

# WALT SHURDEN LAW

March 2015

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

## Why Do Retired People Eat Dinner At 4:30?

By Walt Shurden

A few Sunday mornings ago I watched the sun come up with a cup of coffee and then felt like I needed to go into the office. I drove in early and had the roads to myself. Later, as I drove back home to Indian Rocks Beach, I rolled my windows down so I could be a part of what had become a gorgeous March day.

The drive home was easy until traffic became congested as I made the turn west towards the beach. At a standstill now, I checked the surrounding cars' license plates, expecting to see out of state tags but most were locals. It struck me – a burst of energy or “spring fever” seemed to be shaping everyone's day, including mine. Could we really all have spring fever after our warm Florida winter?

Apparently we don't need to have weathered a cold winter to feel a little spring fever. Longer days and more intense light are powerful cues to our inherited inner clock, called the “circadian clock”. Authors and scientists Michael Terman and Lan McMahan have written the book [Reset Your Inner Clock: The Drug-Free Way to Your Best-Ever Sleep, Mood, and Energy.](#)

They summarize years of lab research involving humans isolated and exposed to light at varying times and intensity. “The clock in the brain,” they write, “makes us wakeful, sleepy, mentally alert, physically vigorous, happy or sad, at certain times of day.” Who would guess it?

After reading the book, YOU UNDERSTAND that the “clock in the brain” is a depository. It contains all of your ancestors' knowledge about how they experienced the passing of time by observing changes in light. Your genetic code



deposited this in your brain so you could make sense of the world while it is your turn to live. Your brain compares the daily pattern and intensity of light and darkness you encounter to that of your ancestors and then triggers appropriate physical changes in you.

A fascinating book, it has a chapter on practical steps for seniors to take to help them sleep. It gives us examples of how light therapy has been used to treat depression. The authors point out that limiting a person within health-care facilities to artificial light for long periods of times is problematic. Light helps! Light heals!

So, if you are retired and eat dinner earlier than the rest of us it may be because you, unburdened by the schedule of a 9 to 5 workday, are free to listen to your circadian clock.

### Our Goal

*To provide exceptional legal service to our clients.*

## Who We Are



Kathy Gibbons



Kathy grew up in a small town in New England moving to the East Coast of Florida with her family in 1975 where she graduate from Titusville High School. In February 1984, after working for newspapers for 6 years and returning to Massachusetts, Kathy went to work for 3 Attorneys who were just building their practice. The Attorneys and their vast knowledge opened her eyes to a brand new world.

In November 1985 Kathy married her husband of nearly 30 years, instantly becoming the step-mother to three children.

Together Kathy and Mark have two more children, Stephanie and Lauren. Their two grown children, Mark and Shannon, (who still live in Massachusetts) have been kind enough to make them grandparents to Alyssa, almost 16, Michael, 10, Mason, 9 and Austin 8.

In early 1992 Kathy and Mark moved to Ohio where Kathy took a legal assistant's position with an Elder Law Attorney and as they say, the rest is history.

Kathy has been working with Walt since May of 2002. She is Walt's Medicaid Paralegal and is a Florida Registered Paralegal. She completely enjoys assisting their clients.

Kathy and her husband are annual Walt Disney Pass holder's and make the trek to one of the parks once every 6 six weeks or so. Their most recent trip was to Epcot and the Flower and Garden Festival. Some pictures of the scenery are captured here.



### IN OUR EAR

## VA Makes Drastic Rule Changes

New proposed rules would impose a period of ineligibility on transfers of assets within three years of filing a claim for aid and attendance. This "lookback" provision is common in Medicaid but new for the VA. There is no effective date so it

is not clear when they will start. There are other important provisions of the proposed rules we are currently studying. What do you do if you have an application pending or are in the planning process? There is not one right answer, each family will have to decide for themselves after consultation with their attorney.

## Easter Trivia

Easter is celebrated on the first Sunday after the first full moon occurring on or after the vernal equinox.

Easter is America's second most important holiday for eating candy, next only to Halloween. 700 million marshmallow peeps, 16 billion jelly beans, and 90 million chocolate Easter bunnies are made for Easter every year.

76% of Americans prefer to bite off the ears of the Easter bunny first.

Favorite Easter songs are, "Here Comes Peter Cottontail," "Easter Parade," and "The Carnival Song."

The decoration of eggs is believed to date back to at least the 13th century, while the Easter parade has even older roots.

## Easter Bunny

The Easter Bunny is a folkloric figure and symbol of Easter, depicted as a rabbit bringing Easter eggs. Originating among German Lutherans, the "Easter Hare" originally played the role of a judge, evaluating whether children were good or disobedient in behavior at the start of Eastertide.

## Crispy Easter Eggs

Makes a dozen eggs

Easy crispy cereal eggs with chocolate egg filing.

### Ingredients:

- 4 Tablespoons Butter
- 1 10 oz package mini marshmallows
- 6 cups Rice Krispies
- Small chocolate Easter eggs
- Assorted sprinkles
- Plastic eggs for molding

### Preparation:

Melt butter in a large saucepan over low heat. Add marshmallows and stir until melted. Remove pan from heat and add rice cereal and stir until well coated.

Lightly spray interior of the plastic eggs and your hands with non-stick cooking spray. Fill both sides of the plastic egg with marshmallow/cereal mixture, slightly over-fill one side. Press chocolate egg into the center of one side of the egg, then close the plastic egg to shape it. (It should be a little difficult to fit together.) Gently release the newly shaped egg from the mold. Decorate with your choice of sprinkles and set in an egg crate in the fridge until set.

## This Month's Spotlight



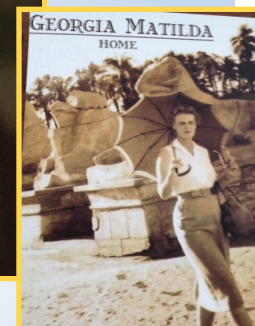
### Volunteer – Jan Williams & Allie Jo

Meet Jan Williams and "Allie Jo." Jan and Allie are volunteers for Project Pup and visit the residents at Palm Gardens of Clearwater on a regular basis. The residents look forward to

their visits and always have a treat for Allie Jo.

Allie Jo is a maltese and was rescued from a puppy mill about five years ago. Jan always brings her own dogs, all of which are rescue dogs.

Jan also has been a volunteer at the Humane Society for over twenty years. Her duties include bathing, walking, and playing with the dogs until they find their "forever" home.



Karen Fraley, owner of Wilamina's Designs, specializing in designing furniture since 1997, helped us set up our new office. Her work can be seen at the South Tampa shop "Georgia Matilda Home".

# 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.floridaelderlawoffice.com](http://www.floridaelderlawoffice.com)  
Walter B. Shurden, P.L.



*Published for informational purposes only and no legal advice is intended. Each case is different, you are invited to discuss your legal issues with Mr. Shurden with no obligation.*