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Salutations, and welcome to volume III of our 2020 newsletter. It's hard to fathom that we have crossed the halfway mark of year. Was it truly only 4 months ago when we were able to gather in public without concern for health and safety? It seems like a dream. Since then people have by and large adjusted to the new reality, a reality that is here to stay until a remedy is revealed. No matter the cure for our current conditions, we will be forever changed. This is for certain. However, it is not for certain that the change will be for the worse...

We hold a team meeting every morning, where attorney, paralegal and legal assistant alike identify her top 3 goals for the day and one thing for which she is grateful. Some of the silver linings from the pandemic that our team members have shared: getting to know neighbors, taking up exercise, starting a book club, strengthening bonds with family members, pooling resources with friends to schoolchildren. Are these fair tradeoffs for handshakes, hugs, and movie theaters? Maybe, maybe not, but it's a nice place to start.

In this edition, we look at the steps to take after a death in the family. We're often times one of initial parties contacted after a loved one has died. You may be surprised to learn that the legal process is not the immediate concern.

Until next time, we wish you all good health and safety.

What is divine deserves our respect because it is good; what is human deserves our affection because it is like us.

-Marcus Aurelius

3 Steps to Take When a Loved One Passes



There are some things in life that, try as we may, we will never be fully prepared for when it happens. Some families have time to prepare while their relative is in hospice and others simply put plans in place in the event of accidental or early death. But what about when the death of a loved one is sudden and unforeseen? What if you're left feeling lost as to where to start? It can be easy to feel overwhelmed when you're underprepared, so we wanted to break down 3 steps to take when a loved one passes:

File a legal pronouncement of their death.

If your loved one died under the care of a medical provider, they will take care of this for you. However, if your loved one died at home or elsewhere, they will need to be declared deceased by a medical professional.

Inform your friends and family.

This can be done in several different ways and will have varying levels of urgency depending on your specific situation. It can also open several opportunities for friends and family to offer their love and support to you through this process.

Search for and identify any existing funds or plans.

This can include burial or cremation plans, life insurance policies, last wishes and arrangements, legal wills, and more.

Following these three steps, the process itself has only just begun. Moving forward from this point can take weeks or months to finalize. Many of those days will be spent taking care of the following:

- Finalizing funeral, burial, or cremation arrangements
- Securing and maintaining the deceased's property and estate
- Providing care for or rehoming any surviving pets
- Forwarding mail
- Notifying the employer of the deceased
- Taking care of unpaid bills
- Cancelling services, accounts, and utilities no longer needed
- And more...

This isn't a process you have to deal with on your own. Hiring an experienced and skilled estate attorney can help expedite the process, alleviate stress, and guarantee a smooth, efficient experience. Check out our [Estate Planning Needs Assessment](#) today! Plan to protect your family's legacy with us at [Brady Cobin Law Group, PLLC](#).

Keep It Interesting with These 5 Destinations



Traveling isn't what it used to be, but if you're like us, you're already thinking ahead to where your next destination will be when the coast is clear! Traveling isn't just an enriching experience; it helps build character and creates memories that will last a lifetime...and those memories will undoubtedly serve as a fascinating conversation starter at your next event! If you're looking to add to your repertoire of experiences and memories made right here in the United States, we have a unique list for you:

Tell everyone you've been to the coldest place in the U.S.:

Prospect Creek Camp, Alaska! While the state of Alaska isn't technically "in" the States, it's still U.S. territory. Prospect Creek Camp is a settlement, not a town, and isn't regularly inhabited. We have a hunch that this may be due to its record-breaking temperature of -80°F from 1971. You read that correctly!

Proudly recall your trip to the cloudiest place in the U.S.:

Mt. Washington, New Hampshire! This impressive destination is a popular attraction for avid hikers and outdoor enthusiasts, spanning a few NH towns. Mt. Washington reports an average of 244 days of cloudy weather out of 365 days of the year - but don't skip out on the sunscreen!

Share fond memories of your days spent in the sunniest place in the U.S.:

Yuma, Arizona! This lesser-known town in Arizona boasts a 90% chance of sunny weather every day of the year. Yuma is home to nearly 98,000 lucky people who we'd like to bet have a year-round sun-kissed glow!

Keep the conversation heated with a two-for-one on the hottest place in the U.S.:

When it comes to wearing the "hottest place in the U.S." badge, it's a tie between Death Valley, California and Bullhead City, Arizona. While Death Valley holds the record for hitting 134°F in 1913, Bullhead City hit 126°F as recently as 2017. Just reading about that 8°F difference is enough to make you sweat!

