



A Thank-You to the Doctors Who Treat Our Clients: You Play a Bigger Role Than You Might Know

In the last edition of our newsletter, Jeremy wrote about the crucial role chiropractors play in our personal injury cases. This month, I want to acknowledge the people who serve vital roles in our Social Security disability and veterans' disability cases: doctors.

During our first conversations with prospective clients, Jeremy and I tell them a fundamental aspect of a successful claim is making sure they're meeting with a great doctor who keeps records of their medical treatment. No matter how poor a client's health is, if there is no medical evidence indicating their condition, we won't have a good case. For example, even if the patient has difficulty walking, without medical records, they won't have a sound claim, and we won't be able to win their case.

Doctors' offices are integral to this documentation process. When we start pursuing a client's case, we ensure they're getting proper treatment, and once the case reaches the hearing level, we reach out to their doctor and request medical records and the doctor's notes that accurately reflect the client's health.

Our ability to work closely with doctors to get these records is a huge part of what we do. In our collective experience, we've noticed some doctors are more willing to work with us, while others take slightly longer to send over records. We understand this delay; doctors literally have the most stressful and demanding job in the world. But many of these Social Security disability claims are time sensitive, so if we don't have access to current medical records at the time of the hearing, the claim can easily get denied. That's why it's extremely helpful when doctors can work with us, and we are so grateful to those who have done so.



“While these questionnaires will add an additional five minutes to appointments, having a doctor’s opinion can make or break a client’s chances of having their claim approved and winning their case. Filling out these evaluations can quite literally change a person’s life.”

In addition to providing past medical records, another helpful aspect of this process occurs when we receive a specific opinion from the doctor regarding their thoughts about the client's ability to work. In both Social Security disability and veterans' claims, we try to provide evidence to prove that a client's health prohibits them from working.

To make it less time-consuming for doctors, we've created a brief questionnaire we give to clients, so during their next appointment, they can ask the doctor to fill it out. Because we don't want to put a kink in doctors' busy schedules, we made the questionnaire as easy and quick to fill out as possible. We pose questions like: “How long can he/she stand

before needing to sit down?” and “How long can he/she stay sitting before needing to move?”

While these questionnaires will add an additional five minutes to appointments, having a doctor's opinion can make or break a client's chances of having their claim approved and winning their case. Filling out these evaluations can quite literally change a person's life. To that end, we want to extend a special thank-you to all the doctors who have worked with us to change their patients' (and our clients') lives for the better. If you have any questions about the process or the questionnaire, please don't hesitate to ask.

-Josh Worley

Good Boys of Antiquity

DOGS IN ANCIENT LEGEND

Far before humans had written histories, we had dogs. From hunting and shepherding to playing and relaxing, our early ancestors had canine companions by their side, and their appreciation shows. As storytelling developed around the world, our four-legged friends became important characters. Here are a few ancient legends for the historical dog lover.

TARASCAN SPIRIT DOGS

Many Mesoamerican cultures featured dogs prominently in their myths and legends, especially in regard to the afterlife. One of the most notable of these comes from the Tarascan state, an empire that rivaled the Aztecs. The Tarascans believed canine spirits would search out the souls of lost humans and guide them safely out of the mortal world. Leave it to dogs to create ghost stories with happy endings.

TUIREN THE WOLFHOUND

In Irish folklore, Tuiren was a beautiful woman to be wed to lollan Eachtach, but this love made lollan's faery sweetheart jealous. In an attempt to ruin the young woman's wedding, the faery turns Tuiren into a hound and gives her to Fergus Fionnliath, a renowned dog-hater. This cruel act backfires when the Irish wolfhound wins over Fergus, teaching

him to love not just her but all dogs too. In fact, the man is crestfallen when his hound is revealed to be a human. Tuiren's nephew, the hero Fionn, cheers Fergus up with a new puppy!

