

THE WARREN REPORT

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FREE STUFF THAT WORKS

Senior Virginians Handbook: Legal Information and Resources from the Senior Lawyers Conference of the Virginia State Bar

In the last newsletter, we highlighted a booklet for young people who just turned 18. This month we highlight a book for another crucial age group: our seniors.

The Senior Lawyers Conference of the Virginia State Bar (VSB) formed officially 2001, with members from all over the state whose practices serve or affect senior citizens, as well as those lawyers who are over 55 years old themselves. One of their public-facing projects is “Senior Virginians’ Handbook”, which was first published by the VSB in 1979 and has been periodically updated ever since.

Because “Seniors” refers to people over 55 years of age, and quite a few people now continue working well into their 70s, the *Senior Virginians Handbook* is three times longer than the handbook for 18-year-olds. It covers some topics that also apply to younger folks but focuses on the special needs of elders.

The Handbook is organized around eight main topics:

1. Financial assistance
2. Taxes
3. Healthcare
4. Long-term care
5. Landlord-tenant laws
6. Driving and automobiles
7. Planning for the future
8. Protecting your legal rights

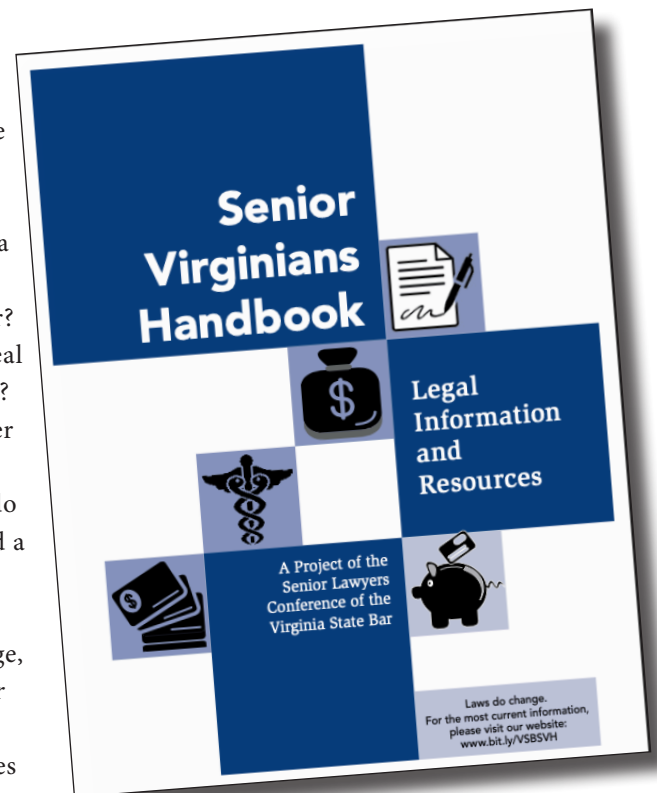
The handbook directly answers a wide range of questions that seniors might have, such as:

- Am I eligible for Veterans Pension benefits from the VA?
- What are the requirements for a federal HUD reverse mortgage?
- What happens if my driver’s license expires or is revoked?
- Who needs a legal guardian or conservator?
- How do I deal with a divorce?
- What is elder abuse?
- What can I do if I can’t afford a lawyer?

Laws do change, and the *Senior Virginians Handbook* does get updated regularly. The VSB hosts the most recent edition of the Handbook at www.bit.ly/VSBsvH. (You can also order a print copy of the Handbook at that website, but as of this newsletter, they were out of stock.)



Virginia State Bar
An agency of the Supreme Court of Virginia



Auto Accident Injury Case Result

Type of Case: Vehicle Injury

Place of incident: Albemarle County, VA

Verdict or settlement: Settlement

Amount: \$245,000



In July of 2019, our client was driving through a curve in the road when a car coming from the opposite direction crossed into her lane and hit her car head on.

As a result of the impact, our client was taken to the hospital with chest, ribcage, bilateral shoulder, neck and back injuries. Afterward, she experienced persistent headaches, nausea and vertigo, and she later required appendix surgery, which her doctor suspected was ultimately caused by the accident.

Her doctor diagnosed her with chronic neck pain and a neurological condition called cervical dystonia, which causes painful muscle spasms. After physical therapy did not lead to progress in her mobility or pain, her doctor introduced Botox injections to relieve her symptoms and reduce her pain.

