



Seufert Law Offices, PA

We'll Get You Through It

From the Captain's Log Cheeseburger in Paradise



February in the NH cold is not my favorite places to be so an opportunity to spend a week in Florida (for business and pleasure) presented itself, so I was "all in". It still amazes me that you can hop on a plane in 10° weather and 3 hours later walk off into 80°. Minutes later I was in my rental car and 80 mph across Alligator Alley, destination Cape Coral. An accident ahead diverted me onto some back roads thru the Everglades, but the slower speed highlighted the slower pace of life and the remoteness of this back country, adding 30 minutes to the trip but bringing down the stress level 90%.

Having a few days before my business meetings allowed me to spend some time with my Mom in Cape Coral, and at 82 and widowed, anytime she gets visitors lights up her life. With only me visiting on this trip, the "son, can you fix this list" was long, but we had plenty of time for fun. She, herself, was a very active sailor with my step-dad, taking his 32' cutter to the Bahama islands, Bermuda, Mexico, and beyond, but his later years and then passing had put an end to her sailing days, so I booked us a trip to the "Cabbage Key Restaurant", a slow 2 hour ferry ride from Cape Coral up thru the mangroves of Florida to the remote island of Cabbage Key where by the staff's count, there are about 70,000 \$1 bills taped from the rafters and each year those that fall are gathered and donated to local charities, leaving space for more \$1 bills. Jimmy Buffett reportedly wrote the lyrics of "Cheeseburger in Paradise" from here and if you visit you will see why. The food, weather, and relaxed pace of this part of old Florida really is priceless, you can keep Disney World lines, I'd rather be sitting on Cabbage Key.

On the ferry ride back to Cape Coral our Ferry Captain, Autumn, explained that this ferry boat we were on was originally built for a Disney World excursion operator, but Disney found its slow speed not conducive to their fast paced "get 'em in and get 'em out" mentality of making money – but, as Autumn said, "that's how Disney rolls." She remarked that Disney's loss made a perfect boat for her Florida back water tours, and I must agree. Mom and I got to chat about many things during that slow ferry ride, and seeing her eyes regain the twinkle of those past sailing adventures was, well, priceless. ●



March 2018 News



Technology to Help the Elderly

Many times, high-tech gadgetry is thought to be the domain of the young, but there is an abundance of devices and gadgets to aid the lives of seniors—and give peace of mind to their loved ones.

Connected smart-home devices enable loved ones to monitor an aging parent from far away. Sensors can alert a family member or doctor if something is amiss in an elderly person's daily routine – the person hasn't gotten out of bed, has been in the bathroom for over an hour, medication has been skipped, and so forth. There are even shoes with an implanted GPS chip; if a person in the early stages of dementia wanders beyond a certain perimeter, a caregiver will be alerted.

Smartphone apps afford loved ones the opportunity to control an aging parent's security systems, thermostats, and kitchen electronics from remote locations. There are also biometric gadgets that can monitor a person's blood pressure, blood sugar, heart rate, and cholesterol levels, reducing stressful visits to the doctor's office or hospital.

The field of robotics is advancing quickly, giving seniors more control over their environment and providing assistance for tasks that extend beyond their normal capabilities.

New technology can keep seniors safer, enable them to stay independent longer, and reduce anxiety among other family members. It's not just a young person's world. ●



Surgical Errors



All surgeries carry inherent risks to patients who undergo them, but doctor/nurse negligence further complicates their situations. Negligence can occur in “major” or “minor” surgeries, as well as tests/screenings, worsening patients' health and sometimes resulting in death. Following is a list of some surgical errors that are more common than they should be:

- **Surgery on the wrong patient.** Miscommunication between health-care professionals, lack of preoperative verification, and inadequate hospital protocol can lead to the loss of healthy organs and other consequences, not to mention that the original intended surgery still hasn't been performed.
- **Wrong-side surgery.** Whether a patient has the wrong leg amputated or a healthy kidney removed and the diseased one left untouched, it's a mistake that should never happen.
- **Foreign objects left in the body.** Sometimes when a patient is “closed up” after surgery, they wind up having more parts inside them than prior to surgery. Sponges, clamps, gauze, pads, and scalpels have on occasion been left behind, inside patients. Extreme pain, serious infection, and death are the obvious potential outcomes. A patient who survives initially will need another surgery to remove the left-behind item.
- **Anesthesia errors.** Too much anesthesia may lead to lack of oxygen, brain damage, and death. Too little might result in a patient waking up in the middle of surgery in excruciating pain.
- **Collateral damage.** While surgery to correct one problem may be successful, other problems are sometimes created. A punctured organ or damaged nerves may lead to lifetime disabilities, chronic pain, and serious infection.