YUDHISHTHIRA'S STRAY

The Indian epic "Mahabharata" is thought to date back to the eighth or ninth century B.C. and tells the story of two warring families. Toward the end of the tale, prince Yudhishtira and his family begin to ascend the Himalayas to reach heaven, and a stray dog joins them on their journey. One by one, Yudhishtira's companions fall, until only the prince and his furry friend remain.

When the god Indra finally appears to offer Yudhishtira passage into heaven, he brings bad news: The dog cannot come with him. But Yudhishtira refuses to abandon his dog, explaining that he could never leave such a loyal, steadfast companion. Anyone who's turned down a great apartment offer because they don't allow pets can relate.



Why Seniors Are Flocking to Home-Sharing Platforms AN OPPORTUNITY FOR EASY MONEY AND SOCIAL ENGAGEMENT

The freedom of retirement certainly comes with its perks, but challenges of post-work living exist as well. Chief among them, for most elderly folks, are fears of social isolation and financial insolvency, as having coworkers and a regular income are not as common in retirement.

Perhaps this is why so many retirees are flocking to home-sharing platforms like Airbnb or its seniors-only cousin, The Freebird Club. Airbnb reported last year that the 60-plus age bracket is its fastest-growing demographic worldwide, with the number of senior hosts as much as doubling every year.

Home-sharing platforms can be a tremendous boon to a tight retirement budget. It's an especially attractive option to elderly folks who find themselves rich in assets but struggling with liquid finances.



Home-sharing allows them to tap into these resources. According to Pricedomics, U.S. Airbnb hosts bring in a monthly average of \$924.

But home-sharing can do more than boost your income. By opening a room in your home to travelers, you'll encounter all kinds of people you might never otherwise meet, prompting dynamic social interactions and meaningful connections. The rating systems on Airbnb and similar platforms almost entirely prevent would-be troublemakers from entering your property, and users report that when a rare negative experience *does* occur, the company typically has your back. It's a great way to stay socially engaged while staving off loneliness.

Best of all, running a modestly successful Airbnb usually doesn't take much work. It simply requires you to set up a neat, welcoming space, keep in contact with your guests, and ensure the check-in and check-out processes are as straightforward as possible. In fact, senior hosts seem to have a leg up on their younger counterparts, as elderly hosts earn the most consistently positive ratings across the globe.

Airbnb and The Freebird Club won't make you rich, but they're relatively low effort enterprises that come with some massive benefits. If you're looking for a little busywork, some extra cash, and a little social interaction in your retirement, hosting may be your best bet!

TAKE A BREAK

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HEROIC DADS WHO DIDN'T BACK DOWN

Being a Parent Isn't Always a Walk in the Park

Kids often look up to their father as one of their greatest heroes. There are the long drives to sports tournaments, the late-night movies, and the sweets when Mom isn't looking. We probably all have some reason to look up to our dad as one of our biggest influences. It's Father's Day this month, a special time of year when we take a moment to think about the sacrifices the father figures in our lives have made for us. Most dads are pretty great, but some go above and beyond the fatherly call of duty. Let's take a look at some heroic dads who risked everything to keep their families safe.

BRAD LEWIS: OVER THE LEDGE

Life can change in a split second, and how you choose to react in a moment of peril can define your legacy forever. Few people know this as well as Brad Lewis. When Brad and his young son, Oscar, were deeply entrenched in an intense Nerf battle, he surely didn't think the situation would turn as dangerous as it did. When a few darts missed his father and landed on the balcony, Oscar ran after them but soon found himself teetering on the balcony's ledge, 12 feet above the ground. Thinking fast, Brad grabbed his son just before he fell over, both taking the plunge while protecting his son with his own body.

Just as he'd intended, Brad absorbed most of the blow. While Oscar sustained serious wounds, his father's injuries were more severe. Brad was left fighting for his life in the ICU, with severe fractures to his skull and vertebrae. Thankfully, Brad is expected to make a full recovery and has made serious strides since the accident. He and his son will live to play another day.

