

A Message From the Board

Greetings SUN-Q Members, Colleagues & Friends

"Life is something that happens when you are busy making plans"
- John Lennon

January 2020 marked the revitalization of Senior Umbrella Network of Queens. We proudly announce that we had the largest membership in the history of SUN-Q. You could feel the "buzz" - and then we were all struck by the challenge and difficult reality of COVID 19.

Our meetings have been on hold since our last well received ZOOM meeting in April. While the online meetings are great for networking, the mission of SUN-Q is Networking, Advocacy and Partnership. Also, our traditional morning time schedule is running into lots of competition as our members juggle working from home and child care. Most of our businesses are essential, while others may not survive. We have a new Facebook page, which can be accessed through our website or at <http://Facebook.com/SunQueens.org>. We encourage you to "Like" us and to share your meeting notices and announcements there.

We sincerely hope you are all well and coping with the adjustments we have all had to make. We are looking forward to your continued support. The carrying out of our mission and goals will be defined by our membership and the community we serve. If you are able, please volunteer to join our Board or to serve on a committee. Even if you just have an idea, a question or a comment, don't hesitate to contact any of our Board members.

We will all prevail through this unprecedented experience.

Enjoy the summer. Stay healthy & safe!

See you in the Fall!

Sincerely
SUN-Q Board of Directors

From Caryn Isaacs, BCPA Co-Chair: This time last year, the SUN-Q Board met to discuss the future of the organization. Susan Cohen, who had chaired the organization for three years was stepping down and we all agreed that we wanted to keep up the momentum she had started by bringing us great programming and locations. However, none of the Board members were able to commit to the practically full-time job it is to run an organization as a volunteer. Susan, Phil Quartuccio of Right at Home, Jacki Rothermel of Ronald A Fatoullah & Assoc. and

I spent the summer trying to see what our options were if we formerly closed the organization, which was required by law for not for profits.

As September drew closer, many people were asking me when and where the next meeting would be. The Senior Umbrella Networks have a long history and reputation for helping to build the businesses of our members and I felt a personal responsibility towards the group since my own business was built on the relationships I have made through SUN. Then as fate would have it, I met Tiffany Caserta of the Estate Planning Group at a program hosted by Jennifer Martin of Schwartz Brothers-Jeffer Memorial Chapels. They encouraged me to speak with Andrew Jaloza, elder law attorney and principal at the Estate Planning Group. I am forever grateful to Andrew for coming to the rescue of SUN-Q.

The Board would like to thank Vicki Ellner, founder of SUN-B, Patient Advocate and Senior Services Government Affairs activist for all her support during the revitalization of SUN-Q. Vicki generously offered her time and knowledge about running a not for profit, talking with us for hours while Andrew and I explored ideas of how to diversify our outreach. Vicki used her reputation as a powerful advocate for seniors to get us great speakers, even running one of our most successful meetings herself to facilitate networking among the members.

Phil Quartuccio, Treasurer stepped up to get us our new 501c3. He has always been on call to handle everything from cleaning up our mailing list to taking calls from members about their profiles and emails. Thanks for everything Phil.

Jennifer Martin took on the role of membership chair, and has been personally a life saver to me as several of my clients required emergency funeral arrangements during this terrible time. Lidia Doura of Caring Transitions of New York worked with Phil on our website, while Philippe Corbanese used his many connections as a well-respected physical therapist to arrange the meeting locations. Nina Dobris was not on the Board, but we thank her for sharing her organizational instincts and contacting York College on our behalf in reference to our proposed scholarship.

Unfortunately, the Pandemic kept us from some fantastic plans we had for our meeting at the long time favorite, Flushing House. Our new relationship with AgeWell New York Health Plans was also put on hold while we agonized over cancelling our June end of year event. Contact me or Andrew if you are interested in a Board position. We continue to seek new ways to help seniors and professionals who work for seniors throughout Queens.

I have reinvented my business three times in my career, first because an opportunity was given to me, next because my office was destroyed on 9/11 and again when I was aged out of the organization I had served for twenty-five years. Thank you to the SUN-Q Board and members who encouraged me to use my

knowledge and creativity to put SUN-Q back on the map. Please visit my new website, GetHealthHelp.com

From Andrew Jaloza, The Estate Planning Group, Co-Chair of SUN-Q: A big Thank You to everyone involved with SUN-Q for a great, but abbreviated year. Special thanks to Caryn Isaacs without whom there would be no SUN-Q.

