

## INSIDE

1. Growing Our Firm by Investing in the Communities We Serve
2. Summer Activities Can Turn Dangerous Without Proper Precautions  
Review of the Month
3. Don't Send Your Child to Camp Until You Ask These Questions  
Red, White, and Blue Strawberry Shortcake
4. Reverse Brain Rot and Reclaim Your Focus



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# THE SLG ADVISOR

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## Opening Doors in Lawrence and Giving Back Along the Way

When we officially celebrated the ribbon-cutting for our Lawrence office, I found myself looking around the room with a sense of gratitude that is difficult to put into words. The office had already been open and serving clients for some time, but taking a moment to gather with community leaders, local officials, friends, and supporters made the occasion feel incredibly meaningful.

The mayor attended, members of the Chamber of Commerce came out to support us, state representatives joined us, and familiar voices from local radio were there. The vibe was full of energy, optimism, and a shared belief that investing in a community still matters.

As I spoke during the event, I realized that opening an office is about more than expanding a business footprint. It represents a commitment to becoming part of a city's inner workings. A law firm shouldn't just exist in a community. It should participate in that community, support it, and contribute to its growth beyond the courtroom.

Over the years, I've spent a lot of time thinking about the relationship between business success and charitable involvement. Many business owners struggle with the idea that community engagement can also help grow a

business. There is almost a discomfort around admitting it. People wonder whether good works become less genuine when a professional benefit is attached to them. For a long time, I wrestled with that question myself.

There were moments when I intentionally avoided publicizing charitable work because I worried it would appear self-serving. I thought that if people knew about it, the act itself might lose value. With time and experience, however, I have come to believe the opposite is true.



If you genuinely help people through your work, then growing your business allows you to help more people. Success creates opportunity. The more successful our firm becomes, the more resources we can invest in the communities we serve. That means supporting youth programs, sponsoring local sports leagues, contributing to organizations that provide opportunities for children, and showing up for the neighborhoods that trust us during some of the most difficult moments of their lives.

That philosophy has become increasingly important to me as I've gotten older. When I was younger and building my

career, my focus was on stability and providing for my family. But life changes over time ... my kids are grown, and my responsibilities are now different. I've reached a point where I have fewer personal needs and a greater ability to give back.

At that stage, every business owner faces choices. You can continue accumulating wealth for its own sake. You can spend more on yourself, and you can hold tightly to everything you earn, or you can recognize that success gives you the ability to improve the lives of people around you. For me, the most fulfilling path has always been finding ways to contribute more.

That is why civic involvement matters so much to me and why I believe businesses should lean into it intentionally. Community engagement shouldn't be treated as an afterthought or a box to check once a year. It should become part of a business's identity. People want to know whom they are supporting when they hire a company or work with a law firm. They want to know whether that business cares about the same neighborhoods they care about.

There is also value in talking openly about these efforts. When people see a business actively supporting local organizations, youth programs, and charitable causes, it sends a message about priorities and values. It demonstrates that success is shared rather than hoarded.

*Continued on Page 3 ...*

## Brain Rot Be Gone SHARPEN YOUR MIND IN A SCREEN-OBSSESSED WORLD

Ever finish a long scroll session and feel ... off? Sluggish, distracted, maybe even irritable? That hazy mental state has a nickname: "brain rot."

While it's not a clinical diagnosis, experts agree the effects are real. Too much low-effort content (endless scrolling, quick-hit videos, or repetitive feeds) can leave your mind feeling dull, unfocused, and overstimulated all at once.

### WHAT'S HAPPENING IN YOUR BRAIN

Your brain thrives on challenge, but when it's constantly fed fast, easy dopamine hits, it starts to adapt and not in a good way. **Your focus weakens, your patience shrinks, and tasks that once felt simple, like reading or even holding attention, start to feel harder.** Over time,

this pattern can chip away at memory, decision-making, and motivation. In short, your brain gets used to "quick and easy" and starts to resist anything that requires effort.

### YES, YOU CAN REVERSE IT

This isn't permanent. Your brain is incredibly flexible, and with intentional changes, you can start to feel sharper again. One of the most effective ways to kickstart that shift is by stepping away, even briefly, from constant digital stimulation.

### A SIMPLE RESET THAT WORKS

A temporary break (at least 72 hours) from fast-paced content can help your brain recalibrate. During that time, lean into slower, quieter activities. Take a walk

without your phone. Sit down with a real book. Let your mind wander a little. At first, it might feel boring or a little uncomfortable. That's okay because that's just your brain adjusting to a new rhythm.

