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Introduction

Greetings from the *home offices* of Brady Cobin Law Group. Our office has been inundated with requests to review and update estate plans. It seems that many of our clients are appropriately focusing on long-term goals while responding to immediate realities. In estate planning, the long-term goal is to ensure the efficient settlement of your affairs. The immediate need is to ensure there is an effective plan in place to allow *your people* to manage your affairs in the event you become ill.

To address these needs, and to maintain the safety of our clients and team members, Brady Cobin closed its physical office on March 12th. We now conduct all client meetings via telephone or video conference. Additionally, our document signing meetings are conducted "curbside." Who would have thought you could do drive through estate planning?

In the vein of planning for incapacity, this volume's article deals with Powers of Attorney – a vital piece to any estate plan, no matter your circumstances.

Coronavirus has upended our lives. It seems that every hour we hear stories about the effects of the Coronavirus on our healthcare system, our economy, our government, and our family and friends. The drastic changes and uncertainty can be frightening, but we must neither contribute not to be consumed by the fear and panic we see in the headlines.

Suffering arises from trying to control what is uncontrollable, or from neglecting what is within our power.

-Epictetus

Why You Need a Power of Attorney



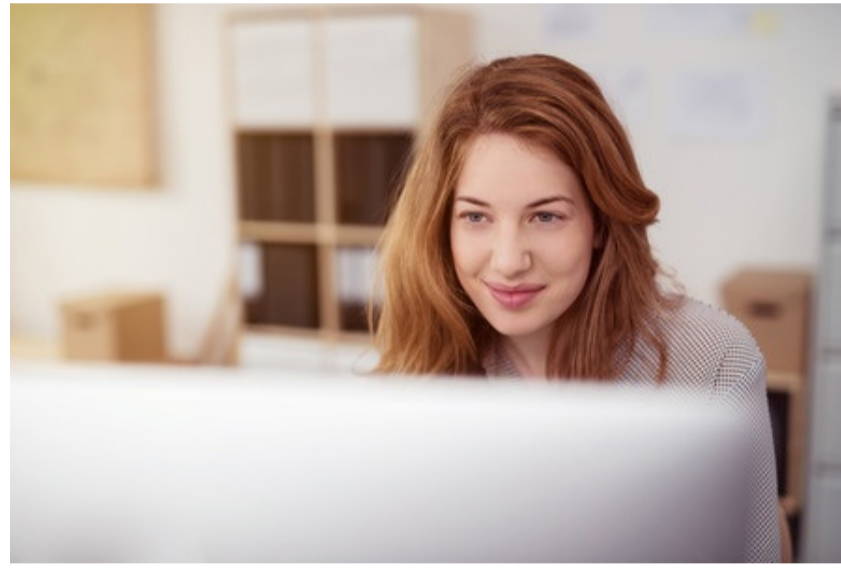
A power of attorney (POA) is a legal document that gives one person the power to take specific actions and make decisions on behalf of another person. A power of attorney is used when someone is unable to be present to sign documents or to ensure that medical decisions and financial decisions are handled in the event a person becomes incapacitated.

North Carolina law defines incapacity as the inability to manage property or business affairs because you have "an impairment in the ability to receive and evaluate information or make or communicate decisions even with the use of technological assistance"; or are "missing, detained, including incarcerated in a penal system, or outside the United States and unable to return."

When creating a financial power of attorney, you can choose to create a "durable" POA, which starts now and continues if you become incapacitated, or a "springing" POA, which gives someone the power to act on your behalf only if you become incapacitated. A healthcare POA grants someone the power to make medical treatment decisions for you, but only if you are physically or mentally incapable of making your own decisions. This type of power of attorney becomes effective now but only comes into play if you are incapacitated.

Talk to one of our attorneys now to create the POA that is right for you. A power of attorney will put your mind at ease, knowing that you have identified a person to take on this responsibility and that they know what you would want to do should anything happen to you.

Tips for Working from Home



The coronavirus outbreak has changed many of our work lives. With schools closed and many of us working from home, we thought you might enjoy some helpful tips for navigating your new normal.

Get dressed! – It sounds simple, but it's crucial. Your mental outlook is different when you are dressed in work attire and ready for the day. Lounging in pajamas all day doesn't give your brain a chance to re-set and prepare for the day.

Designate a workspace - You may not have the luxury of a home office or den. If you don't, try to find a table or desk where you can work in your home. Let the family know this is your work zone and you are not to be disturbed unless it is an emergency.

Keep clearly defined work hours - It's important to keep your work hours required by your job but be sure to end the day at the end of those hours. Don't stay connected to your computer. Close your work tabs on your computer and join the family.