If you've been a victim of a surgical error, contact an experienced medical malpractice attorney to fight for your rights for just compensation. ●



Military Divorce

Military divorces differ from civilian divorces in various ways. Military divorces are governed by both state and federal laws. State law guides the grounds for divorce, child custody, child-support and alimony payments, and property distribution. Federal law applies to such

things as where divorcing couples wind up in court and division of military pensions.

In most cases, active-duty personnel cannot be sued for divorce, and divorce proceedings cannot begin, for the duration of their active duty plus 60 days after active duty. This enables active service members to fully focus on their job of defending our country.

Many states allow for a divorce to be filed in the state where the military member is stationed, even if neither spouse is a resident of that state. The state where the filing spouse resides and the state in which the military member claims legal residency are other possible locations. All divorce laws of that state apply to the military divorce.

Under the Uniformed Services Former Spouses Protection Act, military pensions are subject to division as part of a divorce settlement. The Act does not provide a formula for division; rather, it gives discretion to state law in determining the amount awarded.

Payment of a former spouse's share of military retirement is the responsibility of the Defense Finance and Accounting Services (DFAS) if there was at least 10 years of marriage overlapping 10 years of military service. There are also provisions for divorcing spouses who do not meet the 10-year rule.

The differences between military divorce and civilian divorce are significant. A divorce attorney with experience in this area is essential to safeguarding one's rights. ●

Sugar is a Cereal Offense

A study conducted by the Environmental Working Group investigated 84 popular children's cereals and found that a whopping 56 of them contain more than the recommended maximum amount of sugar.

Product marketing has done an outstanding job of captivating children and convincing parents at the same time that sugary cereals are fun, harmless, and a good way to start the day (after all, they're "chock-full of vitamins and minerals"; sugar content is conveniently ignored).

Sugar does provide our bodies with energy, but moderation is key (as always). Too much sugar in a child's diet can lead to childhood obesity, which can eventually result in diabetes, cardiovascular problems, and a host of other conditions.

Studies have also shown that sugar has an addictive quality, stimulating the same brain response as opiates. No wonder so many kids seem to be bouncing off the walls and have difficulty focusing.

Following are the top 10 sugar-loaded cereals (ranked by percent weight in sugar):

1. Kellogg's Honey Smacks (55.6%)
2. Post Golden Crisp (51.9%)
3. Kellogg's Froot Loops Marshmallow (48.3%)
4. Quaker Oats Cap'n Crunch OOPS! All Berries (46.9%)
5. Quaker Oats Cap'n Crunch Original (44.4%)
6. Quaker Oh!s (44.4%)
7. Kellogg's Smorz (43.3%)
8. Kellogg's Apple Jacks (42.9%)
9. Quaker Oats Cap'n Crunch's Crunch Berries (42.3%)
10. Kellogg's Froot Loops Original (41.4%)

Children's (and adults') cereals should be taken seriously. Help your child develop good dietary habits early in life; their future health may depend on it. ●



March 11
Daylight Savings Time Begins

March 17
St. Patrick's Day

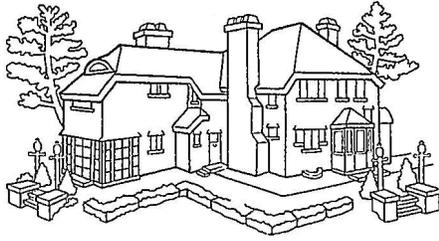
March 20
First Day of Spring

March 25
Palm Sunday

March 30
Passover Begins / Good Friday



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Protect Your Family, Protect Your Rights



Cheeseburger
in Paradise

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Cathy's
Corner

Dream Big

When I was a little girl, I wanted to be the first female major league baseball player. I wanted to play short stop for the Cincinnati Reds. My favorite baseball player was Pete Rose, but I preferred short to third. Back in the early '70's, girls were not allowed to play baseball, or most sports for that matter. That didn't stop me from dreaming.

My dad, who served in World War II, was from a generation that was not generally known for standing up for equality for women. But Dad was different. He never said or did anything that made me believe that he didn't think I could play major league baseball because I was just a girl. The Sports Illustrated magazines I was reading were his. He made sure he saved them for me to read. Dad and I would go out back and he would practice hitting and fielding with me. The fact that I was a girl was almost the least of my problems making it to the major leagues. I was by far the smallest one in my class all the way through school. Talent was the biggest issue, though. But, Dad supported my foolish dream until I decided on my own to stop dreaming.

It took me until I was a grown up myself to appreciate how amazing this was of my dad. The fact he didn't tell me I couldn't gave me the belief that I could do anything I set my mind to. My children are grown now. But when they were young I tried to support their often unrealistic dreams about what they wanted to do when they grew up. Thanks to my dad I knew how important that was. ●

