

## **Forest Heights Seniors Treated to Holiday Luncheon at National Harbor**

This year with the help of sponsors, we were able to rent out charter buses and take our seniors to McCormick & Schmick's at National Harbor Nov. 20, 2014 for their annual Senior Holiday Luncheon! The afternoon's festivities included holiday giveaways for everyone – with six lucky seniors selected randomly to receive additional gift cards to Target – and an informative presentation titled “Taking Control of Your Life” from Kay B. Watkins, Esq. Some of the key advice that she provided to seniors included:

- Having an Advance Directive (also known as a Living Will) – a legal document in which a person specifies what actions should be taken for their health if they are no longer able to make decisions for themselves because of illness or incapacity.
- Understanding your rights under the Health Insurance Portability and Accountability Act (HIPAA) – A senior can provide authorization for their loved ones or caregivers to have access to their medical records and participate in doctor's visits.
- Establishing a Power of Attorney – a written document in which one person appoints another person to act as an agent on his or her behalf in specified or all legal or financial matters.

With the passing of each day, more and more of our population is aging and less attention is paid to them and their needs. As a result, we all need to make our own plans; otherwise, plans will be made for us. We also plan to schedule a follow-up forum to continue the discussion on estate planning in the early part of next year.

Special thanks to Ms. Watkins, our administrative assistant Bean Hawkins and esteemed Councilmembers for their involvement, and our sponsors: the Forest Heights-Oxon Hill CDC; County Councilman Obie Patterson; BB&T Bank in Oxon Hill; McCormick & Schmick's; and National Harbor.

Most importantly, thanks to all of our wonderful seniors for participating in this annual tradition!

See some pictures of the event below!



Senior Luncheon, McCormick Schmick entrance



Senior Luncheon seniors group



Senior Luncheon Councilwoman Muhammad, passengers leaving bus



Senior Luncheon, exercise group



Senior Luncheon, Kay Watkins



Senior Luncheon, Mayor Goodall and town residents



More Senior Luncheon seniors group