

# THE SLG ADVISOR

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2025

## *This September, Everything Changes* AND I COULDN'T BE HAPPIER

I've never anticipated a September like this before.

As I write this in early July, I find myself already thinking about September — not just in anticipation of the turning of the seasons, but what this one, in particular, will mean for me and my family.

This year, September will feel like a homecoming. My daughter, Jessie, who's been living in San Diego since graduating from BU in 2024, is coming back to Boston. True to her word, she gave herself a year to explore. She hiked in Yosemite and Colorado, surfed, traveled to Hawaii, and built a life on the West Coast. She soaked it all in, grew from it, and now she's coming home. She'll be living five minutes from my office and just 45 minutes from our home in Newburyport. I get goosebumps just typing this out. Excited is an understatement.

Also, this summer, our family grew in another way: My son, Jake, got married in July to a beautiful, thoughtful woman named Liana. They live just 20 minutes away from us, and I'm lucky to get to see them often. I still have trouble believing I have a married son, but I couldn't be happier for him.

So, yes, September feels different this year. For years, this month used to be marked by goodbyes. Liz and I would say



farewell as the kids went off to college. But this time, the shift is in the other direction. This time, everyone is coming back, and I am as happy as a man can be!!

And it's made me reflect on something I've long believed: When the family unit functions well, it is the most enduring and essential part of our society. For me, family is the sun in the solar system of life; everything else either serves it or protects it. It's where I draw my strength, my purpose, and my joy. So, knowing that I am likely to grow old with my family so close really brings me peace.

As I sign off on this newsletter, I'm doing so with a full heart. My kids are nearby, our family has expanded, and I feel grounded in a way that's hard to describe — but easy to be grateful for.

Thanks for reading. Thanks for being a part of my extended community. And as always, thank you for your trust.

*-Len Spada*



# BACK TO SCHOOL?

## Don't Forget These Real-World Safety Checks for Your College-Aged Kids

Every September, I feel compelled to say it again: If you have a child heading off to college, there are a few real-world steps you can take right now to protect them, beyond dorm checklists and course schedules.

### HEALTH CARE PROXY AND DURABLE POWER OF ATTORNEY

Once your child turns 18, you no longer have automatic access to their medical or financial information, even in an emergency. Every parent should have their college-aged child sign two documents:

- **Health Care Proxy:** Allows you to speak to doctors and make medical decisions if your child is incapacitated.
- **Durable Power of Attorney:** Gives you legal authority to handle financial or legal matters on their behalf if needed.

It's not about control; it's about being able to step in if something goes wrong.

### THE CAR SAFETY CHECK

If your child is bringing a car to school (or driving home on weekends), take the time to make sure the vehicle is safe and reliable:

- **Battery:** A weak battery can leave them stranded far from home.
- **Brakes:** Have them checked, especially if the car is a few years old.
- **Tires:** Make sure they have enough tread and the proper air pressure.
- **Spare Tire/Jack:** Confirm it's there and that they know how to use it.

### SPEAKING OF INSURANCE

Does their school health plan cover what you expect? Are they listed on your auto policy correctly? If they're living off-campus, do they need renters insurance? These are the little things that can make a big difference.

### COMMUNICATION PLAN

Emergencies are rare, but peace of mind isn't. Establish a plan for how your child can reach you and how you'll step in if needed.

At the heart of it all, this isn't about being overbearing. It's about love. It's about stepping into your role as protector, even from a distance.

Let them fly — but make sure the landing gear is solid.

*-Len Spada*

# REVIEW OF THE MONTH



*"Spada Law Group is the utmost example of professionalism. They always go the extra mile to make sure your case gets the attention it (and you) deserves. I highly recommend them!"*

*-Margo Haverty*

# DAYCARE SAFETY

## 5 Questions Every Working Parent Should Ask

If you're a working parent with young children in daycare, I know how tough that daily goodbye can be. You trust others to care for the most precious people in your life while you provide for them. But trust shouldn't mean blind faith. Just yesterday, another lawyer called me asking me to take on a case where a young child received chemical burns while at a Kinder Care daycare facility. You can't be too careful.

Here are five essential questions you should ask your daycare provider because nothing matters more than your child's safety.

### 1. WHAT'S YOUR STAFF-TO-CHILD RATIO – AND DO YOU ALWAYS STICK TO IT?

State regulations vary, but one-on-one attention matters, especially with infants and toddlers. Ask how they handle staff call-outs or unexpected absences. Too many kids, not enough eyes? That's a red flag.

### 2. WHAT'S YOUR EMERGENCY RESPONSE PROTOCOL?

Do they have clear plans for medical emergencies, severe weather, and active threats? Who makes the calls? Do staff have CPR and first-aid training? When seconds count, vague answers aren't good enough.

