

THE SLG ADVISOR

DEC
2021



Bye-Bye to the Family Home

ADAPTING TO CHANGE

December has finally arrived, so many people are putting their New Year's resolutions in place in preparation for 2022. Whether they are reflecting on the past or looking toward the future, these people are trying to make changes for the better. Over the past couple of years, we have been forced to rapidly adapt to many new changes, so the ability to decide how and why we change is an important opportunity for many.

Like many others, I'm also anticipating a major change when the new year arrives; we sold our house and will be moving in January, so this will be our last Christmas in our kids' childhood home. It's a huge deal for my wife Liz, but a bit less dramatic for me. For the past 17 years, my family and I have lived in Middleton in a beautiful house on a very quiet street. Too quiet for me! My son, Jake, was 6 when we bought the house and has now graduated from college with his master's

degree and is living on his own. My daughter, Jessie, was only 3 when we moved to Middleton, and she is now a sophomore at BU and is living on her own in an apartment with two roommates. So, it's time for the next chapter for me and Liz.

While the kids moving out has certainly played a role in our decision to move, it's not the only reason for our choice. Middleton was a fantastic community to raise our kids, but it's just too quiet for Liz and me at this point in our lives. We are both eager to have a bit more "urban" and a little less "suburban" for our next adventure: a place where we can walk to town, walk to dinner, and have a more active after-work scene. I'm from East Boston, so the attraction of city living never really went away; it was only suppressed while I raised my kids.

Liz and the kids are very nostalgic about selling the family home, and I

understand. We've been there for 17 years, and the kids' primary memories from their childhood are rooted in that house, but for me, memories are no reason to stay. For me, home will always be where everyone I love is, not a specific address. If everyone you really care about is together, then nothing else matters, and that is home. That's why, unlike Liz, I feel no sense of misty-eyed nostalgia at the thought of packing up and starting a new adventure.

Self-help author Wayne Dyer once wrote, "If you change the way you look at things, the things you look at change." As difficult as it can be, change helps us grow and experience new adventures. Would you rather spend your time in reflection, thinking about past memories or, conversely, experiencing new things and being adventurous? The way you adapt to change stems from how you

Continued on Pg. 3 ...



Can I Sue My Gym for Negligence

Even if I Signed a Waiver?

A few months ago, I saw a man get hurt at my gym. I was working out when I saw a gentleman using a machine to do pull-downs. I had noticed in the past that the cable for this machine was fraying, and it gave way while this guy was exercising. The cable completely snapped and brought the bar crashing down on the back of his neck. The guy was stunned and a bit embarrassed but otherwise unhurt.

The pandemic has made things very difficult for gyms and their owners, and my gym is no exception. I've been going there for years and recently noticed that the owners weren't taking care of the equipment like they used to.

Now, what if this man got seriously hurt? Could he sue the gym owner? Did the waiver he signed when he joined prevent him from suing? Those of us who belong to gyms or have joined a gym recently are probably familiar with the waiver most gyms make you sign. They often state that you can't bring any claims against the gym, and you are giving away your right to make a claim against the gym owner for negligence

after an incident. This is not the case, though.

In Massachusetts, these waivers mean absolutely nothing and are not legally binding by any means. Gym owners know this but will still try and have their members sign these forms to make them believe they gave up their right to sue. That way, if the member is injured, they may not contact an attorney because of the waiver they signed.

Massachusetts has a specific law regarding these waivers. M.G.L. c. 93, Section 80 states that "no contract for health club services may contain any provisions whereby the buyer agrees not to assert against the seller ... any claim or defense arising out of the health club services contract or the buyer's activities at the health club." This essentially means that all of these waivers are invalid because the gym cannot legally ask a member to sign a waiver of liability. So, if you're hurt at the gym and it's the fault of the gym owner, you can make a claim!

If you have questions about a gym or health club-related injury, give me a call or text me at 617.889.5000.

The Deadly

Many of us get in a car every day, whether it's to drive to work, drop the kids off at school, or go out shopping. Though the technology and safety features in cars have come a long way over the last few decades, we are still at risk for an accident every time we hit the road. Some aspects of driving are riskier than others, but taking left turns is among the riskiest.

Back at the beginning of October, I almost got killed taking a left turn. Now, in full disclosure, I've never really been the best driver; in fact, I have been accused of being a bad driver, but I disagree (and digress).

On this October afternoon, I pulled up to a stop sign and needed to take a left. There was an SUV coming from the left, so I decided to wait at the stop sign until it got closer. As it did, I noticed its right turn signal on, so I assumed the driver was going to take a right turn and I would be safe to make my left turn.

You see where this is going? I did not wait until the other driver made their right-hand turn and began to pull forward.

Review of the Month



"My experience with Spada Law Group has been nothing but worry-free. Robyn Cartwright, who helped me, is very knowledgeable and professional and has always been very pleasant to speak to. Plus she always got back to me in a timely manner. I would highly recommend Spada Law Group."

-Michelle Barnard

Left-Hand Turn!

