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The Law Firm of  
**KAVESH  
MINOR &  
OTIS, INC**

Estate Planning Specialists  
*for your peace of mind®*

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## AUGUST 2025 ISSUE

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**Avoid the Common  
Mistakes When  
Choosing a  
Successor Trustee  
(Or Could the One  
You Named Now be  
*WRONG?*)**

**By Attorney,  
Philip Kavesh**



[Subscribe](#)[Past Issues](#)[Upcoming Seminar Schedule](#)[Translate ▼](#)**RESTAURANT  
RECOMMENDATION**[King's Hawaiian Bakery &  
Restaurant](#)[Quote of the Month](#)**LIVING TRUST  
SEMINARS**

**For those who don't yet have a Trust, but also those who have one and may need to review and update it! Both the public and our existing clients are invited - - and please bring your family or friends!**

*NOTE: All of our seminars listed below are now being held in-person. If you, or someone you know, would like to attend a seminar, but cannot attend a live one, please [send us an e-mail](#) so we can explore other options.*

*(Also note: We may provide services to anyone residing in California without them having to travel to our offices.)*

**IN-PERSON  
LIVING TRUST SEMINARS****TUESDAY,  
August 12th**

9:30am - 11:30am

Torrance Main Office

990 W. 190th Street

Suite 500 (5th Floor)

Extremely Limited Capacity

**REGISTER****SATURDAY,  
August 16th**

9:30am - 11:30am

Torrance Main Office

990 W. 190th Street

When most people think about a Living Trust estate plan, their

focus is on distributing their hard earned assets to the right people and at the right time, while minimizing court interference and taxes. However, not enough people thoroughly consider their choice of successor Trustee (after your spouse), who will act someday when you can't. Whether you're thinking of setting up an estate plan (or already have one), be sure to avoid (or fix) these common mistakes:

**1. Choosing Your Successor Trustee Based on Emotion, Not Ability**

**Mistake:** Many people choose a child or close family member purely out of loyalty or emotion, or birth order, rather than assessing whether that person has the right skills.

**Solution:** Select someone who is responsible, organized, and smart financially. It's more important to choose someone who can do the job well than someone who you might feel is entitled to it.

**2. Appointing Co-Trustees Who Don't Work Well Together**

**Mistake:** Naming multiple children together as Co-Trustees (or one or more children as Co-

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**THURSDAY,  
August 21st**

9:30am - 11:30am  
 Torrance Main Office  
 990 W. 190th Street  
 Suite 500 (5th Floor)  
 Extremely Limited Capacity

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## FREE REPORT



### WHY CAN'T I SPEAK WITH MY PARENT'S ATTORNEY ABOUT HIS OR HER ESTATE PLAN?

By: Philip J. Kavesh, J.D., LL. M. (Tax)  
 California State Bar Certified Specialist  
 in Estate Planning, Trust and Probate Law



The estate planning process is generally perceived by parents and their loved ones as a "family affair". Often times, adult children help their parents put together the

Trustees with your surviving spouse), in an attempt to be "fair", often backfires. It can lead to fights, court battles, delays, animosity and disharmony that may live on for many years, even generations, after you're gone.

[READ MORE](#)

## Some Great New Apps For Older Adults



Mental health issues come in many forms and can stem from many sources. An especially prevalent mental health issue is depression, which can be caused by loneliness, chronic medical conditions, stressful life events, or a combination of factors. Older adults can be especially susceptible to depression, as well as other mental health issues.

For a long time, therapy and medications have been the primary forms of treatment for mental health issues. However, a newer

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necessary paperwork to bring to the attorney meeting, take them to the meeting, and even want to participate in the meeting.

**However, the attorney-client relationship with the parents is a unique one that has particular confidentiality and other limitations which the attorney is bound by and must adhere to.**

In this free report, experienced California Estate Planning Lawyer Phil Kavesh explains why children often aren't permitted to speak with their parent's lawyer about the parent's estate plan and how children may successfully overcome this apparent roadblock.

[DOWNLOAD REPORT](#)

option is becoming more prevalent — and is closer at hand. Mental health apps that people can access with their smartphones and tablets are garnering more attention and users.

### What Are Mental Health Apps?

Mental health apps are mobile applications that provide support for emotional well-being. For older adults, these apps are often tailored to address age-specific challenges, such as loneliness, grief, chronic illness, and cognitive decline, which can all contribute to depression. The most effective apps combine psychological tools, behavioral health strategies, and easy-to-use interfaces.

