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Special needs require special lawyers.

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## OAST & HOOK SHRED DAY AND RELOCATION

Oast & Hook thanks all of its clients and friends for participating in the May 9th Shred Day. One excellent way to protect your personal information from falling into the wrong hands is to shred unneeded documents. Oast & Hook partnered with Stealth Shredding to provide this free document shredding opportunity. Below are some photos from the May 9th Shred Day.

One of the reasons Oast & Hook held the Shred Day was to prepare for its upcoming relocation. Oast & Hook will soon move from its current Portsmouth location to the TowneBank Building in downtown Portsmouth. Oast & Hook's new address will be:

TowneBank Building  
200 High Street, Suite 402  
Portsmouth, Virginia 23704

Oast & Hook is in the process of planning another Shred Day to be held at its Virginia Beach office later this year. The *Oast & Hook News* will provide more information about this event in upcoming issues.





### Ask Allie

O&H: Allie, we know that pets can teach humans some valuable lessons. Please share some of these lessons with our readers.

Allie: Sure! The Dog Whisperer, Cesar Millan, has written about some of these lessons. They apply to cats as well as dogs. First, live in the moment. That's how we pets live our lives. We don't regret the past or worry about the future, even our Oast & Hook relocation. Next, trust your instincts. We pets don't care about words, we recognize what's going on beneath the surface. People should pay attention to nonverbal cues, such as body language and energy, and learn more about friends, loved ones, and themselves. Finally, live with purpose. All animals have an inborn need to work for food and water – this applies to humans too. Ask yourself how you can contribute more to your family, your job, and the world around you. I'll have some more lessons in a future column.



Please feel free to e-mail your pet- and animal-related questions to Allie at: [allie@oasthook.com](mailto:allie@oasthook.com).

### Distribution of This Newsletter

Oast & Hook encourages you to share this newsletter with anyone who is interested in issues pertaining to the elderly, the disabled and their advocates. The information in this newsletter may be copied and distributed, without charge and without permission, but with appropriate citation to Oast & Hook, P.C. If you are interested in a free subscription to the *Oast & Hook News*, then please e-mail us at [mail@oasthook.com](mailto:mail@oasthook.com), telephone us at 757-399-7506, or fax us at 757-397-1267.

Please visit us on the world wide web at:

**[www.oasthook.com](http://www.oasthook.com)**

Our website contains information about Oast & Hook and an archive of our newsletters and other estate planning, estate administration, and elder law articles in searchable form at.

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