GREG ALEXANDER: COULDN'T BEAR TO SEE HIS SON HURT

While camping in Great Smoky Mountains National Park in June 2015, Greg Alexander awoke to the sound of a nightmare. The screams of his son intermingled with the roars of an unknown assailant, beckoning Greg to his son's tent. There, he found his son Gabriel being attacked by a bear. The bear had his son by the head and was dragging him away. Greg jumped on the bear's back, desperately trying to take attention away from Gabriel. Amazingly, it worked, and in the end, the bear ran away. Gabriel was left with serious cuts to his head, but thanks to his dad's heroism, the two were able to walk away from that campsite and back to their lives together.

The important thing to remember is that you don't have to take a leap of faith or fight a bear to be a hero in your family's eyes. Just be yourself, show some support, and do the best you can. Happy Father's Day, everybody.



NO. 1 DAD HASH BROWNS

Inspired by Food Network

Ingredients

- 1 stick (1/2 cup) unsalted butter, or 6 tbsp ghee
- 3 russet potatoes (about 1/2 lb.), peeled
- 1 tsp Kosher salt, plus more to taste
- Freshly ground black pepper, to taste
- Pinch of cayenne pepper, plus more to taste

Directions

1. In a small saucepan, heat butter over medium heat until foamy. Reduce heat if needed to avoid browning. Skim off white milk solids to make clarified butter (ghee). Transfer to a bowl and reserve. (This step won't be needed if using ghee.)
2. Using the large holes on a box grater, grate potatoes. Transfer to a large bowl of cold water and stir until water becomes cloudy. Rinse potatoes under cold water, then squeeze out liquid using cheesecloth or a kitchen towel, removing as much moisture as possible. Season potatoes.
3. In a large nonstick skillet, heat butter (or ghee) to medium-high. Add potatoes and cook until a crust forms underneath, about 5 minutes. Using a rubber spatula, break up potatoes and continue to cook, adding more butter (or ghee) if potatoes begin to stick.
4. Cook until golden brown and crisp, about 8 minutes. Drain on paper towels; season with salt, pepper, and cayenne to taste. Serve.



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UNLIKELY PRO ATHLETES WHO BEAT THE ODDS Sometimes All It Takes Is the Power of Will

The life of a professional athlete can seem like all glitz and glamour, shaking hands, kissing babies, and occasionally performing in the spotlight under a little bit of pressure. But for every athlete you see on your television screen, there are actually hundreds more in the minor leagues fighting against all odds to make it to the big stage. And some of those athletes have disadvantages that mean they have to work twice as hard just to get the same respect as those who've had an easier road. These professionals prove that sometimes all it takes to see your dreams come true is an ability to block out the noise, put your head down, and keep your disabilities from holding you back. Here are two athletes who did just that.

BILLY MISKE: FIGHTING FOR HIS LIFE

Boxing is a sport of extreme violence and diligent strategy. To be a winner, you must be smart and physically capable. For a while, Billy Miske was both of those things — until he was diagnosed with the life-threatening Bright's

disease that severely affected his kidneys. Already considered a bit of an underdog, he chose to keep fighting to pay off his increasing medical debts and give his family a shot at a better life. As his disease progressed and he realized his days were numbered, fate pitted him against heavyweight Bill Brennan. Despite his doctor's orders, and despite facing a much larger opponent while he was literally at death's door, Miske shocked the world by knocking Brennan out and delivering the dream Christmas that he'd promised his children in the process. He died a few days later, immortalized by his fighting spirit and refusal to quit.



JIM ABBOTT: NEVER NEEDED A HAND

After being born without a right hand, the odds of Jim Abbott playing baseball in any capacity seemed slim, but Jim Abbott didn't care about the odds. After developing a one-of-a-kind fielding routine where he would switch his glove from his shorter arm to his dominant one, Abbott took his talents all the way to the major leagues. Fans around the world watched as he turned his disability into a 10-year MLB career that included throwing a no-hitter in 1993 against the New York Yankees, which was one of the most remarkable accomplishments in baseball.

Sometimes the sky isn't enough. Ultimately, the only limits that hold you back are the ones you set for yourself.