Housing to help grantees with the program design. The program provides a three-year grant program to produce data about the effectiveness of this enhanced supportive services model and to evaluate the value of enhanced service coordination and affordable housing on outcomes for this vulnerable population.

The VOANS team was thrilled to be selected for two of only twenty grants awarded nationwide. Residents at our Rolling Oaks Apartments (Rocklin, California) and East Cliff Apartments (Santa Cruz, California) will receive both the assistance of a wellness nurse and a service coordinator during the grant period. While VOANS has been at the forefront of collecting data on the effectiveness of services in senior properties, the new demonstration will be evaluated based on a rigorous experimental research design developed by HUD and the U.S. Department of Health and Human Services (HHS) that uses random controlled testing to evaluate the achievement of outcomes.

Case Studies in Enhanced Service Coordination

The HUD IWISH Demonstration is just getting underway. However, VOANS has been using enhanced service coordination with preventative health programs in several properties for more than a decade. VOANS understood early on that residents need more than affordable assisted housing to improve their quality of life. Residents also need to have their basic needs met, including sufficient food, access to social relationships, financial stability, and access to health care. By creating both formal and informal partnerships, the service coordinator program helps ensure these basic needs are met. A typical service coordinator manages an average of 12 different partners providing on-site services. The most successful partnerships are with organizations that share the same vision and mission of the service coordinator program. The most frequently used and effective
health-related partnerships include, but are not limited to, universities, pharmacies, home health agencies, and area agencies on aging. These partnerships are beneficial to the resident, property, and health service providers. Candleridge Plaza Apartments and Sunset Park are two examples of housing sites that exemplify effective partnerships.

**Clinical Rotation Site for Nursing Students at Candleridge Plaza Apartments**

Candleridge Plaza is a 100-unit apartment located in Powell, Tennessee, with 102 senior residents. Sixty percent of the residents are managing three or more chronic diseases and 40 percent of those residents have mental and physical disabilities. Candleridge's service coordinator was interested in providing wellness programs at the property to address residents' chronic health issues. The service coordinator developed a partnership with the University of Tennessee Knoxville (UTK) College of Nursing to create a preventive health program. Initially, the university agreed to just provide nurses for the property's annual health fair; however, as the relationship grew, the university discovered that Candleridge Plaza was a great site to help them address their mission of serving high-risk vulnerable populations in the community.

What started out as an informal relationship evolved into a formal partnership with Memorandum of Understanding (MOU) outlining the activities and services offered by the College of Nursing. Today, Candleridge Plaza is a community classroom site for the nursing school's Community & Public Health course, which includes a Service Learning Component. UTK College of Nursing and Candleridge produced a video to promote the Service Learning Initiative, which involved students and housing staff. The following are some of the results of partnering with a health care service provider:

- 911 calls decreased by 10 percent;
- 99 percent of residents have obtained a primary care provider;
- 95 percent of residents are keeping their health-related appointments;
- ER visits have decreased by 10 percent; and
- 40 percent of the residents utilized the services offered by the nursing students, in addition to their regular primary care physician.

This win-win partnership helps to improve the residents' coordination of care, medication management, and identification of potential health dangers. From the university's perspective, this partnership provides these nursing students the opportunity to interact with older adults and help train the next generation of nurses. The students also learn more about the unique needs of older adults. As one student shared, “It's great to see older residents functioning in their own homes, rather than in a rushed clinical hospital setting where they are at their worst, in a hospital bed!” During the nursing students' rotations, they educate residents on health-related topics; provide basic health screening, such as blood pressure readings; and conduct other health assessments, including screening for immunizations and depression.
Dental Services at Sunset Park Apartments

Sunset Park is a 242-unit apartment located in Denver, Colorado, with 246 residents. Forty-five percent of the residents are managing three or more chronic diseases and 30 percent of the residents self-reported having mental and/or physical health issues. Through the service coordinator's assessment of the residents at Sunset Park, it was discovered that many residents needed dental services, but were unable to access dental services due to cost, lack of or limited dental insurance, limited transportation to appointments, or fear of the dentist.

In 2016, a partnership was created with the Dental Lifeline Network (DLN) to offer dental clinics at Sunset Park for its residents and the residents at the neighboring property of Sunset Towers. DLN is a national charitable organization whose mission is to improve the oral health of people with disabilities and people who are elderly or medically fragile and have no other way to get help. DLN accomplishes its mission by developing and coordinating collaborative relationships that provide essential resources for direct-service programs, especially charitable care. The benefit to residents of having this monthly dental clinic is having dental care provided at no cost and having their service coordinator schedule follow-up appointments and provide assistance with the necessary paperwork. Between eight to ten residents are seen by the clinic each month for procedures that include cleaning, fillings, general work, and dentures. The only procedure not offered at this clinic is root canal surgery.

