

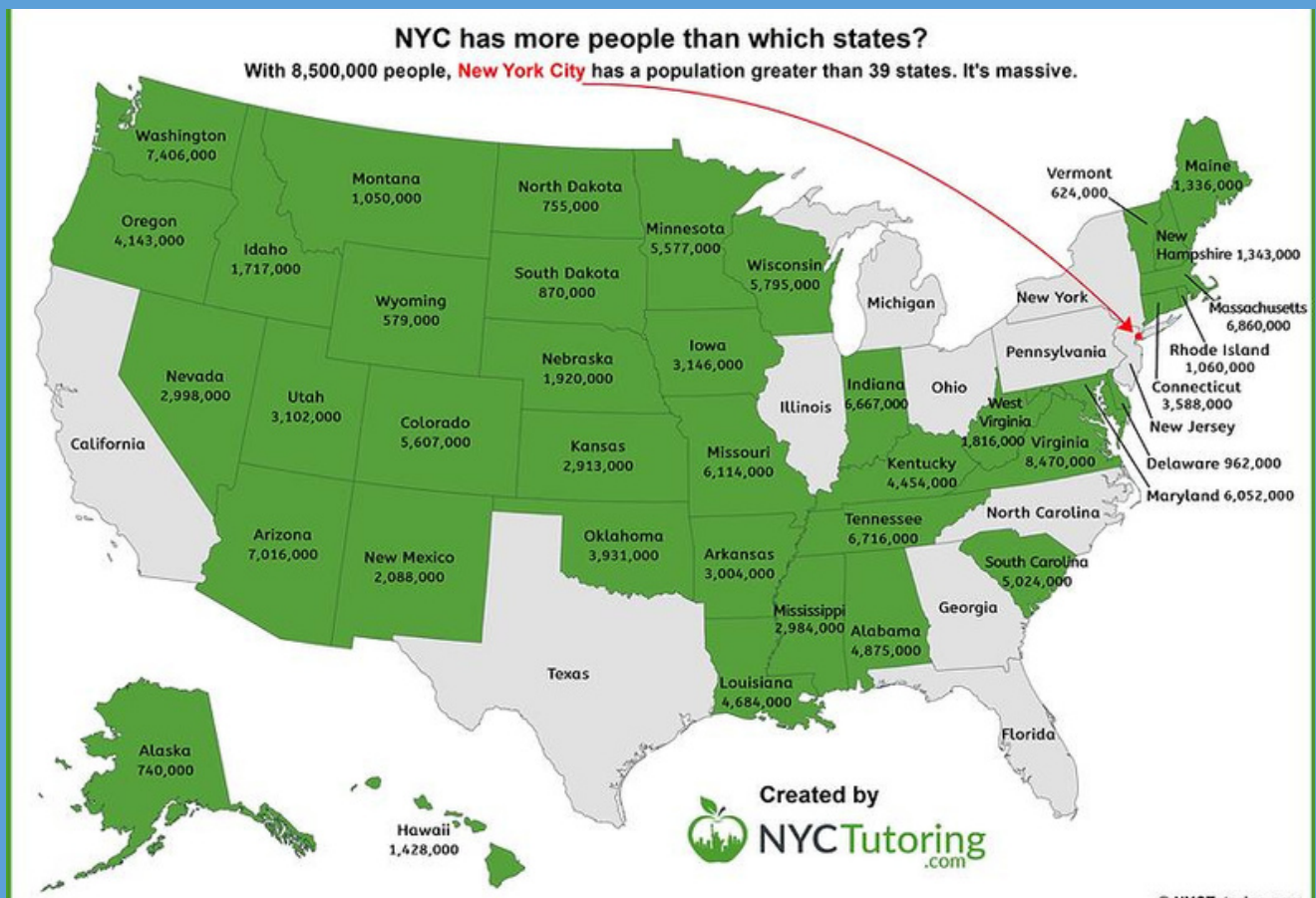
BOSTON LAW GROUP, LLC



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Too Cool Not To Share

New York, New York!

The city so nice, they named it twice. It's no wonder you can never snag a table at Grand Central Market. The number of people living in the Big Apple is greater than the population of 39 states. And every square mile of New York City squeezes in over 27,000 people.



Off The Press

To Sue Or Not To Sue?

by: Renee Boston, Esq.

People have many reasons for being averse to litigation. As an adult, that's your business. But as a parent to a child, you decide what is in your child's interest. Often parents base their decisions on the present and do not take into consideration the future.

We have worked with a lot of families with special needs children and the parents are one of either two types. Those that worry about today and those that worry about the future. And we understand that the worry is going to be there regardless.

But by focusing more so on today you sometimes cannot properly prepare for the future. What I mean by that is multi-faceted.

Today your baby is still a baby and small. He or she isn't moving about as much and doesn't use a lot of space. They are in a standard stroller, car seat and bed. They are probably on some formula that comes in the same size standard cans as over the counter formula. Their diapers and other equipment are still pretty much the standard size as non-disabled children.

What about when she's 10 or he's 15 or 20? That stroller or wheelchair won't fit in the trunk of a sedan car. They may need a hospital bed, which may not fit in the same room their crib was in. The food needed comes in cases that are shipped direct. As they get bigger, so does their equipment and so do their needs. A stander, a gait trainer, walker or wheelchair for larger children, teens and adults needs significant space.

