

THE SLG ADVISOR

**JUNE
2021**



Find the Life You Want, Not Just the Career You Want

A WORD TO ALL THE RECENT GRADUATES OUT THERE

This month, millions of students will graduate from high schools, trade schools, and colleges across the country – including my son, who just graduated from college with a degree in engineering. His graduation and the general graduation season got me thinking: If he or any other young person came to me for advice on what they should do with the next few years of their lives, what would I tell them?

Here's what I would say: Decide what you want your ideal daily life to look like, then find the means to make that happen.

Let me explain what I mean. I've known way too many people who have made it a decade into their career before they realized that their job was incompatible with their ideal lifestyle. They became investment bankers, working in an office in the middle of Manhattan, while at the same time pining to be in the great outdoors. They would rather spend their days camping and fishing, not crunching numbers in the concrete jungle. In what world would their career decision have made any sense? Ours, apparently.

Many young people make the mistake of over-prioritizing their career choice. They want the "dream job" first and

foremost, and they don't give enough thought to what they want from the rest of their lives. Once they find a career that they believe will make them happy, they sacrifice all other areas of their life for it.

I think the young people who make their dream job their first priority have it backwards. You shouldn't just accept that you can only ever live your life within the parameters set by your job – you should first set parameters on the life you want to live, then find a job that works within them.

Now, you might counter at this point: Why not work really hard and sacrifice now so that in 40 years, when I retire, I can enjoy the lifestyle that I want? To that, I would say that tomorrow isn't guaranteed, so why act like you know what you'll be able to do in 2061? You have no idea what your health will be like or how much money you'll have, but I can

"You shouldn't just accept that you can only ever live your life within the parameters set by your job — you should first set parameters on the life you want to live, then find a job that works within them."

Continued on Pg. 3 ...

Is Your Bike Ready for the Summer?

Bicycle Maintenance Tips That Will Keep You Safe

Even though it's technically been spring for months, the chilly New England weather might have kept many of you off your bikes until just now. Wherever your bike has rested all winter, whether your garage, basement, or elsewhere, chances are it will need some TLC before you can safely take it out on the road.

If you want to avoid biking accidents caused by your own negligence, follow the following bicycle maintenance steps.

Clean your bike.

If, like me, you put your bike away dirty at the end of the season, thinking you might ride it one last time, give your bike a good rinse with a garden hose before your first ride this year.

Adjust the seat and check safety lights and reflectors.

Raise up your seat and tighten it. It will have lowered itself and loosened up over the winter, which can pose a safety hazard on your ride and is pretty annoying to boot. Make sure that your safety lights and reflectors are still attached and still work.

Air up your tires.

Air seeps out of your tires at a rate of around 1-2 PSI every day your bike sits unused during the winter. Always fill the tires to the

manufacturer's recommended levels before your first ride.

Check brakes and brake pads.

Make sure that the handle levers engage the brakes and the cables aren't frayed. As you would with a car, replace the brake pads if they're worn down.

Check gear shifters and derailleurs.

Make sure the derailleurs keep the gears centered as you shift between them. You can do this by flipping the bike upside down and running the pedals.

Check chain.

Your chain shouldn't move more than 1/2-1/4 of an inch side to side. If your bike chain is too loose, it could come off while you're riding, and if it's too tight, it could put undue pressure on different components of your bike.

Lubricate moving parts.

Apply dry lubricant to your gears, chain, and other moving parts to keep them running smoothly. Don't use WD-40 or standard 3-in-1 oil though, as these lubricants attract unwanted dirt.

The more you care for your bike, the less likely accidents will be. If you need representation after getting injured in a biking accident, call or text Spada Law Group at 617.889.5000 today.

TeleLaw is

WHAT YOU CAN EXPECT FROM

Even as more and more people get vaccinated, and it becomes safer to interact with one another, we know that some of you may still want to play it safe. That's why TeleLaw will remain an option for engaging with me and my legal team, much as it has for this past year. From the start to the end of your case, you won't ever have to meet us in person if you don't want to.

A little over a year ago, I wrote a blog explaining the TeleLaw process, which is still available to read at SpadaLawGroup.com. How we help our clients virtually hasn't changed much since then, so you can consider the following info a refresher on how it all works.

The first part of any case is the client intake process. Normally, after determining that we can help someone's case, we schedule an in-person meeting with the future client to sign the documents that

Review of the Month



"Thank you so much to attorney Len Spada for the consultation and taking the time to chat with me. He was very attentive and took the time to listen to my concerns. My family is faced with a unique dilemma and he provided some honest and sound advice. I didn't feel rushed, like my issue was insignificant and not worthy of his time. He even went so far as to reach out to a resource here in Georgia that could provide further assistance. The people in Boston sure are lucky to have attorney Spada!"

