



# THE SHUTTLESWORTH SENTINEL

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

11.2021

## KEEP THE THANKSGIVING SPIRIT AROUND ALL YEAR *By Making a Gratitude List*

Football season and cool weather usually signal that November has arrived and fall is well underway. Possibly November's most popular day, and my family's favorite holiday, is Thanksgiving. This day often recalls good memories of food and celebration, but for me, family and gratitude stand above all else.

When my girls were growing up, we didn't have a typical Thanksgiving dinner. We wanted the holiday to be a day when we could set aside some time as a family instead of rushing around town trying to make multiple Thanksgiving dinners. My wife and I would usually pick a place we wanted to go and would head out of town for the holiday weekend. Though we didn't always have a big turkey dinner, we never forgot the spirit of the season. I was always the nerdy dad who made his kids come up with things they were grateful for.

Now that my daughters are grown, they're more appreciative of our traditions. The meaning behind Thanksgiving has only gained importance over time. My daughters started their adventures into adulthood recently since neither live at home with us; they have both left Alabama. It's been difficult to have them away, but it's been good for them — and it makes this holiday even more special. It's easy to take them for granted when they're always around. While I still FaceTime them every week, their return home for the holidays is always eagerly anticipated. I'm incredibly grateful I still get to spend time with them even if it's only for a long weekend.

Gratitude is still the root of this holiday, and I feel it's important to show your gratitude not just on Thanksgiving, but all year long. Years ago, a friend told me that one of the most important things he does is write out a list of what he is grateful for each morning. In our day-to-day



hectic lives, it can be difficult to find time to appreciate the small things or the things we so easily take for granted.

It's much harder to take things for granted when you make a list because it's right in front of your face. There's plenty for us to be thankful for, including a roof over our heads, our family's health, not going hungry, the opportunity to do even more good in the world, and so much more. The current climate where everyone is attacking each other and breaking down the unity in our society weighs heavily on me. If we would all just appreciate the simple things and be more proactive, we could accomplish so much more together.

Whenever I wake up in a negative headspace from stress or anger, I take some time to write several things down I'm grateful for. It tends to make the difficult things less important to me. There are times when I will go weeks without writing out a gratitude list, but seeing Thanksgiving on the calendar is a welcome reminder to make one. During the days leading up to Thanksgiving, I set time aside so I can truly thank God for my children, my health, my job, and another day on this planet.

Thanksgiving is a time for us to spend with our families and appreciate the things we take for granted all year long. The relief we feel from acknowledging our gratitude can be spread throughout the year if we decide to make a gratitude list and keep up with it. We only get one shot at life; we may as well appreciate it.

*"If we would all just appreciate the simple things and be more proactive, we could accomplish so much more together."*

*Perry Shuttlesworth*



# Share the Road!

## Driving Safely Around Motorcycles

### FOOTBALL AND THANKSGIVING: A MATCH MADE IN MARKETING HEAVEN

Last year, 30.3 million people tuned in to watch the NFL's Thanksgiving showdown between the Washington Football Team and the Dallas Cowboys. For those Americans (and probably for you if you're reading this article), football is as essential to Thanksgiving as turkey and stuffing — but why?

As it turns out, there are two answers to that question. The first is that games have been played on the holiday for almost as long as it has officially existed. Thanksgiving became a holiday in 1863, and just six years later, the third American football game in history was played on it.

According to SB Nation, the Young America Cricket Club and the Germantown Cricket Club faced off in that inaugural Thanksgiving game in Philadelphia, and football has been played on Thanksgiving pretty much ever since! When the NFL was founded in 1920, the Thanksgiving game was official from the get-go.

The second reason we watch football on Thanksgiving is more about money than tradition. In 1934, a Detroit Lions coach, George A. Richards, decided that in order to attract more fans, his team would make a point to always play on Thanksgiving when most people were off work. To sweeten the pot, he committed his radio station (an affiliate of the NBC Blue Network) to broadcasting the Thanksgiving game live on 94 different stations across America.

This idea was a hit from day one! According to Sporting News, the long-unloved Lions "not only sold out the stadium, they also had to turn people away at the gates." In 1966, the Dallas Cowboys signed on to play every Thanksgiving, too, for similar publicity reasons.

Since those early days, football-themed traditions have flourished in American families. Apart from watching games on TV, one of the most popular is organizing a pre-turkey game of family touch football a la the sitcom "Friends." (Its famed episode "The One With the Football" aired Nov. 21, 1996.)

If you've never organized a game, this could be your year! To get started, Google "Scott's Family-Friendly Touch Football" and click the first link.

American roads have never been more dangerous for motorcycle drivers. Since 1998, the annual number of motorcycle accidents has steadily increased. 2020 proved to be the most dangerous year yet with 5,548 motorcycle fatalities. That's over 3,000 more than what was recorded in 1998.

You would think that the great advancements in technology over the past 20 years would make the roads safer, but smartphones and other devices have only made things more dangerous. It is everyone's responsibility to keep the roads safe. As drivers of cars, vans, trucks, and SUVs, we can take extra precautions to ensure the road stays safe for motorcyclists.

Here are a few safety tips to drive more safely around motorcycles.

#### CHECK YOUR BLIND SPOTS

You should always check your blind spots regardless of who or what is around you, but it becomes even more important if there is a motorcycle in the vicinity. Motorcycles are much smaller than cars and can sometimes stay hidden in rearview mirrors. In order to avoid colliding with a motorcycle, you should double-check your blind spot before merging or turning. It could save someone's life.

