



May 16, 2024

Officers present:

Larry Harris-Treasurer, Leslie Garrett- Secretary

Guest speakers:

Phillip Hawkins - Shannon Laymon-Pecoraro - Penny DeLosh

Leslie opened the meeting and provided the following information:

Phillip Hawkins was the first speaker. He is running for the City Council seat for Superward 7. Danica Royster is not seeking re-election. Mr. Hawkins shared the following:

- He was born and raised in Norfolk. Graduating from Norview High School.
- Graduated from Norfolk State University with a business degree.
- He worked in banking then moved into education where he has been for 27 years.
- He is currently the Assistant Principal at PB Young Elementary School.
- Lobbied for Collective Bargaining
- He supports putting people as a priority in Norfolk.
- He supports affordable housing for seniors.
- Was the President of the Ingleside Civic League from 2006-2012.
- He stated he does not give up and asked the members to consider making him a choice.

Our 2nd speaker was Shannon Laymon-Pecoraro, Certified Elder Law Attorney with Parks Ziegler. She came to us highly recommended by Susie Gampp. Shannon practices in the areas of elder law, estate and trust administration, estate planning, asset protection, financial planning, guardianships, and conservatorships. She is licensed in Virginia and Pennsylvania. She shared the following with us:

- She is one of 500 Certified Elder Law Attorney's in the country.
- She handles disability, Medicaid, and other areas.
- She mentioned that a good Power of Attorney and advanced directives impact you while you are alive.
- People who are making your decisions are important.
- Guardianship-people are appointed by courts to handle your affairs.
- That we need more long-term care facilities
- Medicare will take care of you for 100 days. That is it! She can assist with long-term care.
- She can assist with avoiding people getting kicked out of an assisted care facility.
- She assists with getting individuals on Medicaid even if you own a house, cars, IRA's.
- She can protect assets based on laws. And there are options to help pay for our care.
- She said the way to avoid probate is to have beneficiaries on file and a transfer of deeds.

Her contact information is:

Phone: 757-453-7744

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Penny DeLosh gave Leslie Garrett the handout she put together with resources that may be helpful. It will be provided to members.

A reminder: There will be no RCEAN "Retirees Meetings" the months of June, July, and August. The recreation center will be used for events for students while school is out. Our next meeting will be Thursday September 19th at 1130.