Equipment Is Just The Tip Of The Iceberg

Equipment and physical needs are just a fraction of the future needs for your baby. What about the occupational therapies your child needs? Occupational therapy, or OT, is a type of therapy that helps with daily living. The key to OT, PT and other therapies is to start them as soon as possible. Some examples of OT include: learning to grasp and pick things up/putting things away, using clothespins, trunk/core strengthening exercises, throwing and catching balls, learning to use the restroom and many more. Every child with a brain injury may not be able to do these activities, or any at all, but it is important to start early and try.

Some state or local governments offer access to OT and PT programs. But many of these programs are basic and may not address the specific needs of your individual child. By your child having independent access to private resources, in addition to government resources, he or she has a better chance of having the best life for themselves under the circumstances. He or she may not have access to private resources, if parents do not take into consideration ALL of the child's need when deciding whether or not to pursue a lawsuit.

Off The Press

WEIGHT LOSS MAY MEAN A RISK OF DEATH FOR OLDER ADULTS, STUDY SHOWS

The Journal of American Medicine Association (JAMA), recently released a study on weight loss risk in older adults. "The study looked at nearly 17,000 adults at least 70 years old in Australia and more than 2,000 adults in the United States who were at least 65 years old. Everyone who participated in the study was weighed at their annual checkup between 2010 and 2014, according to the study.

"Our study found that even a 5% weight loss increases mortality risk, particularly in older men," Hussain said. Weight gain in healthy older people, on the other hand, showed no association, she added. The association was found across starting weights, meaning people who are medically classified as obese also were at an increased risk when losing weight, said Perri Halperin, the clinical nutrition director for the Mount Sinai Health System. Halperin was not involved in the study."

As a control, the study excluded people who had conditions like cardiovascular disease, dementia, physical disabilities or chronic illness. That way those factors would not play a role.

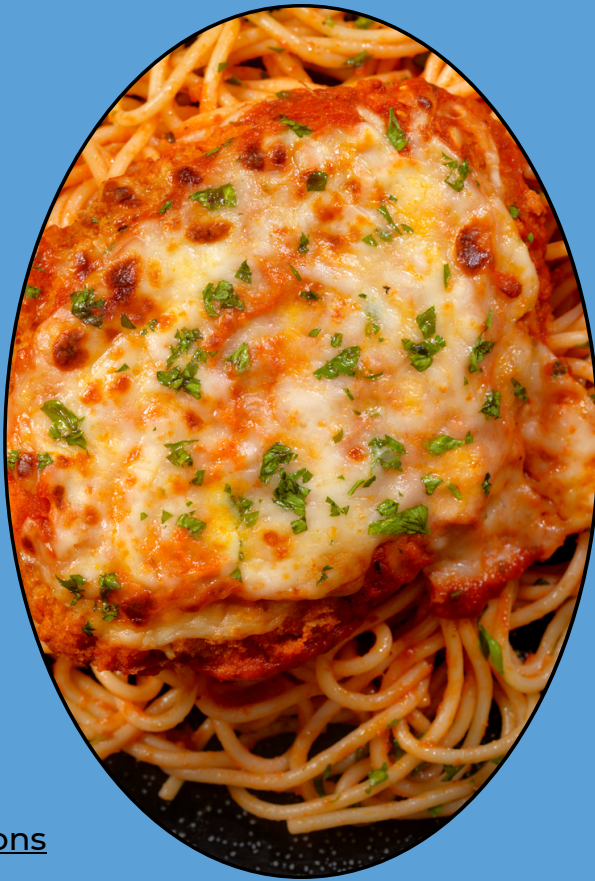
Weight loss may be a warning sign for conditions like cancer and dementia, and it is "often linked to reduced appetite influenced by inflammation and hormones," Hussain said. Underlying chronic health conditions can also trigger weight loss in older adults by impacting appetite, metabolism and eating habits, Halperin said. Mobility issues and medication side effects can also affect weight.

Changes in weight can also signal concerns in lifestyle, Halperin said. "A major contributing factor to weight loss in older adults is social isolation. Other concerns include financial constraints and pain and discomfort," she added. She suggested that if there is unexplained weight loss, the older adult should speak with their doctor immediately.

<https://www.cnn.com/2023/04/10/health/weight-loss-older-adults-wellness/index.html>



Air Fryer Chicken Parm



Ingredients

- 2 boneless skinless chicken breasts, halved horizontally (or 4 cutlets)
- 1 tsp. salt
- 1/2 tsp. ground black pepper
- 1/3 c. all-purpose flour
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 2 large eggs, lightly beaten
- 1/2 c. panko breadcrumbs
- 1/2 c. ground parmesan cheese
- 1 tbsp. Italian seasoning
- Nonstick cooking spray
- 1 c. marinara sauce
- 4 slices mozzarella cheese

Directions

1. Season the chicken pieces on both sides with salt and pepper. Set aside.
2. Stir together the flour and garlic & onion powders in one shallow bowl. Add the eggs to a second shallow bowl. In a third shallow bowl, stir together the panko, parmesan, and Italian seasoning.
3. Working with one piece of chicken at a time, dredge it in the flour, dip in the egg, then coat in the panko mixture, pressing as needed. Repeat until all of the chicken pieces are breaded. Spray the breaded chicken with nonstick cooking spray on all sides.
4. Place the chicken pieces in a single layer in the air fryer basket, with about 1/2-inch of space between them. Cook in the air fryer set at 375° for 6 minutes. Then flip and continue to cook for 6 minutes longer.
5. Open the air fryer basket, and spoon about 2 tablespoons of marinara onto each piece of chicken. Top each with one mozzarella slice. Return to the air fryer, and cook until cheese is golden brown and bubbly, about 3 minutes
6. Serve over cooked sauced and seasoned spaghetti.

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