

# THE SLG ADVISOR

**JUNE**  
**2025**

## *This Father's Day Feels Different...*

### **WATCHING MY SON STEP INTO HIS NEXT CHAPTER**

For most of my adult life, Father's Day has been a celebration of the role I've cherished most: being a dad. It's been about handmade cards, a great family dinner, and years of being the steady hand my kids could always reach for. But this year ... Father's Day feels different.

This year, on July 19, my son Jake is getting married, and I have the great honor of officiating the wedding for him and his beautiful fiancée, Liana. What a gift!

Although he's not a father yet, he has told me he is excited to become one, so I find myself looking at him through a new lens, not just as my son but as a man preparing to build his own family, his own traditions, and his own Sunday morning routines with kids of his own someday. It literally brings tears to my eyes. (Yes, I am a mush!)

It's a strange and beautiful thing, watching your child reach the threshold of a life stage you've walked through yourself. Understanding what challenges your son will face raising children and the unique stresses this stage of life can bring to bear. But I recognize that life's greatest source of joy awaits him. I've been thinking a lot about what it means to be a dad, the real kind of dad. The kind who shows up even when it's hard, leads by example, listens to what his kids are saying, and always tries to do the next right thing.



Jake's got that in him. I see it in the way he loves his family and friends, the way he carries himself, and the way he treats people. He's kind, confident, and loving. He has everything to be an amazing dad. He is full of ambition, dreams, and that flicker of nervous energy you feel when you know your life is about to change

in all the best ways. If I sound proud, well, that would be an understatement. He has been a joy to raise, and now watching him start his own family is just another blessing in a life full of them.

So, this Father's Day, I'm celebrating a little differently. Yes, I'm still the dad, and I always will be. But this year, I'm also celebrating the man my son has become... and the father he may one day be.

And when that day comes, I'll be right here not just as his dad, but maybe as a Papa too. What a gift.

Happy Father's Day to the dads, the soon-to-be dads, and the dads who raised the next generation of good men.

*-Len Spada*

***If you or a loved one has been injured due to someone else's negligence, we're here to help. While we hope you never need us — especially for your children's sake — we're committed to fighting for the compensation you deserve. Contact us today for a consultation, and let us protect your rights.***

# WHAT WE STAND FOR AT SPADA LAW GROUP



At Spada Law Group, we talk a lot about values — not just in meetings or trainings, but in how we treat clients, interact as a team, and show up in court. Why? Because your law firm should reflect more than just skill. It should reflect character.

So, we thought we'd take a moment to share the five core values that guide everything we do. These aren't just words on a wall — they're principles we try to live by, day in and day out.

## **A DAVID MINDSET**

As in David vs. Goliath. We're not intimidated by giants. We use our size, skills, and fierce commitment to protect our clients and don't back down.

## **TEAM PLAYER**

We're teammates, not employees. We work with each other, not for someone else. Everyone pitches in. Everyone counts.

## **POSITIVITY**

We bring a "Yes I can / Yes I will" mindset to our work and relationships. We find solutions, not excuses — and we have fun doing it.

## **LOYALTY**

We are loyal to our mission, clients, community, and each other. That loyalty drives how we show up every single day.

## **KIND AND RESPECTFUL**

Kindness matters. We go beyond being polite — we lead with empathy and genuine care, especially when people are at their most vulnerable.

## **COMING SOON: CORE VALUE SPOTLIGHTS**

In each upcoming newsletter, we'll take a closer look at one of these values — where it shows up in our work, and how it benefits you as a client or community member.

## **FIRST UP IN JULY: THE DAVID MINDSET.**

At Spada Law Group, we don't just practice law. We practice what we believe.

# REVIEW OF THE MONTH



*"Spada Law Firm made my car accident settlement process quick and effortless. They were professional, kept me informed at every step, and provided excellent advice that led to the best possible outcome. I highly recommend them for anyone needing legal help!"*

**—Demetrius Oviedo**

# FROM BEACH DAYS TO MOUNTAIN HIKEs

## See What's on Our Summer Bucket List

At Spada Law Group, we're not just about fighting for our clients — we're about living life to the fullest, too! This summer, our team shared their bucket list dreams, and let's just say, we have some pretty awesome plans brewing.

Lauri is looking forward to a special adventure! She's visiting Valle de Angeles in Honduras for the first time and bringing her children along for the experience. Talk about making memories that will last a lifetime!

Ariana is keeping it simple (and sweet) with plans for a relaxing beach getaway weekend. Sand, sun, and serenity? Sign us up.

Tony is ready to hit the trails. He's planning to bike along Cape Cod's Rail Trails and make multiple beach stops along the way. Beach hopping on two wheels sounds like the perfect summer day!

Tomas plans to explore New England's trails while documenting his adventures through vlogs. We look forward to checking them out!

