

Service to Senior Citizens: The *Senior Citizens Handbook*

by Richard Cocke

To senior citizens of Virginia, the most used and most useful publication of the Virginia State Bar is the *Senior Citizens Handbook*. The book keeps Virginia's senior citizens informed about their legal rights, and helps them locate useful resources. Members of the Senior Lawyers Conference and Young Lawyers Conference have made substantial efforts to produce and update the handbook. The *Senior Citizens Handbook* is an important part of the Senior Lawyers Conference's ongoing role in promoting the welfare of Virginia's senior citizens.

The *Senior Citizens Handbook* is a joint project of the Senior Lawyers Conference and the Young Lawyers Conference. The Senior Lawyers Conference comprises all members of the Virginia State Bar who are in good standing and are age fifty-five or older. At present, there are more than 9,600 members. The Young Lawyers Conference comprises of all active and associate members of the Virginia State Bar who are age thirty-six or younger, or who have been admitted to the Virginia State Bar as their initial bar within the last three years; at present there are more than 9,000 members.

The *Senior Citizens Handbook* was first published in 1979, has been revised and updated many times since then, and is currently in its tenth printing.

The handbook assists senior citizens with access to Virginia resources and with solving their problems in many areas. The handbook may be viewed at www.vsb.org/publications/senior/index.html.

The handbook is not intended as a substitute for professional legal assistance, and

readers are strongly urged to seek the services of competent counsel for their specific legal problems and concerns.

Copies of the handbook have been provided to area agencies on aging, public libraries, nursing homes, assisted living facilities, hospitals and kidney dialysis centers. They have been distributed at public service events, and sold to the public individually and in bulk. Since 1988, 41,900 copies of the *Senior Citizens Handbook* have been distributed.

The online *Senior Citizens Handbook* is one of the top ten most popular pages on the Virginia State Bar Web site. ♪



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Richard Cocke is a member of the Senior Lawyers Conference and a past member of the SLC Board of Governors, and he was president of the Senior Lawyers Section that preceded the SLC. He was born and raised in Roanoke, and is a 1957 graduate of the University of Virginia Law School. Cocke is a past president of the Henrico County Bar Association, and he formerly represented Henrico on the Virginia State Bar Council. He is in the private practice of law.