



## News Release

---

Jewish Community Housing Corporation of Metropolitan New Jersey  
760 Northfield Avenue  
West Orange, N.J. 07052

Media contact: Maria Paladino-Fitz / [maria@mymediaconsultants.com](mailto:maria@mymediaconsultants.com), (973) 429-1454

**Lester Senior Housing Community to Host Free Seminar on  
Asset Protection for Seniors and their Families on October 24  
*Attorney Robert Bernstein will Share Information about Powers of Attorney,  
Health Care Proxies, Updating Wills at Whippany Senior Living Community***

WHIPPANY, N.J., September 25, 2013 – Seniors from throughout Morris and Essex counties are invited to a free presentation titled, “*Protecting Your Assets for You and Your Children*” at The Lester Senior Housing Community, 903-905 Route 10 East in Whippany, N.J. The seminar, designed specifically for older adults and their families, will be presented on Thursday, October 24, 2013 from 6:30 – 8:00 p.m. by attorney Robert A. Bernstein, who specializes in wills, trusts, and estates.

The event is open to the public; seating is limited and advance reservations are requested. Those wishing to attend should register before October 18 by contacting Mark Sinclair at [marks@jchcorp.org](mailto:marks@jchcorp.org) or (973) 518-0993. Light refreshments will be served.

Bernstein will cover three important legal documents all adults should have in place to protect their financial interests and those of their families, and help family members manage their loved ones’ affairs and honor their wishes regarding their estates and medical care: a power of attorney, a health care proxy, and a will. Attendees will learn:

- What a power of attorney is and the benefits of having one.
- How a health care proxy can protect a loved one’s finances and help family members honor their wishes regarding medical care.
- The importance of updating wills and the dangers of not having an effective will in place.

“As I counsel clients with respect to their retirement and elder care needs, I see the crucial gaps that must be filled in people’s planning,” said Bernstein. “For example, an updated will protects one’s assets from unwanted expenses and helps family members honor their loved one’s wishes; however, people often neglect to update their wills on a periodic basis, which can lead to unexpected problems later,” he added.

The Lester Senior Housing Community is one of four senior living communities in Morris and Essex counties that are owned and managed by the [Jewish Community Housing Corporation of Metropolitan New Jersey](#) (JCHC). The residence has partnered with SYNERGY HomeCare in Mountain Lakes, N.J. to co-sponsor the seminar. SYNERGY, a licensed home care agency, provides personal care, companionship, and light housekeeping services on an hourly or live-in basis throughout New Jersey.

“Our goal is for seniors to live well and independently as long as they can,” said Tony Podias, President of SYNERGY HomeCare, “and living well means staying well-informed.”

The Jewish Community Housing Corporation outreach team develops a range of seminars and interactive workshops for residents and the wider community throughout the year. Harold Colton-Max, CEO stated that, “Part of our mission is to provide high-quality programs that enrich the lives of seniors. Asset protection is a pertinent topic of great interest to our residents, their families, and to the community as a whole; we invite area residents to attend and learn with us.”

The Lester Senior Housing Community offers cultural, social, and educational programs for its residents and the public throughout the year. For more information about programs open to area seniors or to find out more about the housing options and amenities offered there, visit [www.jchcorp.org](http://www.jchcorp.org).



(left to right) Tony Podias of SYNERGY HomeCare, attorney Robert Bernstein, and JCHC's Mark Sinclair

###

#### **About The Jewish Community Housing Corporation**

The Jewish Community Housing Corporation (JCHC), founded in 1982, is a non-profit organization that has developed and now manages over 460 apartments for older adults in four senior living communities in Morris and Essex counties: South Orange B'nai B'rith Federation House and Village Apartments of the Jewish Federation in South Orange, Jewish Federation Plaza in West Orange, and The Lester Senior Housing Community in Whippany. All residences offer seniors a range of options in terms of services, amenities, location, and cost within a traditional Jewish environment. For more information, visit [www.ichcorp.org](http://www.ichcorp.org).

#### **About Robert A. Bernstein, Esq.**

Robert A. Bernstein ([BernsteinEstateLaw.com](http://BernsteinEstateLaw.com)) is an attorney at law in New Jersey and New York specializing in elder law, trust and estate planning, estate administration, special needs planning, and corporate law. He is a former Deputy Attorney General for the State of New Jersey and the former host and moderator of the Comcast Cable television program, "Thirty Legal Minutes." No stranger to audiences, he is known for his engaging presentation style, interacting with audiences using memorable storytelling and humor.

#### **About SYNERGY HomeCare**

A licensed home care agency, SYNERGY provides personal care, companionship, and light housekeeping on an hourly or live-in basis throughout New Jersey. The agency, which has a 95% client satisfaction rating, serves Morris, Sussex, Warren, Hunterdon, Somerset, and portions of Passaic and Essex counties. For more information call (973) 394-5638 or visit [www.synergyhomecare.com](http://www.synergyhomecare.com).