### 3. HOW IS STAFF SCREENED AND TRAINED?

You have a right to know: Are all employees background-checked? What training do they receive before being left alone with children? How often is that training refreshed? You're not being pushy. You're being a parent.

### 4. HOW DO YOU HANDLE INJURIES, EVEN MINOR ONES?

Bumps and bruises happen. But how are incidents documented and reported to you? You should never find out your child was hurt only after you get home and see the bandage.

### 5. CAN I DROP IN UNANNOUNCED?

Any reputable provider should welcome pop-in visits. Transparency builds trust. If they discourage it, ask why, and listen closely to the answer.

When it comes to our children, no question is too small, and no detail is too picky. Ask, confirm, and trust your gut. Asking these questions may be uncomfortable, but you are a parent, and you are asking these questions to protect your kids, so push through the discomfort and ask them anyway because your beautiful children deserve nothing less than safe, thoughtful care while you're away building a life for them.

*-Len Spada*

## MAKE-AHEAD FREEZER BREAKFAST BURRITOS WITH EGGS, CHEESE, AND SPINACH

*Inspired by EatingWell.com*

*Looking for something quick and easy to make in advance for simple breakfasts? These breakfast burritos are 297 calories and contain 15 grams of fat, 20 grams of carbs, and 19 grams of protein.*

### INGREDIENTS

- 12 large eggs
- 1/4 tsp salt
- 1/4 tsp ground pepper
- 2 tsp extra-virgin olive oil
- 1 tbsp finely chopped and seeded serrano pepper
- 1/2 tsp paprika
- 2 cups baby spinach
- 6 (8-inch) whole-wheat tortillas
- 1/2 cup shredded pepper Jack cheese

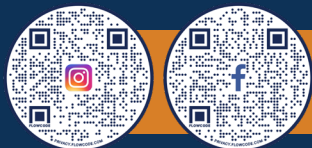
### DIRECTIONS

1. In a large bowl, whisk eggs, salt, and pepper.
2. In a large nonstick pan, heat oil over medium-low heat. Add serrano and paprika; cook, stirring frequently, until fragrant, 1–2 minutes.
3. Add spinach; cook, stirring occasionally, until wilted, 1–2 minutes. Pour in the eggs and cook, stirring occasionally, until the eggs are mostly set, about 5 minutes.
4. To assemble burritos, place each tortilla on a sheet of foil. Add 1/2 cup scrambled eggs to the bottom half of the tortilla, then divide cheese evenly.
5. Roll tortillas snugly, tucking in the ends as you go.
6. Wrap tightly in foil and freeze for up to 3 months.
7. To reheat, unwrap a burrito and transfer to a microwave-safe plate.
8. Cover with a paper towel and microwave on medium for 1–2 minutes.



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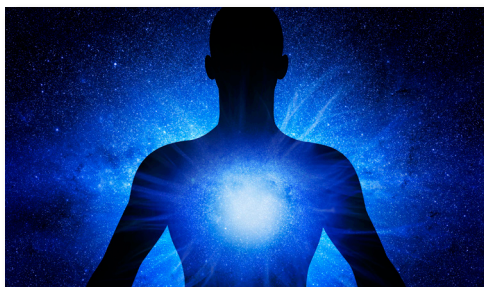
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# Our Hidden Light

## INSIDE HUMANS' GLITTERING GLOW

You know how some people seem to have a "healthy glow"? Well, there's more to it than you might imagine.

Although our eyes can't detect it, **humans can glow in the dark**. A landmark 2009 study revealed this intriguing fact by monitoring sleeping human subjects with highly sensitive cameras. The research showed that living humans placed in dark places emit glimmering light that is 1,000



times dimmer than what the naked eye can detect. Our faces emit this light most brightly, and the light we give off varies based on our circadian rhythm. According to additional research on mice, this illumination fades rapidly once we pass away, meaning humans literally *lose the light* when we die.

The phenomenon is called *bioluminescence*, or the ability of living organisms to emit light. Our glow is a metabolic reaction caused by living cells producing free radicals that interact with lipids, proteins, and other elements within the body. Based on current research, our light shines brightest in the late afternoon and dimmest in the evening. Hopefully, science will evolve so we can finally witness this human glow for ourselves.

By the way, humans and animals aren't the only beings that give off a glow. A scientific study of an umbrella tree that had been snipped found that its glow increased as it recovered from the trauma. Researchers hope to utilize this discovery to understand the nature of forestry better and identify health crises among trees more quickly. Studying similar light in humans may also point to new directions in identifying and treating our most critical illnesses.

These thrilling discoveries about bioluminescence remind us that life radiates around us in more ways than meet the eye. The next time you tell someone they light up your life, add that you really mean it!