This driver must have had their turn signal still on from a previous right turn or merge because they came straight through the intersection. I jammed on my brakes, the SUV swerved, and I got flipped the bird. No accident occurred and everyone was safe, but my heart skipped a beat as the realization of how close I came to tragedy sunk in.

Making a left turn is one of the most dangerous maneuvers we make regularly in our car, and after my incident, I thought it would be wise to inform others of the dangers that come with making left turns. Factors including sudden stops, the inability to judge speed, poor visibility, and stale yellow lights all play a role in making left turns dangerous. According to the National Highway Traffic Safety Administration (NHTSA), 20% of crashes involve

a left turn. Companies like UPS and FedEx train their employees not to make left turns unless absolutely necessary.

While we can't always avoid left turns, be cautious when you make them. Wait for oncoming cars to commit to any turns, even if they have their signal on, and focus up at every left turn like your life depended on it – because it does!



... continued from Cover

feel about change. If you change the way you look at the experience, you could turn it into a better reality for you and your loved ones.

Whether it's moving to a new house, starting a new job, or even trying out a new restaurant, don't shy away from new experiences and change. Embrace them! Change can help you grow and accomplish your goals and dreams. Sometimes, it just takes a different approach or state of mind. As we approach 2022 and prepare our resolutions, let's not be afraid of change. Life is one big adventure but only if you learn to enjoy and accept change. I wish you the best for 2022.

-Len Spada



Delectable Cajun Chicken Vegetable Skillet

You probably thought you were getting a Christmas recipe this edition, but I figured with the busy holiday season, we could all use something quick and delicious that won't add to the holiday food guilt. This Cajun chicken vegetable skillet dish is one of my personal favorites.

INGREDIENTS

- 2 tbsp butter
- 2 1/2 tbsp Cajun seasoning
- 1 lb boneless chicken breast, cut into bite-size pieces
- 1 medium zucchini, cut into chunks
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 tsp fresh lemon juice

DIRECTIONS

1. In a skillet, melt butter. Add Cajun seasoning to the pan and stir with a spoon for 10 seconds.
2. Add boneless chicken breast cubes to pan. Mix well and cook for 5 minutes.
3. Add all veggies. Mix everything well and cook for another 2-3 minutes.
4. Turn off the stove, drizzle lemon juice over chicken mixture, and mix everything well.
5. Serve alongside rice.

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INSIDE

Always Looking Forward

Can I Sue My Gym for Negligence?

The Dangers of Making Left Turns

Testimonial

Delectable Cajun Chicken Vegetable Skillet

Helping Hands Monkey Helpers for the Win



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No Monkeying Around Helping Hands Monkey Helpers for the Win

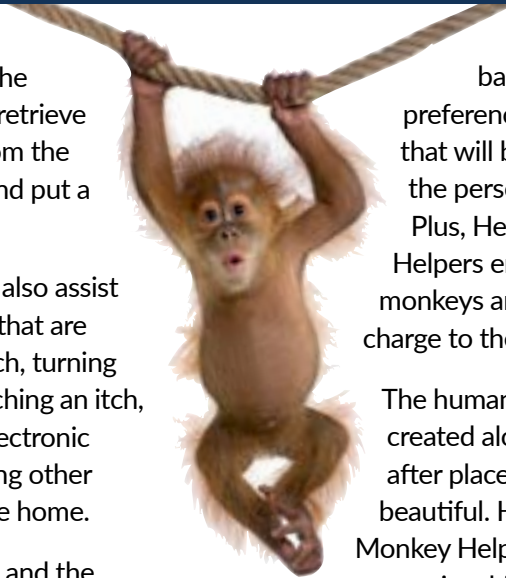
You've heard of service dogs, but what about service monkeys? For many years now, capuchin monkeys have been lending helping hands to people with disabilities!

Helping Hands Monkey Helpers, located at Monkey College in Boston, Massachusetts, is a nonprofit organization designed to help people with disabilities and mobility issues, such as quadriplegia, by pairing them with a monkey service animal. These simian helpers are specifically trained to help with daily tasks while providing companionship, happiness, and a renewed sense of purpose that many struggle with when navigating an injury or disability. When monkeys graduate, they will have developed the ability to navigate major household appliances and

electronics as well as basic items within the home. They can even retrieve a canned beverage from the refrigerator, open it, and put a straw in it!

A service monkey can also assist with retrieving things that are dropped or out of reach, turning pages in a book, scratching an itch, pushing buttons on electronic devices, and performing other menial tasks within the home.

Each human applicant and the capuchin monkeys undergo a pairing process to find the best fit for placement! A social worker and placement specialist work together to sift through applications and determine which monkeys will be the right choice for



the applicants based on lifestyle preferences and the tasks that will be most helpful to the person with disabilities. Plus, Helping Hands Monkey Helpers ensures that the monkeys are completely free of charge to the recipients!

The human-animal bond created along the journey after placement is absolutely beautiful. Helping Hands Monkey Helpers brings love, companionship, and laughter to many who are fortunate enough to work with the organization. These monkeys are the best, hands down. And, monkeys, thank you for going to monkey college, and thank you for your service!