



THE SHUTTLESWORTH SENTINEL

Personal Injury
Product Liability
Wrongful Death
Nursing Home Abuse/Neglect
Assisted Living Abuse/Neglect

PRACTICING THANKFULNESS EVERY DAY OF THE YEAR



My family has high standards when it comes to Thanksgiving dinner. I absolutely love cooking, and, at the risk of sounding boastful, I would say I'm pretty good at it. My children grew up eating a lot of delicious meals, and, with Thanksgiving being one of the most celebrated meals of the year, they've come to expect a certain level of quality in all their favorite dishes. I can't ever deviate from the standard menu, which includes turkey with roasted apples and sweet potatoes, oysters, multiple dishes involving cranberries, and many others. I'm sure most of you can relate to the gargantuan task that is creating the perfect Thanksgiving meal.

That being said, no matter how highly my Thanksgiving dinners are appreciated by my wife and children, that's not the reason for the celebration. It's just a tasty byproduct. The real reason for Thanksgiving is, of course, remembering all we have to be thankful for. It may be intuitive (it's a part of the holiday's name, after all), but I think being thankful for all we have shouldn't be restricted to just one day a year. It should be a habitual practice that permeates our daily lives.

**"LIKE A LOT OF POSITIVE HABITS,
ACTUALLY PRACTICING GRATITUDE
CAN BE DIFFICULT — BUT IT'S WORTH
THE WORK."**

Practicing gratitude on a daily basis can make the good days better and the bad days more bearable. Multiple scientific studies have indicated a connection between gratitude and optimism, exercising more regularly, and confidence in relationships, among other things. It's pretty incredible how many situations can change with just a change in perspective. We can choose how we react to our daily, weekly, or yearly situations. If we

walk around thinking everything is going to hell in a handbasket, our day is naturally not going to be as good as it would be if we instead focused on positive aspects of life each day.

It's certainly nice to think about — this idea that we can change our lives just by changing our perspective. But in practice, it's not always easy. I've tried practicing gratitude regularly by keeping a running list of things to be thankful for. Sometimes, this is referred to as a gratitude journal. During times in my life where I've been worried or stressed, keeping a list of the positives has helped me push on through. However, when things start to take a turn for the better, I usually lose the habit of keeping that list. I wait until things get stressful again to pick it back up.

Like a lot of positive habits, actually practicing gratitude can be difficult — but it's worth the work. As Thanksgiving approaches, I find myself thankful for our health. Good health is not something everybody has all the time, and neither I nor my family want to take it for granted. I'm also thankful for my wife and kids who support me and let me enjoy all the things I like to do outdoors like sailing, backpacking, and everything in between. I'm thankful they enjoy my cooking on Thanksgiving and on many other days as well. Finally, I'm thankful for a job that lets me help people, some of whom cannot find help anywhere else.

Thank you to everybody who has helped make this year wonderful.

-Perry Shuttlesworth

CELEBRATING GIVING TUESDAY

SUPPORTING THE PEOPLE YOU BELIEVE IN

RISKIER ROADS FOR EVERYONE

WHAT NEW REGULATIONS MEAN FOR TRUCKERS AND MOTORISTS



November is usually all about Thanksgiving, but it isn't the only holiday that encourages generosity. Giving Tuesday is a phenomenal celebration in which millions of people from across the globe are inspired to spend 24 hours giving back to the communities they love.

ORIGIN AND GOAL

Giving Tuesday is celebrated every year on the Tuesday following Thanksgiving, and this year, the holiday lands on Dec. 3! It was established in 2012 by the United Nations Foundation and New York's 92nd Street Y as a response to consumer-driven holidays like Black Friday and Cyber Monday.

The purpose of the holiday was to spread the spirit of giving, not only for the people in our nation but also for individuals across the world. The goal is "to create a massive wave of generosity that lasts well beyond that day and touches every person on the planet."

TECHNOLOGY AT ITS BEST

Through the use of social media and technology, the organization hopes to encourage and spread generosity on a global scale using the hashtag #GivingTuesday. The website states that "... technology and social media could be used to make generosity go viral; that people fundamentally want to give and talk about giving." Through massive social media platforms like Facebook and Twitter, the individuals and companies participating in Giving Tuesday can spread their missions and messages all over the world and encourage others to do the same.

HOW YOU CAN CELEBRATE

Now is the perfect opportunity to support your community and the causes you believe in. The best part of this holiday is that "giving" doesn't just refer to donating money. People can give back by volunteering their time to help a nonprofit business, donating goods and food, or just buying a stranger some lunch. Even the smallest actions can have the biggest impact.

If you're interested in participating in Giving Tuesday, get together with your friends, family, sports team members, or neighbors to brainstorm on how you can give back. To learn more about how you can participate, visit GivingTuesday.org.

Highways across America might now be more dangerous than ever, thanks to some changes to federal regulations for the trucking industry. The Federal Motor Carrier Safety Administration (FMCSA) announced five key changes that would relax regulations meant to keep truck drivers and other motorists safe. While it may have been a move to give truck drivers more control over their work, the results of the changes could be deadly.

The new regulations are pretty detailed, but some of the basics of the five changes the FMCSA made to federal trucking regulations have made it possible for drivers to spend more time behind the wheel without resting, forego their 30-minute off-duty break, and drive for longer in adverse weather conditions.

Many trucking companies and truck drivers lauded the changes. They saw it as a means for drivers to have more control over their workspaces and schedules. While this may have some truth to it, safety advocates have pointed out some potential drawbacks that could come as a result of the relaxed federal regulations.



