



How to Select a Strong Assisted Living Facility

by Ben Glass



Loving, professional care is available if you know where to look—and what to look for.

We often hear horror stories in the news about the mistreatment and abuse of assisted living residents. This issue definitely hits home, not just for our own families, but for our society as a whole. Our seniors deserve the absolute best care possible, and if you're making the decision to transition your parents into a new living situation, you need to know what to avoid. Loving,

professional care is available if you know where to look—and what to look for.

So, what should you look for in a good assisted living facility?

- 1 Appearance of the facility:** The facility should look and smell clean. The residents who need help should be assisted promptly and all staff members should be located in places accessible to the residents.
- 2 Proper nutrition:** All residents must have their unique nutrition and hydration needs met. Assisted living facilities must serve their residents at least three well-balanced meals per day, as well as additional snacks. The food must be prepared and served in a sanitary fashion and at the proper temperature. Residents should be informed of the food being served. Accommodations should be made for residents who are on special diets, such as a no-salt diet. To monitor proper nutrition, the resident's weight should be recorded weekly.
- 3 Assistance with toileting and bathing:** Many residents in nursing homes require additional assistance with bathing and using the toilet. These residents should be bathed regularly and should always have access to a staff member who can provide bathroom assistance.
- 4 Accommodations:** Each resident is unique and has different needs that need to be accommodated. For example, if a resident has had a stroke and his left arm is paralyzed, then he will need to be accommodated so that everything is within reach of his right arm. Other residents with mobility

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Prolonged Recovery from your Car Accident? Getting the Insurance Company to Pay Gets Tricky...

after your accident because you didn't have health insurance, that may be held against you.

That said, if you've been in a car accident, and your recovery is more complicated than you had hoped, give us a call. We can either help you by representing you, or give you ammunition you can use when dealing with the insurance company.

At BenGlassLaw, one of our core values is "empowerment through education." Since our consultations are free, you are only hurting yourself if you don't make the call!

I hope to hear from you soon! ■



Donuts for Doctors Update

WOW! What a huge response! We got so many names from our readers in January and we're gearing up to go out again. If you have a doctor that you'd like us to thank, send their name and contact information to: Outreach@BenGlassLaw.com and we'll add them to the list!

BGL's Best Bites **IRISH BEEF STEW**

by Sandi Glass

Ingredients:

- 2 pounds lean beef stew meat, cut into 1-inch cubes
- 3 TBS vegetable oil, divided
- 2 TBS all-purpose flour
- 1 pinch salt and ground black pepper to taste
- 1 pinch cayenne pepper
- 2 large onions, chopped
- 1 clove garlic, crushed
- 2 TBS tomato paste
- 1 1/2 cups Irish stout beer (such as Guinness®)
- 2 cups chopped carrots
- 1 sprig fresh thyme
- 1 TBS chopped fresh parsley for garnish



This stew is great for St. Patrick's Day. The mixture of the beef and Guinness is awesome! I usually add more beer than the recipe calls for. Serve with mashed potatoes.

Preparation:

- 1 Toss the beef cubes with 1 tablespoon of vegetable oil. In a separate bowl, stir together the flour, salt, pepper, and cayenne pepper. Dredge the beef in this to coat.
- 2 Heat the remaining oil in a deep skillet or Dutch oven over medium-high heat. Add the beef, and brown on all sides. Add the onions, and garlic. Stir the tomato paste into a small amount of water to dilute; pour into the pan and stir to blend. Reduce the heat to medium; cover, and cook for 5 minutes.
- 3 Pour 1/2 cup of the beer into the pan, and as it begins to boil, scrape any bits of food from the bottom of the pan with a wooden spoon. This adds a lot of flavor to the broth. Pour in the rest of the beer, and add the carrots and thyme. Cover, reduce heat to low, and simmer for 2 to 3 hours, stirring occasionally. Taste and adjust seasoning before serving. Garnish with chopped parsley.

Smartest Guy at the Party: Know the Legal Vocabulary that Most People Don't



"Deposition"

A deposition is the oral testimony of a party or witness in a civil or criminal proceeding that is taken before trial and it takes place most often at an attorney's office. An attorney asks the questions and the deponent, the person being asked questions, responds to those questions. These questions and answers are recorded by a court reporter/and or videographer and become testimony. Deposition testimony is generally taken under oath so the court reporter and deponent sign affidavits that state the testimony is accurate. The testimony is then transcribed into a written transcript and used as a discovery tool by attorneys to prepare for trial. ■

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issues will need to be transported to and from meals, and the facility should have a working elevator if it is necessary to avoid stairs.

5 Staffing: Understaffing can be a huge problem in assisted living facilities. Without proper staffing, the residents' needs cannot all be met adequately and there is an increased chance for abuse. A facility with plenty of trained staff and nurses available is able to provide the best care.



The best thing you can do for a loved one in assisted living is to be an advocate for them.

6 It's all about the resident: An easy way to tell if a resident is receiving proper care is to simply look at them. Look for signs of good health, such as clean skin, a healthy weight, and a smile on their face. If they have complaints, or you

don't think that they are being taken good care of, then speak up for them.

The best thing you can do for a loved one in assisted living is to be an advocate for them. When all is said and done, it's the time, effort, and love that you give back that will last the longest and mean the most to your parent. Making sure they are receiving the proper care is worth the effort, and now you have the tools to make an informed decision when it comes to spotting strong quality of care.

If you have legal questions about assisted living, give us a call at 703-584-7277. We have a good friend who handles these exact cases and she can help navigate you through the situation. ■

Reminder About Our Firm's Communication Policy

Our promise to you is that while we are working on your case, we don't take inbound phone calls, faxes or emails. Ben Glass takes no inbound unscheduled phone calls whatsoever. It makes him much more productive and helps get your case resolved faster. You can always call the office at 703-544-7876, 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.

This publication is intended to educate the general public about personal injury, medical malpractice, and small business issues. It is not intended to be legal advice. Every case is different. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety.

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PROLONGED RECOVERY FROM YOUR CAR ACCIDENT? Getting the Insurance Company to Pay Gets Tricky... *by James Abrenio*

If you've been in a car accident, you likely experienced back and neck pain. Even insurance companies will agree, having your body thrashed around in a violent crash causes pain, stiffness, and often requires some medical treatment.

However, if you're experiencing prolonged recovery, insurance companies are quick to deny your treatment. Generally, they will first argue that your prolonged treatment wasn't necessary and that you are malingering (a fancy way to say that you're faking it).

Next, they may claim that you had some type of pre-existing issue that is really the cause of the pain. Remember that back twinge you had three years ago while helping your brother move? Well, if you got some physical therapy for it, the insurance will claim that's really why you got all of that

treatment after your accident.

If for some reason you had delayed receiving care after your accident, the insurance company will also argue that the treatment simply was unrelated to the accident. For example, if you didn't go to the ER

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