The dental clinic is open to all residents at both properties who either have Medicaid or no dental insurance and the services are free to those residents. A resident at Sunset Park who is a DLN patient recently stated, “With my outstanding medical problems, I thought I would never be able to afford dental services. I am so happy now that I am pain-free. I don’t know what I would have done if Sunset Park hadn’t found a dental program.” DLN and Sunset Park have been able to successfully collaborate, and this has been and continues to be a partnership that meets a very important need of our residents.

Conclusion

While the need for more affordable housing for low-income seniors is increasing, housing can no longer be just bricks and mortar. It has to serve multiple purposes, such as being a focal point for providing health and supportive services for the community. As health providers have begun to realize that housing is a social determinant, we should begin focusing on strategies for linking housing with services that will improve the health outcomes of residents as well as decrease the number of unnecessary hospital visits and premature institutionalizations.

Through its IWISH program, HUD has stepped forward as a collaborative leader working with health providers to deliver enhanced services to seniors. It is hoped that the lessons learned from IWISH and other programs (such as SASH) that use the service coordination program as a base can produce outcomes to improve residents’ well-being and be cost-effective. While barriers, including funding, still exist for integrating health and supportive services in housing, VOANS continues to work on developing more health-related partnerships. VOANS hopes that lessons learned from IWISH and other programs be implemented in all senior properties so our resident can age in place and live long and healthy lives.
Authors

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End Notes


3. 2017 Profile of Older Americans, supra note 1.


10. Id.


14. Id. at 12.


17. Id. at 12.

18. In addition to VOANS, VOA has 32 other local affiliates that provide a wide variety of services in 46 states.


23. The video can be found at https://servicelearning.utk.edu/service-learning.
ABA SLD Midyear Meeting 2019

Senior Lawyers Division Schedule for ABA Midyear

All events will be held at Caesar’s Palace.

REGISTER NOW!

Friday, January 25, 2019

- 9:00 AM - 10:00 AM | Book Publishing Board
- 10:15 AM - 11:15 AM | Voice of Experience Editorial Board
- 11:30 AM - 12:30 PM | Experience Magazine Editorial Board
- 1:30 PM – 2:30 PM | Opioid Initiative Task Force
- 2:45 PM – 3:45 PM | Nominating Committee

Saturday, January 26, 2019

- 8:30 AM - 8:45 AM | Breakfast
- 8:45 AM - 11:00 AM | SLD Council Meeting
- 11:15 AM - 11:45 AM | Tech Tips Program (nonCLE) presented by Jeffrey Allen and Ashley Hallene
  - Join the Senior Lawyers Division’s technology gurus, Jeffrey Allen and Ashley Hallene, for an informative 30-minute presentation on tips to help you use technology more efficiently. Similar to their well-known 60-Tips programs—short discussions on a variety of technology-related topics—Jeff and Ashley will cover topics and tips of things you must know and some bonus tips for things you might not need to know (but probably should).
Pickering Nominations

The ABA Senior Lawyers Division is now accepting nominations for the 2019 John H. Pickering Achievement Award, which will be presented on Thursday, August 8, 2019, during the ABA Annual Meeting in San Francisco, CA.

The award honors the life and accomplishments of John H. Pickering, an outstanding lawyer who was involved in a wide variety of pro bono activities and law-related societal issues affecting the elderly.

Qualifications

The award nominees shall have attained the age of 55 years; must be a lawyer or judge (not necessarily a member of the American Bar Association); shall have demonstrated throughout his or her career outstanding legal ability; shall have compiled a distinguished record of dedicated service to the profession and the community at large and made significant contributions to the furtherance of access to justice for all.

Nomination Process

- Nominations can be completed (1) online, (2) emailed, or (3) sent by mail.
- The deadline to submit nominations is February 28, 2019 at 11:59 PM ET. The deadline will not be extended.
- 2019 nominees will receive an email notification of their nomination that includes the name(s) of the individual(s) who nominated them.

Requirements

Nomination form. The cover page of nomination materials should be the completed nomination form. Click the button below to download the necessary documents. (Required)
Biography. The second document should be the nominee's resume or biography, on a single typed page. *(Required)*

Criteria. In no more than three (3) typed pages, a description of the nominee's activities and accomplishments that demonstrate how they relate to the high standards of achievement set by John H. Pickering. *(Required)*

Supporting materials. Additional materials relevant to the criteria for selection may be submitted, such as letters of support (limit 5), articles (limit 3), publications, awards, and recognitions received (all materials limited to 8½ x 11 only.) Please do not submit binders, bound, bulky or repetitious materials. *(optional)*

Only applications that include all required documentation will be considered. Please submit nomination by no later than February 28, 2019, either online via the link below, by email to Lexie Heinemann at lexie.heinemann@americanbar.org, or by mail at ABA Senior Lawyers Division, 321 North Clark Street, Chicago, Illinois 60654, or online.

