

Practical Wisdom, Trusted Advice.

May 2023

(978) 653-4092

www.MonteforteLaw.com



Visit Our Brand-New Office!

Providing More Support in a Convenient Location

At last, no more downtown Boston traffic to deal with! I'm thrilled to announce we are opening a second office! Located south of Boston, our new office will expand our reach and help more people with their legal concerns. Now, those in the area won't need to spend an hour in traffic to move only 3 miles to get to our original location north of the city.

I know how stressful it can be to deal with legal matters while caring for elderly family members. This new office will lift some of that stress so you can commute easier. When you're feeling overwhelmed, the last thing you want to do is sit in traffic.

I love helping others find hope and relief as they work through a new transition, and I can't wait to support even more people with our second location. As I work toward opening our new office, I've been thinking about everything I've learned in my career.

When my grandparents needed help finding special care, I realized countless people struggle with the same challenge.



Planning for my grandfather's long-term care due to his Alzheimer's and affording it seemed like a never-ending battle. It's already emotionally draining when a family member suffers from an illness such as Alzheimer's or dementia, and many of us have no clue where to turn.

"I know I've done my job right when someone comes into my office with anxiety and exhaustion written on their face, yet walks out feeling lighter and even optimistic about their situation."

I realized that guiding people through this process and showing them their rights was what I wanted to do with my career. Misinformation and confusion are common, which makes matters worse for those searching for answers. I want to make this unpleasant scenario as manageable as possible.

I know I've done my job right when someone comes into my office with anxiety and exhaustion written on their face, yet walks out feeling lighter and even optimistic about their situation. Most families have to navigate estate planning and elder care at some point, and I hope my team and I can help as many people as we can make it through easily.

In the future, I want to reach even more families by opening a third office on the north shore of Massachusetts. Of course, our second office south of Boston is perfect for my team right now. In time, our team will grow and so will our clientele!

For existing clients near our second office, now located at **80 Washington Street, Building J, Norwell, MA**, rest assured you'll receive the same excellent experience with the same process as our original office, just in a more convenient location. Call us, and we can provide all the necessary information before your next visit.

We look forward to welcoming you to our new location and growing our Monteforte Law family!

—Mike Monteforte Jr.

We Have a New Feature!

Dear clients,

I hope this newsletter finds you well. As always, I want to take a moment to thank you for choosing our law firm for your estate planning needs. We value your trust and confidence in our services, and we are committed to delivering the best possible solutions for your unique situation.

Today, I am excited to introduce a new feature of our newsletter. As you know, in the past, most of the cover articles for the newsletter have been written by me, sharing stories from my personal life and updates from our law firm. That will continue; however, going forward, we are adding a new feature to the newsletter. In each new issue, one of our three associate attorneys will be writing an article for the newsletter.

Our new feature will focus on estate planning and elder law developments, tips, and tricks. We believe these articles will be incredibly useful to you. Additionally, the articles will include personal stories and insights from our attorneys, providing you with a glimpse into their lives and experiences.

Our attorneys are passionate about estate planning and elder law, and they have a wealth of knowledge to share. We believe this new

feature will enhance the value of our newsletter and provide you with even more valuable information.

Now, I know what you're thinking. What should we call this new section of the newsletter? After much deliberation, we decided to name it "The Counselor's Corner." We believe this name captures the essence of our attorneys' role as trusted counselors and advisors to our clients.

We are excited about this new feature and hope you will find it informative and engaging. As always, if you have any questions or concerns, please do not hesitate to contact us. We are here to serve you and look forward to continuing as your trusted advisors.

Best regards,

—Mike Monteforte Jr.

CEO and Managing Attorney



Cinco de Mayo: More Than a Drinking Holiday

Celebrate Mexican Culture All Year Long

support plenty of Mexican businesses. You'll uplift the owner and the Mexican community whose culture we all love. Most of us understand that small businesses have it rough. So, take the time to shop for hand-crafted Mexican jewelry or pottery — and dine at a Mexican restaurant you've never been to.

Experiencing Mexican Museums and Art

From Frida Kahlo to Diego Rivera, Mexican art has offered countless masterpieces and colorful works. Take some time to visit a nearby Mexican museum or art gallery to witness some authentic Mexican art and history. A country's artwork often reflects its culture, so explore nearby venues that spotlight Mexican artists.

Cooking Authentic Mexican Cuisine

Have you ever heard someone say, "I don't like Mexican food"? Neither have we! This month, skip Taco Bell and try cooking an authentic Mexican dish. Enchiladas, tortas, flautas, pozole, and more authentic recipes are at your fingertips (on your smartphone). When you taste a nation's popular meals, you can better grasp its unique culture.

If you missed Cinco de Mayo this year, don't worry; you can embrace Mexican culture all year long. Remember the true story of the Battle of Puebla and uplift the Mexican community in your area.

While Cinco de Mayo may have already passed, there's never a wrong time to celebrate Mexican history.

Cinco de Mayo fiestas have certainly taken on a life of their own in the U.S., but we should honor the holiday with appreciation, not just margaritas.

Not everyone knows that Cinco de Mayo marks Mexico's victory in the Battle of Puebla — it's a reminder to embrace the beauty and power of the Mexican culture.