Mikeyla is on a mission for family fun: She wants to spend at least 10 beach days with her two little ones, and she's making sure at least one of those days is out of state.

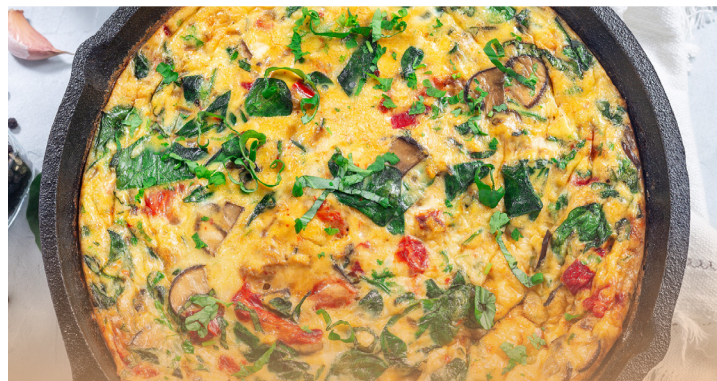
Veronica is taking a Sunday date to Suchitoto, El Salvador, with a boat trip around the stunning Lake Suchitlán.

Kat is all about the thrills this summer — she's setting her sights on riding the famous rainbow slide at Picnic Steakhouse, right near El Boquerón National Park in El Salvador. Talk about colorful adventures!

Eddie is heading to Fenway Park to watch the Red Sox take on the Yankees. (*Fun fact: Eddie's from New York ... boo! But we still love him.*)

Last but definitely not least, Len is planning an overnight hike with his daughter, Jessie, complete with a stay at one of the AMC huts in New England. Father-daughter bonding in the great outdoors? Absolutely perfect.

Here's to making this summer unforgettable — one bucket list item at a time!



## YUMMY EGG FRITTATA

*Inspired by FeelGoodFoodie.net*

*This Father's Day, treat Dad to a delicious and healthy egg frittata, packed with protein, fresh veggies, and flavor. It's easy to make, great for brunch, and feels special without being fussy. Plus, it's one of Len's favorites!*

### INGREDIENTS

- 6 eggs
- 1/4 cup plain whole milk yogurt
- 1 cup shredded mozzarella cheese, divided
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 tbsp olive oil
- 1/4 cup chopped
- red onions
- 1 cup chopped mushrooms
- 8–10 stalks asparagus, ends trimmed and chopped
- 1/4 cup chopped cilantro
- 1/2 cup cherry tomatoes, sliced

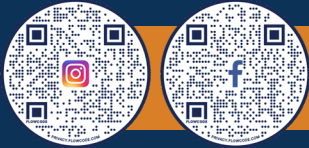
### DIRECTIONS

1. Preheat the oven to 425 F.
2. Whisk together eggs, yogurt, 1/2 cup cheese, salt and pepper; set aside.
3. Heat olive oil in an oven-safe or cast-iron pan. Add onions, mushrooms, and asparagus and cook for 3–5 minutes until the vegetables soften.
4. Pour the egg mixture and cilantro over the cooked vegetables. Add sliced cherry tomatoes and remaining cheese.
5. Bake uncovered in the preheated oven until the center is set, and not jiggly, about 10–15 minutes.



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# Family Flexibility

SMART SCHEDULING FOR BETTER HEALTH

Fulfilling life's many demands should never come at the expense of your family's health. If your household's daily grind consists of juggling multiple schedules and commitments with little room for relaxation, you're not alone. Here are two ideas to help your family slow things down and better ensure everyone's physical and mental well-being stays positive as the hours fly by.

### A SCHEDULE OVERHAUL

When work commitments, paying bills, coordinating transportation for your children's extracurricular activities, and other daily obligations lead to hurried and scattered interactions among family members, the American Heart Association recommends creating a new way forward. First, look closely at everyone's daily

schedules over a week to see where gaps may exist and which activities could be scaled back to allow for more time spent together. You can start by choosing two 30-minute slots during the week and two hour-long slots on weekends to get everyone in one place. The goal is to have distraction-free time with your loved ones, so put away your computers and cell phones during these special moments.

### STRESS-SMART STRATEGIES

Naturally, hectic schedules often lead to stress — not just for adults. In addition to providing children with all-important personal time with their parents and siblings, regular family activities can help parents better determine whether their kids feel undue pressure in any area of their lives. Although positive stress can

help a young person rise to challenges — for example, studying for a big test or meeting the deadline for an important assignment — too much stress can hinder a child's coping skills and lead to anxiety and depression or physical symptoms such as headaches and stomach pains. Setting consistent daily routines — the same bedtime each night, for example, or regularly scheduling family time everyone looks forward to — will go a long way in helping them feel more in control of their days and encourage better communication with other family members.

Life is more than checking off items on our schedules. Any family can create a system that helps everyone feel happier and healthier in even the busiest times with only minor adjustments.