



WALT SHURDEN LAW

March 2016

611 Druid Road East, Suite 712 • Clearwater, FL 33756

A Fresh Look at Dignity

By Walt Shurden

If you suffer the pains of aging in silence, you are said to be "Dignified." Kudos to you if you are a dignified person. For your silence you may be rewarded. Other people will want to hang out with you if you aren't complaining all the time. That is a good thing, unless those other people start complaining and you can't. Now you've got a real problem. So dignity may not be worth it. Dignity should be considered but not necessarily pursued blindly.

I've made it to age 53 so I know a little about aging. When I wake up in the morning, find that I am suffering some serious physical problem, like minor back pain, and I really focus on keeping it to myself so I can impress my family with my dignity, I usually give in before breakfast. Two reasons. First, I don't want another family member to hijack all the family sympathy with their own complaint, and second, although it is important that my young children think that I am dignified, it just makes sense to me to take the opportunity to complain at home. If I forget, or stick with the dignity thing too long and leave the house, then I generally have to maintain my dignity for at least nine additional hours. This is because the working mothers whom I employ seem to lack true compassion, and quickly exit the room when I complain. Also, each time I have complained to my clients I have suffered financially.

Humor may be a healthy alternative to dignity. April is National Humor Month and humor actually relieves



stress. So this month you are allowed to slip your complaints (or writing assignments) into joke form and it's ok. Instead of saying my hip is killing me, say the following: "My hip is so old it recalls when the Grand Canyon was a ditch."

To be clear, humor won't relieve the pain of aging. No, not even close. But it does relieve the stress of dignity.

Our Goal

To provide exceptional legal service to our clients.

Summer Book Giveaway

Now that we are back on Daylight Savings Time it feels like Summer is almost here.

Summer is the perfect time to find a favorite spot, in the shade, on the beach, or just in your own quiet space, to read a good book.

Our staff has some favorites: And Then I Found You, by Patti Callahan Henry; Thinking for a Change, by Dr. John C. Maxwell, and Sisters, by Danielle Steele.

We want to hear what you like to read and what you are looking forward to reading this summer. The first three people who call our office to tell us **WHAT BOOK YOU WANT TO READ THIS SUMMER** will receive a free copy of that book from us. (Whatever book you want.) Next month we will tell you about the reading suggestions we have received, and the free books we have given.

Vegetable Quiche Cups To Go

Kathy Gibbons has found that eating low-fat protein for a morning snack satisfies her and staves-off cravings longer than a sugary snack. She makes these portable quiche, brings them to work, and reheats them in the microwave.

Ingredients:

1 10 oz package of frozen chopped spinach

¾ cup liquid egg substitute

¾ cup shredded reduced-fat cheese

¼ cup diced green bell peppers

¼ cup diced onions

3 drops hot-pepper sauce (optional)

Microwave the spinach for 2 ½ minutes on high. Drain the excess liquid.

Line a 12-cup muffin pan with foil baking cups. Spray the cups with cooking spray.

Combine the egg substitute, cheese, peppers, onions, and spinach in a bowl. Mix well. Divide evenly among the muffin cups. (2 per serving)

Bake at 350 degrees for 20 minutes, until a knife inserted in the center comes out clean.

Quiche cups can be frozen and reheated in the microwave. Any combination of appropriate vegetables and reduced-fat cheeses may be used.



IN OUR EAR

How do I report payments to my caregiver?

The IRS considers household caregivers to be employees and not contractors. Since your caregiver is properly classified as your employee you should apply for and receive a Federal Employer Identification Number (EIN). At the end of the year you must issue your employee a W-2 that contains your EIN. The employer must also register with the State of Florida and pay unemployment taxes each quarter. Be aware that if you hire a home health agency you don't have to worry about any of this. Just pay the agency's invoice! For more information read IRS Publication 926, Household Employer's Tax Guide, or call your CPA.