Our estate and elder law attorneys at [Brady Cobin Law Group, PLLC](#), are committed to honoring the life, work and charity of every individual. [Contact us today at \(919\) 694-6276](#) to request a callback for all of your [estate planning](#), [administration](#), [litigation](#) needs and more.

Recipe of the Month Chicken and Bulgur Salad with Peaches



Fresh, seasonal, and light, this is a great meal for summer appetites. Bulgur, a quick-cooking whole grain, is perfect for time-crunched weeknight cooking. You can also substitute quinoa or whole-wheat couscous.

Ingredients

- 1 1/3 cups water
- 2/3 cup bulgur
- Cooking spray
- 1-pound chicken breast cutlets
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper
- 4 cups packed arugula
- 2 cups halved cherry tomatoes
- 2 cups sliced fresh peaches
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons rice vinegar

How to Make It

1. Bring 1 1/3 cups water and bulgur to a boil in a small saucepan over high. Reduce heat to medium-low; cover and simmer 10 minutes. Drain and rinse under cold water. Drain well; let dry on paper towels.
2. Meanwhile, heat a grill pan coated with cooking spray over high. Sprinkle chicken with 1/2 teaspoon salt and pepper. Grill chicken, turning occasionally, until done, 6 to 7 minutes. Remove to a cutting board. Let stand 3 minutes. Slice against the grain into strips.
3. Place bulgur, arugula, tomatoes, and peaches in a large bowl. Add remaining 1/2 teaspoon salt, oil, and vinegar; toss to coat. Divide mixture among 4 plates; top evenly with chicken.

Recipe courtesy of [CookingLight.com](#)

What's Happening in North Carolina

The COVID-19 pandemic has caused many large events to be cancelled or postponed. To ensure public safety, we would like to encourage you to enjoy some socially distant outdoor activities in your area.

[Cape Fear Adventures](#)
Lillington, NC

[Neuse River Trail](#)
Raleigh, NC

[Adventure Landing](#)
Raleigh, NC

[Dead Broke Farm](#)
Raleigh, NC

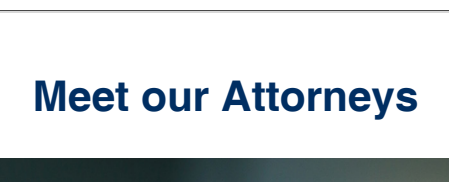
[MacNair's Country Acres](#)
Raleigh, NC

[Frog Hollow](#)
Durham, NC

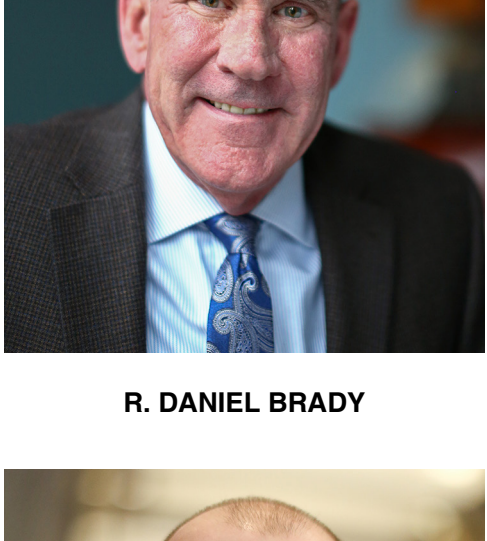
[Forest Ridge Park](#)
Wake Forest, NC

[Wake Forest Reservoir Soft Trails](#)
Wake Forest, NC

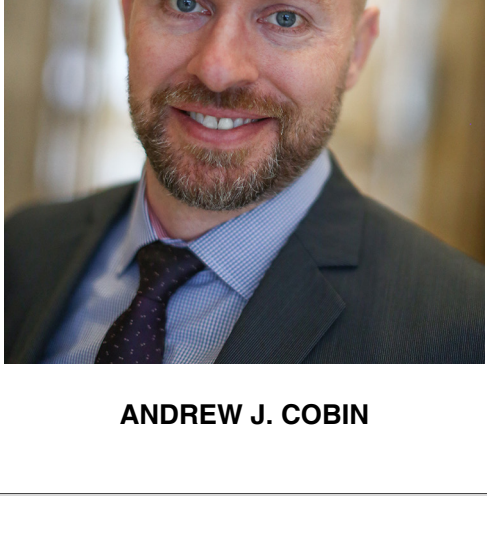
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Meet our Attorneys



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

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