—M. Walker



s Here to Stay!

FROM WORKING WITH US 100% VIRTUALLY

memorialize the attorney-client relationship. With TeleLaw, those practices can be done over Zoom, and clients can sign the proper documents with DocuSign via email.

After taking a client's case, we usually update them on their case's status about every 30 days with a phone call. However, we've actually found that we can get much more useful feedback from clients when we do the update calls via Zoom, and it doesn't take that much extra work. That said, we'll probably continue to update clients this way going forward.

In the past, if we couldn't reach a settlement with the insurance company on behalf of our clients, our options moving forward were either mediation, arbitration, or litigation — all options that, until a year ago, required meeting with the client in person. However, we've

found out that it is, in fact, possible to take these steps virtually and even hold court hearings completely over Zoom if necessary. You may never have to leave your home or meet with us in person for your case ever again.

If you're looking for legal representation, but you're still hesitant to meet in person, talk to Spada Law Group today about our TeleLaw options. Call or text us at 617.889.5000 or contact us through our website.



... continued from Cover

guarantee that you'll regret having waited so long to finally enjoy your life if it does not pan out like you planned.

So, this graduation season, I would encourage all recent graduates to ask more than just "What is my dream job?" Ask yourself instead how you enjoy spending your time, what you're passionate about both within and outside of the work sphere, where you might want to live, and even when you want to start a family. These are all parts of life that are important and worth your consideration when you're exploring your career options.

So, whether you love being surrounded by nature, you're a homebody who wants to spend every waking moment with their kids, or you want to be free to travel wherever you want, find the job that lets you do those things. Your life is happening right now, and you should set yourself up to experience every single bit of it.

-Len Spada

Local Chef's Corner

Italian Pasta Salad

The Ultimate Summer Side Dish



If you're looking for a summer dish that's filling, tasty, and easy to prepare, look no further than a delicious Italian pasta salad!

INGREDIENTS

- 12 oz tri-color rotini pasta
- 2/3 lb Italian salami, chopped
- 1/2 green bell pepper, chopped
- 1/2 red bell pepper, chopped
- 1/2 red onion, chopped
- 1/2 cup grape tomatoes, halved
- 8 oz mozzarella, cubed
- 6 oz black olives, sliced
- 1/2 cup shredded Parmesan cheese
- 1 cup Italian dressing
- 1/2 tsp Italian seasoning
- Salt, to taste

DIRECTIONS

1. Cook pasta, drain, rinse under cold water, and set to the side to let cool.
2. Once cool, in a bowl, add pasta with all other ingredients. Mix them together gently and thoroughly.
3. Cover the bowl and chill in the fridge for at least 2 hours.
4. Serve and enjoy!

Inspired by HomemadeHooplah.com

111 Everett Ave., #1F
Chelsea, MA 02150

INSIDE

Find the Life You Want, Not Just the Career You Want

Want to Ride Safe? Follow These Bicycle Maintenance Tips

TeleLaw is Here to Stay!

Testimonial

This Month's Recipe: Italian Pasta Salad

Should You Try Animal Therapy?



Is Animal Therapy Right for You?

Your Guide to AAT

There are just some things only a dog can understand — same with a cat, or a horse, or a bird, for that matter. That's the idea behind animal-assisted therapy (AAT), a treatment designed to help those with mental and physical challenges. AAT may look like snuggling and playing with animals, but it's much more involved than you may think.

What is AAT?

AAT relies on an innate human need to connect with animals. The idea is that humans form bonds with living things, and this connection can have a calming effect on our minds. Physical therapy and massage therapy involve tangible actions on the part of the therapist, while AAT relies on the relationship between a human and an animal. This

could help someone cope with grief, lessen a medical patient's pain related to chemotherapy or surgery, provide connection to residents in long-term care facilities, or even offer exercise for those with limited mobility.

Aren't those just emotional support animals?

In recent years, emotional support animals have become increasingly popular both in the media and in their use. Emotional support animals offer their owners vital emotional assistance, but they differ greatly from trained therapy animals.

AAT requires the use of a trained animal under the direction of a handler, who will also coordinate with medical professionals to ensure the strategies that they deploy will target what a

patient needs. Prior to practicing, trainers and their animals must each pass certification processes intended to help each party gain the skills needed to help patients. To qualify, animals also need to be clean and vaccinated, and the type of animal that is used during AAT also depends on a person's condition, the location of the therapy, and a patient's need.

Is AAT right for you?

AAT isn't for everyone, but it can be a vital component of your healing process. It's often seen as a supplemental form of therapy intended to bolster other therapies. The important thing to remember when considering AAT is to establish reasonable goals. Discuss the possibility of using AAT with your doctor or therapist and consider which animals may bring you the most comfort. Be realistic about what you want and need before attempting AAT.

