MILLER ELDER LAW

FEBRUARY 2026 ISSUE

Elder Law Advisor

Life Care Planning for Living Well Through Life's Later Chapters

FROM OUR FOUNDER

A THOUGHTFUL BEGINNING TO THE YEAR AHEAD

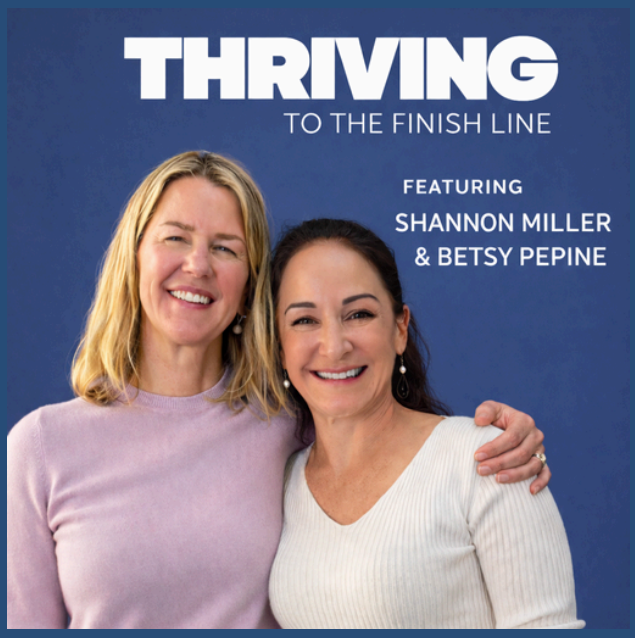
At the beginning of the year, many families tell us they feel a quiet sense of pressure - to get organized, to make the "right" decisions, or to finally address plans they've been putting off. Often, they're carrying questions about aging parents, health changes, or future responsibilities, and they're unsure where to begin.

At The Miller Elder Law Firm, we believe good planning starts with clarity. That means taking the time to understand each person's circumstances and family or support system, while also recognizing that some decisions require timely, deliberate action when challenging situations arise. Preparing for the realities of aging - including health changes and financial stressors - is the foundation of our work. We believe planning is a family affair.

February offers reminders of what matters most. As we observe American Heart Month and Valentine's Day, we're reminded that well-being is closely tied to care and connection - especially for older adults navigating changes in health and independence. Black History Month invites reflection on resilience and dignity, while Random Acts of Kindness Day highlights how small, intentional actions can make a real difference.

Whether you are a young couple planning for your life together, navigating a second marriage, aging independently, or approaching life's later chapters, we are here to listen, support you, and help guide decisions in a way that aligns with your vision of the future - even when a crisis arises. We have a plan for that.

CONVERSATIONS THAT HELP FAMILIES AGE WELL



In the second episode of *Thriving to the Finish Line*, Shannon Miller is joined by Betsy Pepine, founder of Pepine Realty, for a thoughtful conversation about housing, stability, and the often unspoken realities families face as they plan for the future.

Drawing on decades of experience, Betsy discusses why early, honest conversations - about change, loss, and practical challenges - can ease stress and create clarity long before a crisis occurs. Together, they explore how planning ahead supports dignity, connection, and peace of mind as life evolves.

▶️ *Listen to Episode 1 with Dr. Michael Okun now on YouTube, Spotify, or Apple Podcasts. Episode 2 with Betsy Pepine launches* ***February 11, 2026****.*

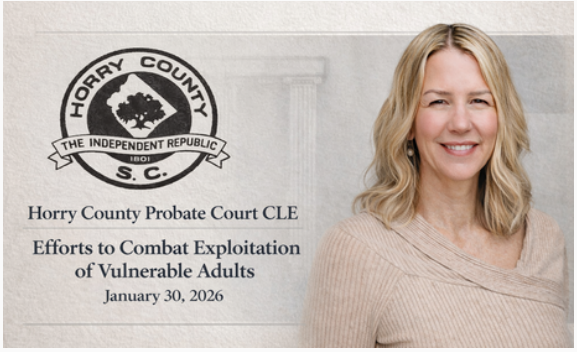
UPCOMING LOCAL EXPERTS

ANAMARIA YEUNG, M.D. & RACHEL COLEMAN, M.D. EMPOWER LIFESTYLE MEDICINE	SHERRY HOUSTON, M.A. PHILANTHROPY, SANTA FE COLLEGE	CHRISTINA RAMOS, M.S. TOUCHING HEARTS AT HOME

INVITED TO THE CONVERSATION

Shannon was invited to speak at a **Horry County, South Carolina Probate Court CLE Conference** on the topic of **Efforts to Combat Exploitation of Vulnerable Adults**. Drawing on her experience working with vulnerable seniors and families in Florida, Shannon shared insights into why older adults are increasingly targeted, the tools being used to exploit them, and practical legal interventions that can help prevent harm.