Notwithstanding the effects of the Pandemic of 2020 we did have several effective and enjoyable monthly meetings where we had some informative and entertaining speakers and lively conversation between allied professionals.

Looking forward to fall 2020 when we will have some more options to meet in person and continue to build on the efforts to make SUN-Q a resource for all of us who work with and serve the local senior population.

Wishing everybody a great summer. Stay safe, stay healthy and enjoy the summer season. See you in the fall.

From Philip Quartuccio, Treasurer: We are so thankful for and would like to spotlight two of our many COVID Heroes. Please read more about them below.

From Jackie Rothermel & Vicki Ellner of Ronald A. Fatoullah and Associates: Ronald A Fatoullah and Associates are here to relay information that is particularly pertinent during the pandemic. The New York State Department of Health (DOH) has promulgated rules to be applied during the pandemic. The following link shows some of the accommodations that the DOH has made due to COVID-19. [CLICK HERE FOR MORE INFORMATION](#)

From Erica Prince - Flushing House: Flushing House is offering a COVID-19 HEROES Fund and virtual tours. Please see below.

**Andrew L. Jaloza, Esq., Co-Chair of SUN-Q
The Estate Planning and Elder Law Group
Andrew L. Jaloza & Associates LLC**

Avoid Estate Planning Mistakes

“Planning for death is like any other transition of life, except this is one we can make easier for our loved ones. Don’t let the process of settling your estate, a process commonly known as probate, get in their way — and cost them more money.” The Wealth Advisor, February 18, 2020

After you die, your last will and testament must be approved by the Surrogates Court. The judge will determine if the document is the original and formally executed last will of the deceased, review the inventory of the estate, and confirm the Executor who will administer the estate proceeds.

In the article entitled *“Avoid these estate-planning mistakes and make probate cheaper and easier for your loved ones”* the author at Wealth Advisor discusses some mistakes that people make and how to avoid them.

1. You don’t have a will, or you have a will that was written long ago and things have changed. Most people don’t know this but the average amount of time between when a person completes their last will and they review it again is 19.7 years. A lot of things can change in 20 years! You check on your car annually and have a dental check-up yearly, it is a good idea to look over your estate plan too. You should have a current will that will take your life changes into consideration, and that includes the people you want to take over for you and also those you currently want your property to be distributed to.

If there is no will, the deceased is said to have died “intestate,” and his estate will be settled through a similar process to probate called Administration. Rather than you getting to choose your executor to hand out your property, an administrator will be named by the judge to distribute assets according to state law. It can be a lengthy and often costly process and you don’t get to choose who gets your stuff, and how and when they get it.

Some people don’t want to hire an attorney to create their estate plan or write a will, because they believe it’s too expensive or they never get around to doing it. However, if you die without a will, the legal costs will usually be even higher, and that decreases what’s left to give to your heirs.

2. Disregarding easy things to keep some assets from probate.

One way to avoid probate for your financial assets is to name beneficiaries. Another is to make your family members and/or loved ones joint owner on your account. In this way the property you designated the beneficiary or named a co-owner for will pass on to your intended target without having to go through the probate process.

If you are concerned about setting down some rules for how and when your property will be distributed to your beneficiaries after you die, you can set up a Testamentary Trust (one that is created by your Will) to provide some protection for your heirs from their creditors, divorces, addiction...

In addition, you can also create a living trust (revocable trust) that will help you to avoid probate altogether, if done correctly. A Revocable Living Trust (RLT) is a legal vehicle to which your assets can be transferred, and which will allow them to pass to your intended beneficiaries upon your death. A living trust keeps the government out of your family business. Since the Trust owns the property at the time of death, the probate process is avoided and the rules you set forth in the Trust will control the disposition of the assets without any court intervention.

Ask an estate planning lawyer to help you create a trust, because they can be complicated. Whether you need a trust, a will, or both, an experienced estate planning attorney has worked through a variety of situations and will have sound and creative ideas. Investing time and money with an attorney makes life easier for you now and better for your family later.