#### BE MORE CAUTIOUS AT NIGHT OR IN BAD WEATHER

Most motorcyclists don't plan to be out in the rain or snow, but sometimes it happens unexpectedly. These conditions can prove to be extremely dangerous for them and they should be given extra space. Wind can also make it more difficult to control a motorcycle. In any adverse weather, give motorcycles more room to maneuver.



In addition, if you see a motorcycle while driving at night, ensure that your high beams are turned off. These bright lights could cause the rider to lose their vision and crash. You should also try and maintain distance if following a motorcycle at night.

#### BE SAFE WHILE TURNING

If you have a motorcycle following you, it's important to use your turn signals early. Even if they react quickly to a late turn signal, there's no guarantee the car behind them won't create a nasty accident. If you're making a left turn, double-check for motorcycles. If they T-bone your car, it could prove fatal for them.

It's everyone's responsibility to make the roads safe for all vehicles. Simple steps can go a long way when it comes to safety.

# Is Your Elderly Loved One a Victim of Financial Abuse?

## SIGNS TO WATCH FOR

When visiting your loved one in a nursing home, you should look for signs of abuse or neglect. These facilities are often expensive, and we want to ensure our loved ones are being treated with care and respect. One type of abuse not always noticeable on a surface level but could prove detrimental to their future security is elder financial abuse. This kind of abuse takes place when someone steals money or other things of value from an older person.

Thankfully, you can watch out for a few signs if you believe your loved one is being financially abused.

### A NEW 'BEST' FRIEND

When a loved one enters a nursing home, they don't usually know many people, if anyone, who lives at the facility. If they don't have people visiting them often, someone might take notice and try and take advantage of them. Any new friends your loved one may discuss should be under suspicion at first. These people may have gotten close so they could steal money or valuables from your loved one.



This person may slowly try and take control of your loved one's finances by stating they are helping in some way. In some cases, they may even force or convince the elder to change their will so they become a beneficiary. Show caution if your loved one is sharing financial information with anyone who was not originally given access to their finances.

### STRANGE TRANSACTIONS OR TRANSFERS

Not all financial abuse happens in person. The elderly are often targets for phone and internet scams that collect personal information or steal money outright. If you can monitor your loved one's financial accounts, watch for unexpected transactions or transfers. It could be a sign that someone is taking advantage of them.

Elder financial abuse is hard to spot because it can be committed by anyone: family, friends, financial planners, caregivers, and even strangers. There won't always be physical signs. If your loved one has Alzheimer's or dementia, they may not even realize anything strange is happening. If you believe your loved one has been financially abused, do not

wait to take action. Report it to the Adult Protective Services, their financial institution, and law enforcement.

## STRANGE FACTOID

### Dolphins and Their Unique Teeth

The bottlenose dolphin is an extremely intelligent mammal. Dolphins are well known for their agility, playful behavior, and unique voices, but did you know that dolphins can have anywhere from 72–104 teeth?

As bottlenose dolphins grow, they never lose their teeth. One strong set lasts them their entire lifetime! What is even more fascinating about the teeth of a bottlenose dolphin is that their main function is not to chew fish. The bottlenose dolphin actually uses its teeth to trap its prey! The fish are then swallowed whole.



While dolphins have become popular for their friendly disposition, they have been known to bite humans. Wild dolphins will bite when they're angry, frustrated, or afraid. Dolphins at themed attractions have also been reported to bite guests. It's something to think about next time you want to go swimming with dolphins.

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

TAKE A BREAK

SOLUTION

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



## INSIDE THIS ISSUE

- 1 Keep the Thanksgiving Spirit Around All Year
- 2 Football and Thanksgiving: A Match Made in Marketing Heaven
- 2 Driving Safely Around Motorcycles
- 3 Is Your Elderly Loved One Being Financially Abused?
- 3 November's Strange Factoid
- 4 Lowering Holiday Stress



# Have a Low-Stress Holiday

## 3 TIPS FOR A MERRIER TIME

The holidays are right around the corner, and while many people can't wait to eat turkey and swap presents, others only see stress on the horizon. Especially for those hosting parties, between decorations, big dinners, excited kids, and visiting family, it can all feel overwhelming. If celebrations are happening at your house this year, here are three tips to lessen the strain and keep up the holiday cheer.

### RECHARGE FIRST

Ensure you're rested and recharged before the holidays by taking time to relax, getting enough sleep, and engaging in activities that make you feel good. When you're rushing to get everything done, it can be tempting to skip self-care routines, but that will cost you in the long run. Your daily exercise and other health activities keep you balanced and ready to face challenges head-on.

### GET STARTED EARLY

Holidays always arrive faster than we expect, so begin preparing early. If shopping for presents is a pain point, don't wait until the last minute. Decorate



earlier than you need to — or better yet, get the kids to do it for you. There's only so much cooking you can do ahead of time, but ensuring you have all of the equipment and nonperishable ingredients you need a few weeks in advance will reduce both your workload and anxiety.

### DON'T EXPECT PERFECTION

The sooner you let go of the idea of a "perfect" holiday, the sooner you'll be able to have a happy one. Face it: Something will go wrong. Whether it's an overcooked dish, a child throwing a temper tantrum, or your uncle talking politics at the dinner table, nothing will ever go just how you planned. So, embrace the imperfections.

Whether you're celebrating this year with a group of two or 20, holidays can be a stressful time — but they don't have to be. With these tips, your festivities may not be picture-perfect, but they will be a lot of fun.