She has continued to have reduced neck motion, headache pain, neck pain and muscle spasms. She continues to receive Botox injections every three months. Even with these injections, she suffers from persistent tenderness and reduced mobility in her neck.

Over the course of her injury and treatment, our client incurred over \$110,000 in medical expenses. She also expects to confront many thousands of dollars of medical expenses in the future for her regular injection treatments, which her doctor predicts will be needed for the rest of her life. Through mediation, our firm was able to reach a settlement with the insurance company for \$245,000 on our client's behalf.

**The Warren Firm
Recommends:**

River & Rail Restaurant Roanoke, Va. riverandrailrestaurant.com

The Warren Firm was introduced to this gem last month, when the Roanoke Bar Association & Young Lawyers Committee held their annual social event there. The River & Rail has been open in downtown Roanoke for ten years as a "Southern bistro," with a regularly changing menu using ingredients sourced from many local producers and meats butchered in-house.

A look at one of their recent menus reveals Southern specialties like skillet cornbread, pimiento cheese & toast, ribs, shrimp & grits, and banana pudding. The River & Rail shows up on all the "best-of" lists for Roanoke restaurants, and reviewers on TripAdvisor — as well as the restaurant's own website — recommend making reservations in advance.



TRAVELS WITH VADEN

Prince George County Courthouse

The Warren Firm attorneys also recently got to spend time in a historic landmark while on the job southeast of Richmond. The Prince George County Courthouse Historic District is a registered historic site that contains the still-working courts complex for Prince George County.

In 2003, the Prince George County Courthouse district was admitted to the federal National Register of Historic Places (NRHP), as one of the “sites, buildings, structures, districts, and objects deemed worthy of preservation for their historical significance or ‘great artistic value.’”

The Virginia Landmarks Register (VLR) also recognized it as a registered landmark in 2003, because the courthouse district still retains the old-style collection of official buildings that were typical of most county seats – the courthouse, clerk’s offices, and jail – while placing newly-constructed county offices at a convenient distance.

The courthouse building in this picture is actually the second Prince George County Courthouse. The original courthouse was destroyed in 1864 during the Civil War.

The Historic District also includes memorials for the Civil War, World Wars I & II, the Korean War, and the Vietnam War, as well as an 1870s store and residence.



SVENSK ÄPPELKAKA – SWEDISH APPLECAKE

Apples have become a year-round staple, but they’re at their best in the fall. Central Virginia and the Shenandoah Valley are the perfect place for apple lovers, as there are so many varieties available at the height of freshness from farm stands, pick-your-own orchards, and farmer’s markets.

This recipe was shared by a student from Sweden at a long-ago event at the International Center at the University of Virginia. It’s a simple recipe that’s good for nearly any day, whether as a Swedish-style fika (coffee break) with friends or as an after-dinner dessert.

Ingredients:

- 1 ½ sticks (12 Tbsp) butter
- 1 cup sugar
- 1 ½ cup all-purpose flour
- 2 eggs
- 2-3 apples of your choice, cut into thin slices
- Cinnamon & sugar, mixed together, for topping

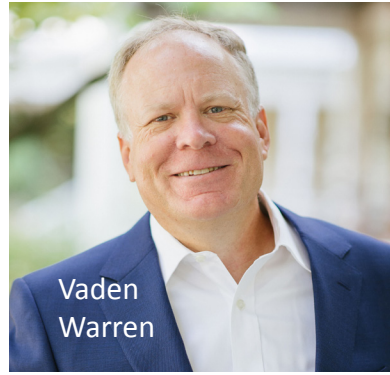
Directions:

1. Preheat oven to 375° F. Oil or butter a 9” baking pan. (A round springform pan works nicely.)



2. Cream together sugar and butter until white and fluffy.
3. Add flour and egg and mix well.
4. Pour batter into prepared pan, then array apple slices on top and press in.
5. Sprinkle cinnamon-sugar mixture on top.
6. Bake for 1 hour.
7. Let cool and serve with whipped cream or a scoop of ice cream.

We focus our practice on cases involving:
Personal Injury
Wrongful Death
Children's Injuries
Bicycle Accidents
Auto Accidents



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