The presentation addressed guardianship, emerging exploitation trends, and the importance of coordinated legal responses - particularly in communities experiencing rapid growth in older adult populations without strong family or social support.



WHAT FAMILIES SHOULD KNOW

AMERICAN HEART MONTH: SUPPORTING HEART HEALTH AS WE AGE

February is American Heart Month. Heart disease remains a leading cause of serious health challenges for older adults, and the risk increases as we age. For many families, heart health is not just about medical care - it also involves everyday routines, physical activity, nutrition, stress management, and planning ahead for changes that may affect independence or caregiving needs. Understanding how the heart changes over time, and having access to clear, reliable information, can help individuals and families feel more prepared and less overwhelmed. Resources from the **National Institute on Aging on heart health and aging** offer helpful guidance for navigating these issues.

To support this month's focus, we're also sharing a recorded webinar Shannon hosted with Kyle and Katie Pratt of Muscle Farm on **nutrition and exercise as you age**. The conversation highlights practical, realistic strategies to support strength, mobility, and resilience over time. You can watch the webinar on **YouTube** to explore simple ways families can take meaningful steps toward aging well.

VALENTINE'S DAY AND SOLO AGERS: SMALL ACTS OF CARE MATTER

Valentine's Day is often associated with cards, flowers, and time spent with loved ones, but it can look different for older adults who live alone or no longer have a spouse or partner. In a recent **TikTok video**, Shannon Miller reflects on how solo agers and seniors may experience this season more quietly, even when they remain engaged in their communities.

She also reminds families that meaningful care doesn't have to be complicated. Simple acts - a phone call, a visit, a handwritten note, or a small gesture like flowers - can offer reassurance and connection. Especially for solo seniors, these moments can ease feelings of isolation and serve as a powerful reminder that they are seen, valued, and not alone.

IN OUR CLIENTS' WORDS

"Shannon Miller and her entire team have been an incredible resource during a very difficult time. You will be our first call if we need anything in the future. Thank you for everything." **- Chester Z.**

★★★★★ Review from Google

"The signing went smoothly, and I was truly grateful for Ashley's support throughout the process. I was disappointed she couldn't be there in person, as I had hoped to thank her and acknowledge her guidance before everyone. Her attention, preparation, and steady support made a real difference and contributed greatly to how well everything came together."
- A Grateful Client

Email

"I appreciated how attentive and responsive Natalia was, even when schedules didn't line up perfectly. Her follow-up and clear communication made the process feel supported and well managed."
- A Grateful Client

Email

IN OUR COMMUNITY

Elder law begins with showing up, and we're grateful for the ways we continue to stay connected within our community - through conversations, partnerships, and everyday moments of service. Here are a few highlights from recent weeks:

MC4 Breakfast - **Ocala** - sponsoring and presenting at the Marion County Continuity of Care Council breakfast alongside elder-serving professionals

LifeSouth Healthcare Professionals Luncheon - Elder Care Coordinators connecting with healthcare providers across North Florida

Elder Care Facility Visits - our ECCs spent January visiting clients and connecting with care teams at more than 15 assisted living, skilled nursing, and similar elder care communities throughout the region

JANUARY BIRTHDAYS

January gave us the opportunity to celebrate several birthdays on our team. We're grateful for the care, dedication, and heart our team members bring to the work we do every day.

Shannon Miller
Founder & Board-Certified Elder Law Attorney

Lilu Keyhani
Office Assistant

Natalia Sanchez
Life Care Planning Case Manager

TEAM HIGHLIGHTS

Shannon, Genna, Kate & Mia attended the Annual Florida Elder Law Symposium in Orlando, with continuing education and the 35th Anniversary Gala organized under Shannon's leadership as Chair of the Elder Law Section of the Florida Bar

Zach is in the Leadership Gainesville 52 class and toured Santa Fe College campuses this month with leadership training and community leader networking

Our team celebrated National Grandma Day by sharing photos and favorite memories that continue to inspire our work