

LITTLEJOHN LAW, LLC

“BUILD IT, PROTECT IT, AND PRESERVE IT”

A MONTHLY NEWSLETTER FOR AWESOME CLIENTS LIKE YOU!

February 2018 Volume 3 Issue 9

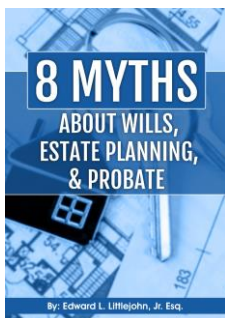


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Our Goal is to Help Everyone Make Great Decisions about their Legal Issues.

Visit www.elittlejohnlaw.com for our Free E-books and Free Resources addressing your Real Estate, Business, and Estate Planning concerns.



Get your Guide Today!

HAPPY VALENTINE’S DAY!

How are your new Habits coming? Last month, I challenged you to make a New Habit each month. Mine was to get up earlier and to start a morning success routine. It’s been difficult and challenging at times especially with a 6-month-old, but I’m almost there. The good news is that Kyzlee is finally sleeping through the night! So, I’ll have my routine mastered in no time. Remember developing a new Habit takes time 21 days to be exact and it’s not easy. But it’ll be worth it. If you miss a day, just start over the next day and eventually you’ll get to your new Habit.

This time of year is always full of excitement. The 4th is my Birthday and Super Bowl Sunday and of course there’s Valentine’s Day – a Day of Love. Over the past few days, I was able to be a witness more Love in the marriage of Jeff and Ally. Congrats to the new Mr. and Mrs. Jeff Menoski.



(for more checkout the What’s New with me and my own.)

“Doing the best at this moment puts you in the best place for the next moment.” – Oprah Winfrey

Tip of the Month – Ending Nursing Home & Elder Abuse

A few months ago, I was contacted by William Eadie and Michael Hill of Eadie/Hill Trial Lawyers about Nursing Home Elder Abuse in our area. What Attorney Eadie and Hill brought to my attention is the fact that our area is under staffed and under serving the Elderly when it comes to providing the best quality of care. So, what does this mean? It means that Littlejohn Law is Teaming up with Eadie/Hill Trial Lawyers to End Nursing Home Elder Abuse.

So, what is Elder Abuse? Elder abuse refers to intentional actions that cause harm or create a serious risk of harm, regardless of whether harm is intended, to an elderly person by a caregiver. Abuse includes failure by a caregiver to satisfy an elder’s basic needs—neglect—such as ensuring adequate food intake (malnutrition) or fluid intake (dehydration).

Types of abuse and neglect include:

- ❖ **Physical abuse** means causing an older adult physical pain or injury.
- ❖ **Sexual abuse** means touching, fondling, intercourse, or any other sexual activity with an older adult, when the older adult is unable to understand, unwilling to consent, threatened, or physically forced.
- ❖ **Emotional / psychological abuse** means verbal assaults, threats of abuse, harassment, or intimidation, or causing an older person to feel fear or intimidation.
- ❖ **Confinement** means restraining or isolating an older adult, other than for medical reasons. There are very rarely good medical reasons for physical restraint or isolation.
- ❖ **Neglect** is a caregiver’s failure to provide an older adult with life’s necessities, including, but not limited to, food, clothing, shelter, or medical care. Neglect can be unintentional or willful. It can also include neglecting hygiene leading to injuries like urinary tract infections (UTIs) or bedsores (pressure ulcers).
- ❖ **Financial exploitation** means the misuse or withholding of an older adult’s resources by another.
- ❖ **Violation of rights** means violating an older person’s right to personal liberty, personal property, privacy, voting, or speech. Many states, including Ohio, have nursing home resident rights laws outlining these rights.

What are the Signs of Elder Abuse? - The signs and symptoms of elder abuse or neglect depends on the type of abuse or neglect, from unexplained bruising for physical abuse to sunken eyes for severe dehydration. With psychological abuse, you may see a person become more withdrawn, fearful, unwilling to talk in an abuser’s presence, or even overcompensating with cheerfulness to avoid revealing the abuse.

Be on the lookout for the following signs and symptoms of abuse:

- ❖ **Physical abuse or mistreatment:** Bruises, pressure marks, broken bones, abrasions, burns, and other physical injuries. Look for suspicious bruising (finger marks on arms or legs)

or hair loss caused by an injury to the scalp (“traumatic alopecia”), welts, bite marks, or burns. Some nursing home abusers will try to explain these away as simply part of ageing, such as bruising more easily, or more delicate skin.

- ❖ **Emotional abuse:** Unexplained withdrawal from normal activities, a sudden change in alertness, or unusual depression; strained or tense relationships; frequent arguments between the caregiver and older adult.
- ❖ **Financial abuse:** Sudden changes in financial situations.
- ❖ **Verbal or emotional abuse:** Belittling, threats, or other uses of power and control by individuals.
- ❖ **Neglect:** unexplained weight loss, decline, bedsores, repeated UTIs, poor hygiene, being left in wet or soiled garments or linens.

