

THE SLG ADVISOR

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The Hardest Part of My Job

DELIVERING BAD NEWS IS DIFFICULT

One of my most challenging responsibilities as a personal injury lawyer is delivering bad news to clients. It's never easy to sit across from someone suffering physically, financially, and emotionally, and then have to make their burden heavier with more bad news.

Sometimes, it's explaining that the driver who hit them carried only the state minimum insurance limits, and coverage is woefully inadequate to make them whole. Other times, it's sharing the reality that, based on the evidence, a jury may see them as more than 50% at fault for their own accident and, therefore, ineligible for recovery under Massachusetts law.

These are gut-wrenching conversations. They can spark anger, disbelief, and frustration. Clients understandably want answers, solutions, or a way around the unfairness of it all. And yet, in many cases, no such solution exists.

Over the years, I've learned that clients deserve quick honesty. It can be tempting to postpone sharing hard truths or to push a difficult conversation to another day. But waiting only extends false hope and makes the eventual disappointment even harder.

At Spada Law Group, our clients deserve honesty the moment we have it because trust begins with the truth.

I've been told more than once that I have a better way of delivering bad news than most. I'm not sure if that's a compliment or just an acknowledgement of how often I've had to do it. But I know that even when the initial reaction is anger or sadness, most clients eventually thank us for being direct. Deep down, we all value truth over false reassurances.

Not every conversation ends well. Sometimes, despite our best efforts, the client-lawyer relationship breaks down. Some of the most difficult moments are when truth, while essential, results in a disappointment beyond repair. But even then, I believe truth is the higher duty.

Our firm will always give clients our honest assessment of their case, even if it isn't what they want to hear. And we'll never let ego get in the way. If a client disagrees with our view, I often encourage them to seek a second opinion. If another lawyer finds a better path forward, I'll be the first to applaud both the client and that lawyer. What matters most is that people get the representation they deserve.

So, if you're reading this as a client, former client, or friend of our firm, please know this: You can always count on us for honesty. Sometimes, it will be exactly what you hoped to hear, and other times it may not be. But you'll never be left in the dark, and you'll never be misled.

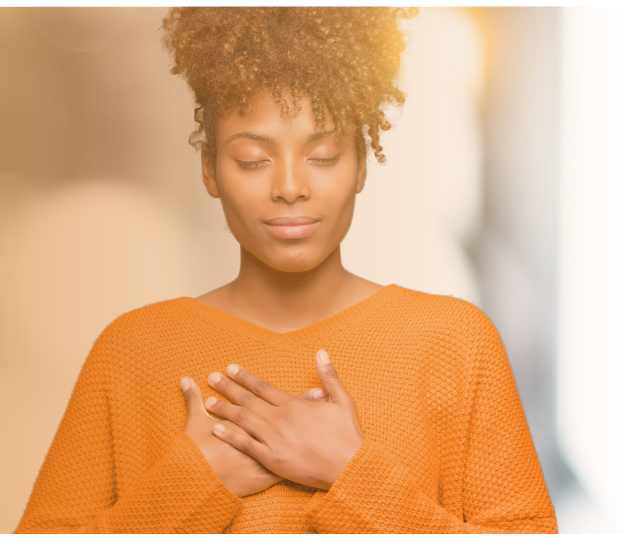
Because at the end of the day, being a lawyer isn't about telling people what they want to hear. It's about telling them what they *need* to hear with compassion, clarity, and the respect they deserve.

-Len Spada



WANT LESS STRESS AND BETTER SLEEP?

Try Gratitude



With Thanksgiving approaching, gratitude is naturally on our minds. But gratitude is more than a polite “thank you.” Science shows it has measurable effects on both our mental and physical health.

Psychologists have been studying gratitude for years, and the results all point in the same direction: People who make gratitude a habit tend to feel happier, less stressed, and sleep better. One study from UC Davis found that folks who kept a “gratitude journal” felt more optimistic, worked out more often, and even needed fewer doctor visits.

Another study in “Personality and Individual Differences” showed that grateful people had healthier blood pressure and stronger immune systems. In short, gratitude doesn’t just feel good, it’s actually good for you.

Gratitude also strengthens relationships. Saying “thank you” isn’t just good manners; it signals to the people around

us that we value them. Research from the University of Georgia found that couples who expressed gratitude toward each other reported stronger bonds and greater satisfaction in their relationships.

But remember: gratitude doesn’t have to be complicated. It can be as simple as taking 30 seconds at the end of the day to note one thing that went right. It might be the kindness of a stranger, the smile of a child, or just the comfort of a warm meal. Over time, this habit rewires our brains to notice the good around us more easily and is a powerful antidote to stress and negativity.

As we enter the holiday season, I invite you to pause and reflect on the people and moments that make your life better. Tell them. Write it down. Say it out loud. Gratitude is free, but its impact is priceless.