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**SENIOR ALERT:  
Be Cautious: Certain Foods Can Interfere  
with Your Medications**

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*Don't Eat This if You're Taking That* is a practical and informative guide co-authored by married experts Madelyn Fernstrom, a nutrition and diet specialist featured on NBC's *Today* show, and John Fernstrom, an award-winning neuroscientist and pharmacologist. The book explores how everyday foods and supplements can interact with prescription medications, potentially reducing their effectiveness or increasing the risk of harmful side effects. The authors emphasize that it's not just other drugs that cause problems—anything you consume, even seemingly healthy foods, can impact how medications work in the body.

The Fernstroms highlight several common and potentially dangerous food-drug interactions. For example, **fish oil supplements** can increase bleeding risk when taken with **blood thinners**, though eating fish in moderation is generally safe.

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**RESTAURANT RECOMMENDATION:  
KING'S HAWAIIAN  
BAKERY & RESTAURANT**

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If you're in the Torrance area, go check out King's Hawaiian Bakery & Restaurant—a beloved spot serving up island-style comfort food with a warm aloha spirit. From fluffy Hawaiian rolls to hearty dishes like loco moco and chicken katsu, the menu delivers authentic flavors in a casual, family-friendly setting. Be sure to stop by the bakery for Paradise Cake, mochi donuts, and pineapple treats. Whether it's breakfast or dessert, King's is a delicious taste of Hawaii right in the South Bay.



## **LOCATION**

2808 Sepulveda Blvd,  
Torrance, CA 90505

(310)530-0050

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**HOURS OF OPERATION**

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MONDAY - SUNDAY:  
7AM - 9PM

For more information, click [here](#).



## CLIENT TESTIMONIALS

***"The law firm you need to visit for your trust needs. We have been with Kavesh, Minor, and Otis since 2008. For several years now Peter Keon has taken care of our needs. He is careful and complete while taking us through the process. And he answered all of our questions in a manner that we understood. I suggest anyone who is considering a trust to attend one of their seminars in Torrance. All will be explained and there will be no surprises later on."***

**—Dennis F.**

***"I have my Living Trust set up working with Jane Lee after she did a wonderful job setting one up for my mom and dad. After my mom and***

***"Top estate planning law firm. Follow with you and keep your family trust up to date. Do not create trust and leave you. Highly recommend for family trust. My lawyer has been with me entire time and knows what to do to protect your assets to give to your family as you decide. And nobody knows but you "***

**—Jon D.**

***"Having worked with this firm on a family trust since 2002, I find the Attorneys very knowledgeable and easy to work with."***

**—Kathleen R.**

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***dad passed away, the transition of their Trust went so smooth to honor their wishes. Because of the expertise of Jane Lee and how well she handled my mom and dads Trust, I have total peace of mind on how she is handling mine. I totally recommend Kavesh, Minor & Otis, Inc."***

**—Mercy V.**



Thank you for these wonderful client reviews (all from real clients!). We know that our clients and all the members of our community have many options to choose from when it comes to assisting with their estate planning needs. It is very gratifying to us that people put their trust in us to help them with these important decisions that will impact them and their loved ones for years to come.

Many of our clients have asked how they can support us in return and they have done so by not only referring their friends and family (for example by forwarding this e-mail newsletter), but also by taking the time to leave us an online review (which we'd really appreciate, if you haven't done so already). Below are a couple of websites you can choose from to leave a quick online review of your experience with our firm.

Thank you, in advance, for your help! We look forward to continuing to serve you and your loved ones for many more years to come!



**QUOTE OF THE MONTH**

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"The most wasted of all days is one without laughter."  
—E. E. Cummings, American Poet & Painter

## OFFICE LOCATIONS

### MAIN OFFICE

#### TORRANCE OFFICE

990 W. 190th Street, Suite 500  
Torrance, CA 90502

### TELEPHONE NUMBER

**1.800.756.5596**

### OTHER LOCAL OFFICES

#### PASADENA OFFICE

790 E. Colorado Blvd., 9th Floor  
Pasadena, CA 91101

#### ORANGE OFFICE

333 City Drive West, 17th Floor  
Orange, CA 92868

#### WOODLAND HILLS OFFICE

5850 Canoga Avenue, 4th Floor  
Woodland Hills, CA 91367

#### NEWPORT BEACH OFFICE

5000 Birch Street, Suite 8000  
Newport Beach, CA 92660



FORWARD NEWSLETTER TO A FRIEND

*The testimonials in this newsletter and throughout our website were provided by actual clients. To maintain their privacy, their names may be abbreviated and their photos are not shown. Please note that testimonials do not*

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warrant, guarantee or predict your particular results. Actual client testimonial letters may be viewed by you in several "Thank You" books, proudly displayed at our main office lobby.

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