Build transitions into and out of work - You might start each day with a cup of coffee at your desk or a quick check of the news. Again, this routine sets the stage for the workday. Consider ending each day with a walk around the neighborhood. Think of it as your commute home from work.

Don't get distracted - Don't listen to the news all day while you are working. Catch up on the news and then turn it off. Listen to music instead. And don't get distracted by chores. They will be there for you after work hours.

Stay connected -- Keep in regular communication with your co-workers. Don't do everything by email. A phone call goes a long way to stay connected.

At [Brady Cobin Law Group, PLLC](#) we are also adjusting to the new normal. One thing that has not changed -- we are here for you. Give our office a call if you have any issues or concerns.

If you or a family member needs help with [estate planning](#), [estate administration](#), [estate litigation](#), planning for [long-term care](#) or [elder law](#), it's important to get an attorney experienced in these types of cases involved immediately. Call (919) 355-9141 or [contact us](#) via the website. [Brady Cobin Law Group, PLLC](#), estate attorneys in North Carolina, can help you with all your estate and elder law needs.

Recipe of the Month California Veggie Sandwich



Get all your vitamins in one delicious sandwich! Try making your own pickled vegetables or use store-bought and skip the first step.

Ingredients

Pickled Vegetables

- 2 cups apple cider vinegar
- ½ cup (packed) light brown sugar
- ¼ cup kosher salt
- 4 cups any combination shredded carrots, sliced cucumbers, sliced red onions, and/or sliced mild fresh chiles

Dressing and Assembly

- ¼ cup buttermilk
- ¼ cup plain whole-milk Greek yogurt
- 1 tablespoon fresh lemon juice
- 6 tablespoons olive oil, divided
- Kosher salt, freshly ground pepper
- 2 ripe avocados, halved
- 6 ounces fresh goat cheese
- 6 cups mixed lettuce leaves, ribs removed if thick
- 8 slices multigrain bread, toasted
- ½ English hothouse cucumber, thinly sliced on a diagonal
- 2 cups sprouts

Special Equipment

- 2 heatproof 1-qt. glass jars

Recipe Preparation

Pickled Vegetables

1. Bring vinegar, brown sugar, salt, and 2 cups water to a boil in a large saucepan. Meanwhile, pack vegetables into jars. Pour brine over vegetables. Cover and allow until cool. Do Ahead: Pickles can be made 2 weeks ahead. Keep chilled.

Dressing and Assembly

2. Whisk buttermilk, yogurt, lemon juice, and 3 Tbsp. oil in a large bowl until smooth; season dressing with salt and pepper.
3. Scoop avocados into a small bowl; add 1 Tbsp. oil and lightly mash. Season with salt and pepper. Mash goat cheese with remaining 2 Tbsp. oil in another small bowl until softened and spreadable; season with salt and pepper.
4. Add lettuce to dressing and toss to coat. Season with salt and pepper. Spread avocado mixture over 4 slices of bread. Arrange lettuce over and top with cucumber, sprouts, and some drained pickles. Spread remaining 4 slices of bread with goat cheese and close sandwiches.

Recipe courtesy of [bonappetit.com](#)

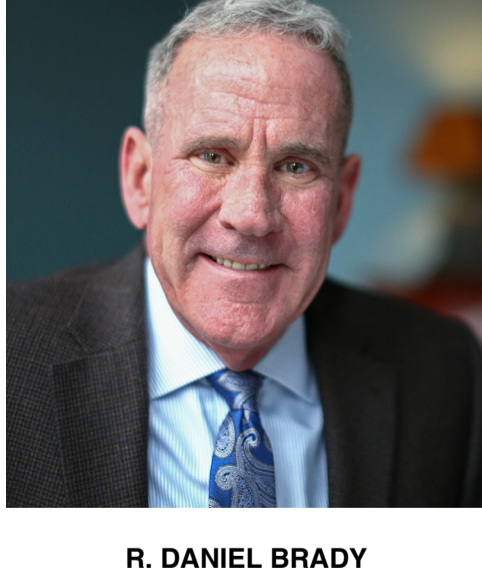
We know these extraordinary times come with stress and anxiety. We wanted to share something with you to make you smile and bring you joy. Warning: you may also want to have a box of tissues close by!



Follow us...



Meet our Attorneys



R. DANIEL BRADY



ANDREW J. COBIN

Our Office:

Brady | Cobin Law Group, PLLC
4141 Parklake Avenue
Suite 130
Raleigh, NC 27612-2332
(919) 782-3500

Hours of Operation:

Monday : 8:30AM - 5:00PM
Tuesday : 8:30AM - 5:00PM
Wednesday : 8:30AM - 5:00PM
Thursday : 8:30AM - 5:00PM
Friday : 8:30AM - 5:00PM

Scheduled appointments after hours

www.ncestatelplanning.com

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