-Len Spada

REVIEW OF THE MONTH



“I got into a bad accident my senior year of high school and missed the end of it and the summer. Len and Joan helped me, not only case-wise, but also mentally. He was there every step of the way and constantly sent messages throughout the process, updating me and also checking in, just seeing how I was doing. The process was relatively quick, and they always spoke to me before making any big decisions. I couldn’t have done this without them, and I would recommend anyone to contact them for assistance.”

-Abby Cluett

TRAVELING THIS THANKSGIVING?

4 Ways to Stay Out of Harm's Way

Thanksgiving week is one of the busiest travel times of the year. Millions of people hit the roads to see family, attend gatherings, and kick off the holiday season. Unfortunately, it's also one of the most dangerous times to drive.

According to the National Highway Traffic Safety Administration, crash rates consistently spike around Thanksgiving. Why? These are the four common factors:

- **Fatigue:** Long drives after work, late-night returns, and early morning departures mean more drowsy drivers on the road.
- **Alcohol:** From "Friendsgiving" to family celebrations, alcohol-related crashes increase during the holiday season.
- **Congestion:** High traffic volumes on highways and local roads create more opportunities for accidents.
- **Weather:** In New England, Thanksgiving often brings cold rain, early snow, and slippery roads.

What can you do to protect yourself and your loved ones? These simple precautions go a long way:

1. **Plan ahead:** Build in extra travel time so you're not rushed.
2. **Rest before long drives:** A short nap is all it takes to reduce fatigue.
3. **Stay sober:** If you drink, don't drive, and make sure your friends and family don't either.
4. **Prepare for the weather:** Check forecasts, keep your car stocked with essentials, and drive slower in poor conditions.

At Spada Law Group, we've seen firsthand how quickly holiday joy can turn into tragedy on the roads. Our wish for you this season is simple: Get where you're going safely, enjoy your time with loved ones, and come home without incident.

If you or someone you care about is injured in a crash, know we're here to help. But more than anything, we hope you never need us this holiday season. Drive safely.



HERB-CRUSTED PRIME RIB

Not everyone loves turkey. In fact, when's the last time you made it outside of Thanksgiving? This year, try something unforgettable: an herb-crusted prime rib.

INGREDIENTS

- 1 large shallot, coarsely chopped
- 6 garlic cloves, quartered
- 3 tbsp minced fresh rosemary or 1 tsp dried rosemary
- 2 tbsp minced fresh oregano or 2 tsp dried oregano
- 2 tbsp minced fresh thyme or 2 tsp dried thyme
- 2 tbsp minced fresh sage or 2 tsp rubbed sage
- 2 tbsp olive oil
- 3 tsp pepper
- 1 tsp salt
- 1 bone-in beef rib roast (4 lbs)

For the sauce:

- 1 1/2 cups reduced-sodium beef broth
- 1 cup dry red wine
- 1 tsp butter
- 1/2 tsp salt

DIRECTIONS

1. Preheat oven to 350 F.
2. Place first 6 ingredients in food processor. Pulse until finely chopped.
3. Add oil, pepper, and salt. Process until blended.
4. Rub over roast. Place on rack in large roasting pan.
5. Bake, uncovered, until meat reaches desired doneness, 1 3/4–2 1/4 hours.
6. Remove roast to serving platter and keep warm. Let stand 15 minutes before slicing.
7. While roast is cooking, in small saucepan, bring broth and wine to a boil. Cook until liquid is reduced to 1 cup.
8. Remove from heat. Stir in butter and salt.
9. Slice roast, then serve with sauce.

Inspired by FeastAndWest.com

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Beyond Board Games

UNPLUG AND RECONNECT WITH THESE AT-HOME FAMILY ACTIVITIES

Sometimes, the best memories happen without ever leaving the house. In a world of busy schedules and nonstop notifications, slowing down at home with the people you love is more important than ever. However, "family time" doesn't have to mean sitting silently in the same room, scrolling on separate screens. Here are some fun, creative at-home bonding activities that go beyond the usual board game night.

FAMILY COOK-OFFS

Pick a theme: pizza night, taco bar, or "mystery ingredient challenge," and split into teams. Whether it's kids versus adults or a free-for-all, cooking together (and maybe making a mess) turns an ordinary

evening into a delicious adventure. You can even offer bonus points for a judging panel and silly chef hats!

INDOOR CAMPOUT

Turn your living room into a wilderness escape. String up fairy lights, pull out sleeping bags, and break out the spooky stories. Don't forget to roast marshmallows over the stove, microwave s'mores, and get the giggles going with a game of Would You Rather? under your blanket fort.

DIY MOVIE THEATER

Pick a movie, create homemade tickets, pop some popcorn, and let each person take a role: usher, snack stand operator, director of pre-movie trivia. It's a great



experience, especially if pajamas are part of the dress code!

THE 'YES DAY' CHALLENGE

Designate a day where each family member gets one "yes," within reason. Whether it's choosing dinner, picking a game, or deciding the music playlist for the evening, it's a great way to give everyone a turn to feel heard and special.

STORY TIME WITH A TWIST

Pass around a notebook (or take turns typing) and write a progressive story. Each person adds a paragraph without knowing what the next one will be. The results are usually hilarious and fun and make for great bonding experiences!