

# STRIVE FOR EXCELLENCE

## NEWSLETTER



Informing The Injured One Person At A Time

### A Peek Inside

The dog days of summer have finally arrived!!! Everyone in the family is taking complete advantage of the beautiful weather. We have been attending Ben's swim meets where he has been crushing it. Ben performed "swimmingly" in what's known as the mini-meet where he placed third out of 28 boys in freestyle and back stroke. He is to participate on July 28<sup>th</sup> at Championships and by the time the newsletter hits your hands we will know how he has done and I guarantee Dad will be posting the pics to Facebook.



Ben having fun at a car wash.

The girls are enjoying doing nothing other than sleeping until 11:00/12:00 and then "relaxing." It's hard to believe that I am now the father of two teenage daughter high schoolers but the big buzz that's coming down the road is that by August Rachel will have her 6 hours of driving time and will be a permitted driver. UGH!! I just felt myself going balder and greyer just thinking about the possibilities.

Our summer has otherwise been uneventful but that ends very soon. First, we have another Ariana Grande concert to go to. That's right; the purple shirt and cat ears are coming out of hibernation. Cheerleading and band camp for Anna and band camp for Rachel follow that in August and then school starts again. Of course, none of the troops want to hear about that at all.

This fall Rachel will enter her junior year and the college search is getting ready to commence. So, if anyone has had any experience in the process I certainly would love to hear from you regarding any tips or tricks concerning the college search. Otherwise, I hope everyone enjoys the rest of their summer barbequing, relaxing and otherwise enjoying the warm weather.

If you know of anyone who would like to receive our newsletter please email me directly at [sgaylord@gaylordpop.com](mailto:sgaylord@gaylordpop.com). In addition if you are enjoying the newsletter please go to Facebook and like us. I look forward to speaking with you next month.

*Sam*

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Hello! We are pleased to send you this monthly issue of *Strive For Excellence*. It is our way of saying that you are important to us and we truly value your business. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!

### Joke Of The Day

#### Funny or Dumb— or Both? You Decide

Can a joke be so stupid it's actually funny? Consider these:

- If you're ever cold, just stand in a corner for a few minutes. They're usually 90 degrees.
- Did you hear about the two thieves who stole a calendar? They each got six months.
- What's red and bad for your teeth? A brick.
- Why do you never see elephants hiding in trees? Because they're really, really good at it.
- I'm trying to get a job cleaning mirrors professionally. It's something I could really see myself doing.
- What's blue and smells like red paint? Blue paint.

## PERSONAL INJURY: Larry Popp

In 2013, the town of Fort Lee, N.J. I began issuing tickets to jaywalking pedestrians caught 'texting while walking.' And now, that approach to preventing resulting injuries is being looked



*Partner at Gaylord Popp, LLC Personal Injury Attorney*

at across the country, including in Nevada, where one assemblyman has proposed a law that would ban texting and walking on *every Nevada state road and intersection*.

According to Fort Lee police, the first half of 2012 alone saw three fatal accidents involving pedestrians in the town. And in 2010, pedestrians contributed to 20% of all New Jersey traffic deaths.

And this particular approach targets one angle of the problem. One article on the subject

([http://www.northjersey.com/news/transportation/road\\_warrior/ROAD0511.html](http://www.northjersey.com/news/transportation/road_warrior/ROAD0511.html)) put it this way: "when a driver on a cellphone meets a texter on foot – [this] too often leads to trips to hospitals or morgues."

So Fort Lee took it upon itself to begin targeting jaywalking texters with \$85 dollar tickets.

Then, last week, Nevada Assemblyman Harvey Munford (D) moved his bill – to prohibit pedestrians from texting while crossing state roads (except in cases of emergency) – into committee. Munford specifically cited the example of Fort Lee.

"When kids get out of school," Munford told the *L.A. Times*, "where they've been banned from using their

**CONT'D ON PG.3**

## Guest Expert Article: How Do You Know It's Time to Create a Life Care Plan?

By: Chris Bratton

Very few people want to even think about end-of-life planning, much less actually begin the process. However, the simple answer to "when to begin" is now.

This is true for a few reasons: anything can happen when you aren't ready for it. Beginning the discussion now while everyone is of sound mind and body makes for better decision-making, and you aren't under the gun to make decisions. However, knowing there may be some trigger points along the way will give you a heads up when it's time to start.

Some examples; your family member's health has taken a turn for the worse, diagnosis of an illness such as Alzheimer's, Parkinson's, cancer or some other chronic condition, or just normal effects of aging.

One of the most common reasons people turn to a life care planning attorney is you are growing increasingly worried about the cost of elder care. If you're getting concerned that they may need extensive care in the near future, planning is a wise decision.

A comprehensive life care plan includes financial planning, legal planning, and elder care coordination.

You can't be there to help as much as your loved one needs you to be. Work, families, everyday life responsibilities get in the way of allowing us to be there 100 percent for our aging loved ones. If your family simply cannot handle all the care that must be provided, start working with a life care planner right away. It's never too late to put a plan in place that will ease your mind when you can't be there yourself.