Paint Your Heart Out Safety Harbor

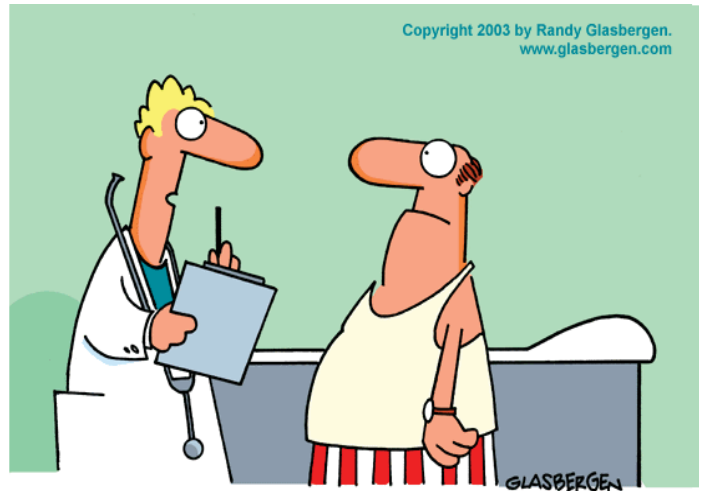
Malisa participated in the Paint Your Heart Out Safety Harbor event on March 5th for the tenth year. Many volunteers from the area, ages 14 and up, spent their Saturday on this worthwhile project. The spirit of giving back to the community is what fuels so many residents to participate every year.

Paint Your Heart Out Safety Harbor, is a local branch of a national nonprofit that paints the houses and cleans the yards of low income and elderly homeowners.

The Safety Harbor chapter of the organization has painted more than 125 homes since 1992, all at no cost to the homeowner. Nominations are taken all year long and four or five homes are chosen each year.



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."



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"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

This Month's Spotlight

Peg Coniglio

Peg Coniglio moved to Florida from Cleveland, Ohio with her husband 44 years ago. They have two daughters, five grandchildren and five great grandchildren. They go back to visit at least once a year.



Peg started volunteering at HarbourWood Health and Rehab Center thru a friend who was working there. She has been volunteering there now for eight years.

Two or more times a month Peg reads to the residents in a faith based reading group. After reading the material the residents review and discuss it and Peg answers questions.

Peg and her husband owned and operated a mobile home maintenance and cleaning company. Both have retired leaving Peg time to provide valuable service to others.

Thank you for your time, Peg.

WALT SHURDEN LAW



WALT SHURDEN
Board Certified Elder Law Attorney

611 Druid Road East, Suite 712
Clearwater, FL 33756
P: 727.443.2708
F: 727.255.5004
www.waltshurdenlaw.com
Walter B. Shurden, P.L.

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Legal Term of the Month

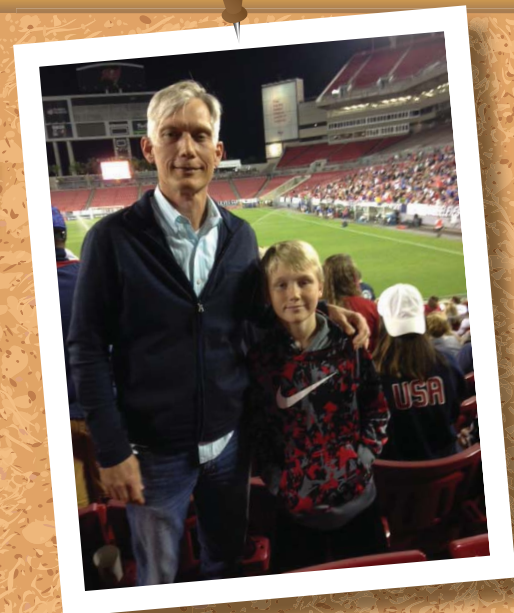
Motion – An application made to a court or judge for the purpose of obtaining a rule or order directing some act to be done in favor of the applicant.

How to get off the Newsletter List

If you would like to have your name removed from our newsletter list, please email your request to firm@shurden.net or call our office at 727-443-2708.



Congratulations to Langley's soccer team for winning the Largo March Madness Tournament.



Walt & Langley at Raymond James Stadium watching the U.S. Women's National Soccer Match against England.