On May 5, 1862, French troops outnumbered Mexican forces, yet the latter persevered. The Battle of Puebla remains an astounding historical victory for Mexico and gives us the celebration of Cinco de Mayo. So, maybe it's time to discover how you can honor this vibrant culture in your own community.

Supporting Mexican Businesses

Whether it's a local Mexican artisan or a family-owned Mexican restaurant, you can



TAKE A *BREAK*



This dish is light and refreshing, making it perfect for spring! The crispy salmon patties pair perfectly with the cool dill sauce dolloped on top.

Ingredients

- 1 1/2 cups plain yogurt or fat-free sour cream
- 1/4 cup Dijon mustard
- 6 sprigs fresh dill, chopped
- 2 14.75-oz cans salmon packed in water
- 4 celery stalks, finely chopped
- 1 large white onion, finely chopped
- 4 large eggs, beaten
- 1/2 tbsp salt
- 1 tbsp pepper
- 2 tbsp olive oil

Directions

1. In a small bowl, whisk together yogurt, Dijon mustard, and dill to make the dill sauce. Set aside.
2. Drain the salmon, then remove and discard the bones and skin. In a large bowl, mix the salmon, celery, onion, eggs, salt, and pepper. Form the mixture into 8 patties. Coat a medium skillet with olive oil and heat it over medium-high heat. Cook the patties until browned on both sides, about 5 minutes per side.
3. Put a dollop of the dill sauce on top of each patty and serve.

KEEP YOUR FAMILY HAPPY AFTER A DIVORCE

With These Co-Parenting Tips

After any divorce, if you have lingering feelings of resentment or anger toward your ex-spouse, co-parenting might seem incredibly daunting. Yet, it doesn't have to be a bitter relationship between you and your ex. While it does take two to tango, and each parent needs to put in the effort, there are ways to ensure you create the best possible family environment for your children. While co-parenting may be challenging, don't be discouraged. We'll share why co-parenting is essential and tips for healthy co-parenting.

How Co-Parenting Affects Kids

The American Psychological Association found that children who spent time with both parents after a divorce experienced fewer emotional and behavioral issues and were as well-adjusted as children whose parents never divorced. The following co-parenting tips can help prevent conflicts so you can focus on caring for your children.

- **Separating Emotions From Behaviors**
Negative emotions about your ex-spouse should never affect your actions, especially in front of your children. Arguing in front of your kids will harm them emotionally.
- **Avoiding the Temptation of Venting to Your Kids**
Prevent complaints from reaching your children's ears. Instead of voicing negative comments about your ex-spouse to your child, you should vent to a friend or counselor.
- **Letting Everyone Have a Say**
While you may always want to be in charge, you should allow your ex-spouse to participate in your children's daily lives.
- **Maintaining Respect**
Think of co-parenting as a business relationship where disrespect is never allowed. When you remain respectful, you can avoid heated conflicts.

While it may be difficult, proper co-parenting can ensure your child feels loved by both parents. When done with your children's best interest in mind, this will boost their confidence and help them better acclimate to the divorce. Their well-being should always be both parents' top priority.





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DON'T MISS THIS ASTRAL EVENT

Why You Need to See Eta Aquariids

All month long, countless astronomy aficionados will be camping out in the dead of night to catch a glimpse of an annual meteor shower. First discovered in 1870, the meteor shower known as Eta Aquariids can be seen from Earth every May. This stellar space show moves as fast as 44 miles per second and leaves a bright, glowing trail behind it.

Eta Aquariids is visible to both the Northern and Southern Hemispheres, making it an optimal summer night event. However, this one might be for the night owls since it peaks past midnight. Curious to know more about this mysterious annual meteor shower? Let's discover the origins of Eta Aquariids and how you can catch a glimpse of this galactic sight.

The meteor shower was made from Halley's Comet.

Eta Aquariids is a collection of leftover space debris from the famous Halley's Comet — mostly ice and dust. As these meteors pass through the Earth's atmosphere, they heat up and glow bright enough for you to see. Every year, you can watch as these small chunks of Halley's Comet burn and leave shining streaks in the night sky.

It takes nearly 76 years for Halley's Comet to orbit the Sun just once, and the last time we saw this iconic comet was in 1986. It won't even reenter our solar system again until 2061, but luckily it left us the yearly gift of Eta Aquariids.



Here's how to best view the Eta Aquariids.

There's no specific date to see Eta Aquariids, and we only know the time range of early to mid-May. Your last chance to witness this spectacular sight in 2023 is May 27. Yet, 2023 is said to be an exceptionally bright year for this meteor shower. According to Bill Cooke, the lead for the Meteoroid Environment Office at NASA, the meteor rates will be over two times the average speed which will cause an abnormally vibrant glow.

For specific stargazing dates, check the American Meteor Society's official calendar (AMSMeteors.org/meteor-showers/meteor-shower-calendar). To best view this magnificent meteor shower, you'll need to get cozy in your lawn chair around 2 a.m. It's crucial that you give your eyes at least a half hour to adapt to the darkness so you can see the shower. There's no need for binoculars or telescopes since Eta Aquariids is visible to the naked eye. Simply find a dark spot away from city lights and wait for the show!