At the end of the day, you want your relative to receive the highest level of care while their dignity is maintained. Planning ahead is the very best way to ensure their wishes can be followed.

Don't think of life care planning as "planning for the end." Think of it as planning to be able to live life as they so desire, protecting assets and putting in place a strategy to care for your loved ones as they age. *Contact the life care planning team at Rothamel Bratton Attorneys today for a consultation about your family's specific needs. 856-857-6000 rothamelbratton.com*



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## In The News

July 2015 marked Bryce S. Chase's 75<sup>th</sup> Birthday. Bryce graduated Princeton University in 1963 and has practiced law for the last 43 years. In addition to celebrating his 75<sup>th</sup> Birthday he also celebrated 32 years of marriage with his loving wife Phyllis, and as the plaque reads has been honored with the 2015 Client Satisfaction Award for the American Institute of DUI/DWI Attorneys. If you get the chance please give Bryce a call and congratulate him on his achievements. Gaylord Popp LLC was also named by the Mercer County Bar Association as the 2015 Community Partner of the year. The celebration is due to take place in November and will provide pictures after the event.



## THANK YOU THANK YOU READ ALL ABOUT IT!!!!!!

Let me just say **THANK YOU**.

**WOW!** So many of you have chosen to send your friends and family to us with their legal issues to us recently, that I had to say "Thank You"

Your referrals are a sign of your trust in the service that we provide.

We always make sure that we take extra special care of anyone who is referred to us, since that referral means just as much to the person who did the referring.

Here are a few referrals we received recently...

- Workers compensation - burn case
- Workers Compensation - ankle fracture due to a slip & fall
- Social Security Disability appeal
- Denied Accidental Disability pension
- Denied Ordinary Disability pension

Thank you! Thank you! Thank you!

*Sam*

P.S. Here comes Captain Obvious! As you can tell, we happily accept referrals at our practice. As a matter of fact, referrals make up a large part of our caseload thanks to people like you. If you want to send Someone our way, make sure they mention your name so we know whom to thank!



## Personal Injury Cont'd...

phones all day, they go immediately to their texts. I've seen several close calls myself where people have almost been hit. Kids are so addicted to those things. It's almost become a plague."

However, while states and cities contemplate similar moves, there are voices on both sides of this issue. As one Nevada newspaper put it, "some feel that the government has gone too far by attempting to criminalize every day activities and personal choices."

Avoiding accidents and injury are certainly goals all can agree upon. But in a country filled with conflicting beliefs about politics and the law, there likely won't be a "one-solution-fits-all" approach.

If you have any questions or would like more information regarding personal injury matters in New Jersey please call 609-771-8611 or e-mail me directly at [lpopp@gaylordpopp.com](mailto:lpopp@gaylordpopp.com)



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A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR CUSTOMERS

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## All About Awesome August!

**Get Ready for Kindergarten Month.** This is the time of year when young children (and their parents) prepare for that all-important first day of school. Relieve their jitters by talking about what to expect or visiting the school and the teachers.

**National Immunization Awareness Month.** National Immunization Awareness Month (NIAM) highlights the importance of immunization—not just for kids, but for everyone.

**Elvis Week, Aug. 8-16.** Held every year in Graceland, Tennessee, Elvis Week celebrates the life and legacy of Elvis Presley, “the King of Rock and Roll,” with special events, live music, concerts, movies, and more.

I hope you are all enjoying the lazy days of summer with friends and family. It goes by fast, so make the most of it!

*Sam Gaylord*

### IN THIS ISSUE YOU WILL FIND:

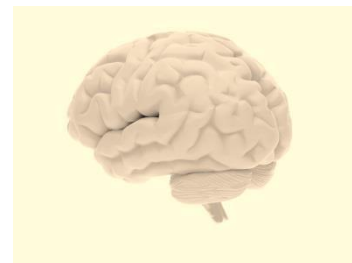
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Samuel Gaylord specializes in the areas of Workers' Compensation, Social Security Disability and Disability Pension Appeals. Mr. Gaylord is certified by the New Jersey Supreme Court as a workers compensation law attorney and is admitted to practice in New Jersey, Pennsylvania and Washington D.C and before the United States Supreme Court.



## Nutrition Tips For A Healthy Brain

The brain is like every other part of your body – needing proper exercise and nutrients in order to continue functioning at the optimum level. Junk food has just as adverse an effect on cognitive function and brain power as it does on other areas of our bodies.



Around twenty to thirty percent of all the calories we consume are made use of by the brain, meaning it is a very good idea to feed it with the highest quality nutrients.

Physical and mental health can both be improved by a diet that consists of foods that are nutrient dense such as leafy greens like spinach and kale, as well as other forms of cruciferous vegetables.

These vegetables help to battle disease by boosting the immune system, while deep water fish like salmon feature anti-inflammatory properties and essential omega-3 fatty acids that are vital for proper brain function. Caffeine is also good for the brain, studies have shown, improving mood, memory, general cognitive function, reaction time, and vigilance.