Putting more power back in the hands of the truck drivers is a two-sided coin. While they might have more say in their work hours, there's now also more potential for truckers to try and drive through fatigue. We saw more truck accident related deaths in 2017 than in any of the 29 previous years, and some of those accidents were a result of fatigued truckers. Without some of the safeguards that were in place, it's hard to believe that the number of accidents won't go up.

The changes also open up trucking companies to more opportunities to exploit their drivers, making them drive longer than is safe. One point that the FMCSA emphasized about the new regulations was that they would save the U.S. economy \$274 million. If cutting costs and making money are emphasized over potential safety risks, the truckers, and anybody driving nearby, could pay the price.

We all share the road, and we all need to do our part to keep it safe. If you ever find yourself involved in a trucking accident, give Shuttlesworth Law Firm a call. We make sure you get the justice you deserve.

IS YOUR ELDERLY LOVED ONE BEING FINANCIALLY ABUSED? SOME SIGNS TO LOOK OUT FOR

Despite the lack of coverage on this subject in the media, financial abuse of the elderly is becoming increasingly common. And, while it is possible for strangers to scam seniors out of their money, sadly, people who a senior loves and/or trusts are more likely suspects in an elderly financial abuse case. They could be family members, or, if your elderly loved one is in a nursing home, a staff member. To make sure that your loved one isn't the victim of financial abuse, look for some of these telltale signs.

UNEXPECTED BEHAVIOR IN THEIR BANK ACCOUNT

Many forms of financial abuse will have a sudden effect on your loved one's bank account. Look out for any transfers or withdrawals of funds that deviate from their normal banking activities. Caregivers will sometimes write checks to themselves out of seniors' bank accounts, and that activity should show up if you're paying close attention to your loved one's assets.

SUDDEN CHANGES TO WILLS OR OTHER FINANCIAL DOCUMENTS

It's not uncommon for caretakers to develop feelings of entitlement toward the belongings of the seniors in their charge. This may cause some to forge signatures or coerce individuals into signing assets over to them. Look out for any changes in your loved one's will, titles of possession, or other financial documents, and report any signs of attempted theft.

BELOW STANDARD LIVING CONDITIONS AND MISSING ITEMS

If your loved one's living conditions don't seem to match their financial situation, that's a sign that some of the money designated for their care is going elsewhere. Additionally, if you notice any valuable items that belong to your loved one are missing, it could be because someone trusted to care for them is stealing their possessions.



With all this in mind, don't let these potential risks stop you from getting your loved one to the facility best suited to help them. If you stay vigilant, report suspicious activity to the police, and contact Shuttlesworth Law Firm for information or help filing a suit, your loved one will get the justice they deserve.



TAKE A BREAK

	7	5	8	1	2			
				5		8	1	
	2	8	9	6	4			
	5	1		7	9	3		6
	6		1	4				5
		4		3	5	2		
			5			4		
	8		7	2				3
	3	2	4			1		

SOLUTION
 3 2 5 8 1 2 8 1
 2 8 9 6 4 8 1
 5 1 7 9 3 6
 6 1 4 5
 4 3 5 2
 5 4
 8 7 2 3
 3 2 4 1

STRANGE FACTOID

THE WORLD'S MOST FAMOUS THANKSGIVING SONG

"Jingle Bells" is one of the most popular Christmas songs of all time. But did you know that it was originally written for Thanksgiving? While historians don't agree on exactly when or where the song was written, song writer James Pierpont is credited as the composer, and he wrote it for his father's Sunday School

class to sing for Thanksgiving. It proved so popular that they sang it again at Christmas, and the rest is history.

Whether or not that means it's okay to listen to Jingle Bells (or any Christmas song for that matter) before Thanksgiving is up to you.



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YOUR VOTE MATTERS, AND SOMEDAY, YOUR KID'S WILL, TOO!

TEACH A LESSON ABOUT VOTING THIS ELECTION DAY!

The 2020 presidential election is heating up, but Election Day 2019 still requires citizens' voices to decide the fate of their cities, counties, states, and judgeships. As the U.S. enjoys a relatively quiet election day on Tuesday, Nov. 5, use the opportunity to teach your children about their civic duty and the power of voting.

FOR THE YOUNG KIDDOS

There's no reason why children can't be involved in local elections. Let your kids tag along to the voting area, and ask for help from city workers and local representatives to answer your kids' questions. You can even set up your own family election by holding a vote over what to have for

dinner or where the next family vacation should be located. If you're looking for bedtime books to feed their curiosity, try out fun reads like "O, Say Can You See? America's Symbols, Landmarks, and Inspiring Words" by Sheila Keenan. Various websites, like KidsVotingUSA.org, also have ample resources for educators and families.

FOR NEW VOTERS

Turning 18 comes with the newfound responsibility of voting for our country's leaders, and, for new voters, the system, ballots, and restrictions can be confusing. Start by walking your teen through the registration process, which can be done in person at your municipality's office or online at USA.gov or Vote.org. Next, talk with your teen about what's at stake in the upcoming election. Be careful not to seed your

language with opinions so your teen can develop their own view. Direct them to resources like Ballotpedia.org, where they can find information, practice voting, and see local sample ballots. And, of course, when Election Day rolls around, celebrate their first vote!

DON'T FORGET ABOUT YOU!

Voting is a right and privilege that comes with U.S. citizenship. Don't miss your opportunity to have your voice heard. Learn more about your local election by visiting Ballotpedia.org or contacting your municipality and be sure to register to vote if you haven't already. Remember, your kids learn by watching what you do, not just by listening to what you say. Inspire them to get involved and, when the time comes, exercise their right to vote!