Every situation is different. Don't be embarrassed about investigating possible abuse—asking tough questions, insisting on seeing your family member in private to talk, insisting on being there to inspect skin—or if you missed abuse until it is too late.

Join us in our journey to end Nursing Home Elder Abuse and make sure that our loved ones have the best quality of care. If you see abuse or suspect abuse, feel free to call us at 740.314.4829 to schedule a Free Telephone Consultation.

RECIPE OF THE MONTH – SLOW-COOKER BROWN-SUGARED BABY CARROTS

INGREDIENTS:

- 1 bag (32 oz) ready-to-eat baby-cut carrots
- ½ teaspoon salt
- ½ cup packed brown sugar
- 2 tablespoons butter, cut into small pieces
- 1 tablespoon chopped fresh parsley



DIRECTIONS:

- Spray 3 1/2- to 4-quart slow cooker with cooking spray. In slow cooker, place carrots; sprinkle with salt, brown sugar and butter.
- Cover; cook on High heat setting 4 to 5 hours, stirring after 2 hours, or until carrots are desired tenderness.
- Spoon carrots into serving bowl; spoon any sauce from slow cooker over carrots. Season with additional salt and pepper, if desired. Stir before serving. Sprinkle with parsley, if desired.

We skipped the parsley. The entire time while we were making the carrots Kellee was concerned that I didn't add any water. Don't ADD WATER, the carrots have their own natural juices when combined with the brown sugar and butter. Enjoy!

WHAT'S NEW WITH ME AND MY OWN

Celebrating Jeff's Big Day! Jeff and Ally had planned for several months for this beautiful wedding at St. Patrick's Cathedral in Ally's hometown of El Paso, Texas.



Jeff and Ally holding hands after lighting the unity candle, with their parents present. The New Mr. & Mrs. Jeffrey D. Menoski taking their first stroll.



Jeff dancing with his mom and Ally dancing with her dad. Before having their first dance as a couple.





Their first dance. Jeff showed off his smooth dance moves with his new wife. By the end of the night Edward and Kellee were able to get a photo with the stars of the night.



CALENDAR OF EVENTS – UPCOMING LJ LAW VIP EVENTS

February 7th 2018 Conference Call– “Deal or No Deal” How to evaluate a Real Estate Transaction and How to buy a foreclosure – Perfect for the real estate investor looking for an Edge.

March 14th 2018 – Trust Frequently Asked Questions & What are your duties as a Trustee.

April 11th 2018 – Small Biz Starter Kit and More!

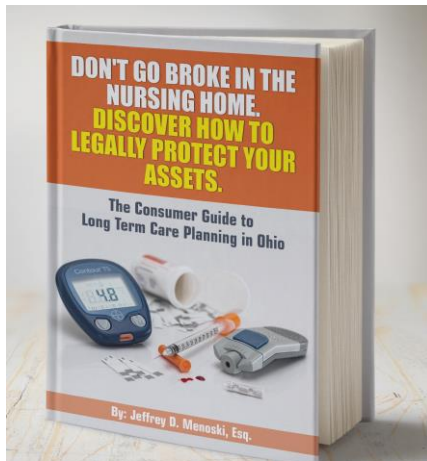
If you see a seminar that’s interesting for you or your family be sure to pre-register by calling 740.314.4829. We’ll send you more information as we get closer to the meeting, but only to those who have pre-registered.

CONTACT INFO & ADMINISTRATIVE ANNOUNCEMENTS

#1 Our promise to you is that while we are working on your case, we don’t take inbound phone calls, emails, or pop-ups **Edward and Jeff take no inbound unscheduled phone calls or appointments, unless it’s an emergency.** It makes them much more productive and helps get your case resolved faster. You can always call the office at 740.346.2899 and schedule an in-person or phone appointment, usually within 24-48 hours. This is a lot better than the endless game of “phone tag” played by most businesses today. Remember, too, that email is “quick,” but is checked no more than twice a day. Replies are then scheduled into the calendar. So, if it’s really important, don’t email – call the office instead.

#2 This newsletter is for informational purposes only and no legal advice is intended. Be sure to consult with this law firm if you have a specific question about your situation.

I sincerely hope that you enjoy reading this as much as I enjoyed writing it.



Check us out at www.elittlejohnlaw.com. If you know anyone who may be in need of legal advice feel free to give them our telephone number or visit our website to get their legal questions answered.

740.314.4829

Littlejohn Law, LLC

Yours Truly,

Edward L. Littlejohn, Jr.

Edward L. Littlejohn, Jr.

Inside this Issue ...

- *Topic of the Month – Can we End Nursing Home and Elder Abuse?*
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Happy Birthday to all the February Birthdays!

Enjoy your special day!

LITTLEJOHN LAW, LLC

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