Reference: Wealth Advisor (Feb. 18, 2020) ["Avoid these 3 estate-planning mistakes and make probate cheaper and easier for your loved ones"](#)

**Philip Quartuccio, Treasurer of SUN-Q
Right At Home North Shore LI /Queens**



We are all so thankful for the essential service of our medical professionals who put themselves in possible danger every day. Home care agency caregivers provide very essential services as well and are certainly Heros to all of us. One segment of Health Care is Home Care for seniors. Those who may need a little extra assistance to remain in their homes as they age and who often need assistance with their personal care to do so. That help may include being kept safe from falls, toileting and bathing along with meals and companionship. Right at Home has a fabulous team of super hero who continue to work during the covid-19 crisis. We are so fortunate to have a team of hero caregivers who exemplify the

compassion, caring, and devotion that families and [Right at Home North Shore LI and Queens](#) depend on every day.

Here are a few examples of some of our heroes at work:

Caullet was assigned to a case in an environment that posed possible exposure to the COVID 19 virus. The client had not been visited or seen by her family in weeks and there was concern for her safety. Upon Caullet's arrival on her first day she discovered the new client and the apartment was in disarray and needed a major amount of attention. Caullet was up for the task and was able to attend to her client while cleaning the home environment and making it safe. The client's family is so thankful for the caring and watchful eyes of their Right at Home caregivers and the oversight of our RNs.

Jeimy is another Hero Caregiver. She has actually fought the virus herself and has come back strong. Jeimy gears up in all the proper personal protective equipment and has the compassion to work on a COVID positive floor of an assisted living facility as a representative of Right at Home. She says she can see the gratitude in the patients' eyes and that keeps her going.

Whereas many of us have isolated ourselves to prevent possible exposure to the virus, Veronica, a staff aide with Right at Home, is out delivering PPE to Right at Home caregivers daily. She makes sure that no one is without the needed supplies and has such a friendly, uplifting attitude that raises everyone's spirits.

Thank you to caregivers everywhere. They are the true embodiment of a HERO and enrich the lives of all of us - [Right at Home North Shore LI & Queens](#)

CELEBRATE LIVING EVERY DAY

Join us on a Virtual Visit of Flushing House! Experience what our community looks like from the comfort of your own home! Visit FlushingHouse.com now to take a look!

A Joyous June

Can you believe it is already June? The month of June comes from the Roman, or Julian, calendar. June was initially named Junius. The name either comes from the Roman goddess Juno, wife of Jupiter, or from the word "juniores", the Latin word for "younger ones", in the early Roman calendar June only had 29 days. It was Julius Caesar who added the additional day giving June 30 days. June is the first month of summer. The longest day of the year occurs on either June 21st or 22nd each year. Father's Day is the third Sunday of June and Flag Day is on June 14th!

VIRTUAL EXERCISE

Visit FlushingHouse.com to follow along with our virtual exercise class taught by Activities Leader, Nazima!

COVID-19 HEROES FUND

The Hero Fund is specifically designed to provide financial support to those critical workers at the frontline of the COVID-19 crisis. Cleaning service workers, food service workers, laundry workers and security workers, amongst others are being asked to come forward to serve the Flushing House community.

Our Heroes are in need of financial support for childcare, transportation, and other essential services in order for them to continue to work during this pandemic. Any donations will directly benefit these brave employees as a sign of gratitude for their selflessness, dedication and commitment to our mission to serve older adults.

HEROES



WALK THROUGH THESE DOORS



Flushing House Fire Drills are held on the first Tuesday of every month. The alarms sound between 10:15 AM and 10:30 AM.



Flushing House

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SUNQueens.org 2020

SUN-Q is a Not For Profit organization made up of businesses, organizations and individuals who serve the senior population in Queens. We have been meeting for over fifteen years.

Events & Upcoming Meetings

Our meetings are always the 4th Tuesday of the month at 9 AM- 10:30 AM. We gather at various locations who have hosted our meetings.

For now, we are ready to meet in person in the Fall if the world is open again. If not, we will continue our meetings on ZOOM.

New Directions

A new benefit is the Member Spotlight: Members will have the opportunity to highlight their services at a meeting. Also, members can request an email blast for events by calling Tiffany at The Estate Planning Group 718-514-2066.

We would like to invite all organizations who represent specific geographic or cultural populations to join our Board.

We strongly feel that instead of asking you to go along with our agenda, we would like to have you lead us in providing locations and programming that helps our member professionals to understand your interests.

Signup for our Facebook group <https://Facebook.com/sunqueens.org>

Join Us!
Visit SUNQueens.org

Pay at the website or bring a check to the meeting.

You can email questions from the Website Contact Us Form

Or Call Caryn Isaacs 347-965-9222