**DOWNLOAD NOMINATION FORM**

**EMAIL NOMINATION**

Submit the nomination online below.

To complete the online form you must fill out the questions on page 1 and you will be asked to upload the following documents:

1. **Biography.** This should be the nominee's resume or biography, on a single typed page. *(Required)*

2. No more than three (3) typed pages, a description of the nominee's activities and accomplishments that demonstrate how they relate to the high standards of achievement set by John H. Pickering. *(Required)*

3. **Supporting materials.** Additional materials relevant to the criteria for selection may be submitted, such as letters of support (limit 5), articles (limit 3), publications, awards, and recognitions received. *(optional)*

**SUBMIT YOUR NOMINATION ONLINE**
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Call for Authors: What Advice Would You Give Your Younger Self?

The Senior Lawyers Division's quarterly publication, *Experience Magazine*, needs your help!

For the April/May 2019 issue, the magazine is calling for experienced lawyers to write a 500-word first-person piece on what they would tell their younger selves.

The question posed: Looking back on your life and career, what lessons have you learned that your younger self could have benefitted from early in your career?

Examples of articles:

- How a lawyer passed up an opportunity but still wonders what could have been, with the lesson being not to be afraid to take risks (like moving for a job you'd love, but not doing it for some reason)

- How someone waited, waited, and waited to try something they always wanted to do, such as volunteering to take on a criminal pro bono case even if it's outside your expertise and then loving it, turning it into a career-long passion.

- Something that went well that made you proud to have become a lawyer.
Experience’s audience is comprised of older attorneys specializing in any practice area of law. The magazine publishes articles on topics of interest for these lawyers, along with those related to business planning and management, politics, history, culture, travel, health, and the arts. Each article offers practical advice to lawyers who are later in their careers or who are retired or semi-retired.

Please reference Experience's author guidelines to give you a feel for the tone and style of the magazine. In a nutshell, Experience is a magazine, not a journal, so articles take on a more informal tone and do not include footnotes or citations.

If you’re interested in submitting your first-person insights, please email Gabriella Filisko at gabifil@rcn.com by January 17, 2019.
New Website for Women Trailblazers in the Law Oral History Project

The Senior Lawyers Division is pleased to announce the launch of a new website for the Women Trailblazers in the Law Oral History Project (WTP). Stanford Law School's Robert Crown Law Library has created the new website, https://abawtp.law.stanford.edu, and has agreed to house the WTP oral history collection.

The new website offers open access to the oral histories of more than 100 senior women who have made important contributions to the law and have opened opportunities for other women in the profession. These women entered a maledominated profession between 1940 and the mid-1970s and achieved success despite often facing blatant sex discrimination.

The WTP has captured the full-life oral histories of women pioneers in the legal profession nationwide, memorializing their stories in their own voices and preserving their experiences and observations for future generations. These women were chosen for their accomplishments and contributions across all areas of the legal profession: the judiciary, academia, law firms, government, corporations, and public interest organizations. The WTP collection includes oral history transcripts, audio recordings, videos, photos, and other materials.

Linda Ferren, WTP Project Director and Executive Director of the Historical Society of the District of Columbia Circuit, and Brooksley Born, Chair of the Senior Lawyers Division WTP Committee and retired partner at Arnold & Porter, initiated the WTP under the auspices of the ABA Commission on Women in the Profession in 2004. The Senior Lawyers Division has sponsored the WTP since 2008.

According to Linda Ferren, "Our goal from the start was to turn a spotlight on women who, because of their gender, had to struggle to secure a foothold in the legal community just a few decades ago." Brooksley Born added, "By opening opportunities for women in the legal profession and in many cases using their skills to further women's legal rights, these women made significant contributions to the equality of all women that must not be forgotten."
The new WTP website allows easy online access to the collection and will focus on long-term preservation of print and media WTP content and digitized audiocassettes. "The goal of the Stanford Law Library with this project has been to enhance public access to and discoverability of these important oral histories, not just for the benefit of law students and legal scholars, but also for anyone interested in the rich history of these trailblazing women," said Beth Williams, Senior Director of the Robert Crown Law Library.

The WTP is a collaborative research project of the ABA and the American Bar Foundation. "The ABF is honored to collaborate with the ABA and the Stanford Law Library in helping to disseminate the profoundly important research conducted by Brooksley Born and Linda Ferren," said ABF Executive Director Ajay K. Mehrotra. "It's a true honor to bring these oral histories to the attention of researchers and scholars throughout the world."

In addition to the Robert Crown Law Library at Stanford, the Library of Congress and the Schlesinger Library at Harvard are repositories of the WTP oral history transcripts. A book based on the collection, Stories from Trailblazing Women Lawyers: Lives in the Law, by Jill Norgren, was published last May by New York University Press.