### REBUILDING YOUR FOCUS, ONE DAY AT A TIME

Once you've reset, you need to be more intentional. Challenge your mind regularly. Routinely read something that makes you think deeply. Try puzzles, learn a new skill, or simply spend time in real, uninterrupted conversation. Even a small daily effort can strengthen your attention span over time.

Give your brain something better to work with. Slow down the input, raise the challenge, and stay consistent. You might be surprised how quickly the fog lifts.



# SAFETY FIRST!

## Boating, Fireworks, and Motorcycle Tips for Summer

Summer in Massachusetts means time on the water, motorcycle rides, cookouts, and fireworks with family and friends. While these activities create lasting memories, they can also lead to serious accidents when safety is overlooked.

Smart decisions and extra precautions can help families make the most of summer while reducing the risk of serious injuries and accidents.

### BOAT SAFETY STARTS BEFORE LEAVING THE DOCK.

Boating is a popular summer activity, especially during busy holiday weekends. Crowded waterways, inexperienced operators, and alcohol use can quickly create dangerous conditions. Boat operators should stay alert, follow local laws, avoid drinking while driving, and make sure life jackets are available for every passenger. Children should wear life jackets at all times, and passengers should avoid risky behavior that could lead to falls or collisions.

### FIREWORKS CAN CAUSE SERIOUS INJURIES.

Fireworks are a staple of summer celebrations, but they're also responsible for thousands of injuries every year. Burns, hand injuries, and eye trauma are among the most common accidents associated with fireworks use.

Massachusetts has some of the strictest fireworks laws in the country, and many consumer fireworks are illegal. Even seemingly harmless sparklers can burn at extremely high temperatures, causing severe injuries in seconds.

Professional fireworks displays are typically the safest option for families. Anyone attending backyard celebrations should keep children at a safe distance and never allow fireworks to be handled without close adult supervision.

### MOTORCYCLE RIDERS FACE INCREASED RISK DURING THE SUMMER.

Warm weather brings more motorcycles onto Massachusetts roads, especially during weekends and holidays. Drivers should stay aware of motorcycles when changing lanes, turning at intersections, or merging into traffic.

Motorcyclists can reduce their risk of serious injury by wearing helmets, protective clothing, and reflective gear. Riders should also avoid speeding, distracted driving, and operating a motorcycle while fatigued or impaired. Many motorcycle accidents happen because drivers fail to notice riders until it is too late. Extra caution from everyone on the road can help prevent devastating crashes.

### KEEP CHILDREN SAFE AROUND WATER.

Pools, lakes, and beaches become major gathering places during the summer months. Children should always be supervised closely around any body of water, regardless of swimming ability.

Drowning accidents can happen quickly and quietly. Parents should avoid distractions, secure pool areas with proper fencing, and make sure children wear properly fitted life jackets when appropriate. Swimming lessons and basic water safety education can also help children feel more confident and prepared around the water.

# SENDING YOUR CHILD TO SUMMER CAMP?

## Start With These Safety Questions

Summer camp is one of those childhood experiences that feels full of excitement, independence, and new friendships. Kids look forward to activities, outdoor adventures, and time away from home in a fun, structured setting. What often gets overlooked is how much organization and safety planning sit behind that experience. Asking the right questions ahead of time helps parents understand how a camp actually runs day to day so the fun is supported by real supervision and clear safety practices.

### ASK ABOUT STAFF SUPERVISION.

One of the first things parents should ask is how many supervisors are responsible for the children. A safe camp should have clear staff-to-child ratios, especially during busy activities or field trips. Smaller groups usually allow counselors to pay closer attention and respond quickly if something goes wrong. Parents should also ask how counselors are trained. Many camps hire younger workers for the summer, which isn't a bad thing, but proper preparation matters. Find out whether staff members receive training in emergency response, first aid, conflict management, and child supervision before camp begins.

### DON'T FORGET CAMP WATER SAFETY.

Any activity involving water deserves extra attention. Whether it's a pool, lake, or beach, parents should ask whether certified lifeguards are always on duty. It's also important to know the camp's rules around swimming and water activities.

Ask questions like:

- Are children tested for swimming ability?
- Are life jackets required for certain activities?
- How closely are kids supervised near water?
- What happens if weather conditions become unsafe?

Clear safety procedures demonstrate that the camp takes risks seriously rather than relying on luck or assumptions.

### TRANSPORTATION SAFETY IS IMPORTANT, TOO.

Many camps transport children on buses for trips or daily travel. Parents should ask how transportation is handled and what safety expectations are in place.

Questions worth asking include:

- Are drivers properly licensed and trained?
- Are seat belts required?
- How are children monitored while riding the bus?
- What procedures are followed during emergencies or breakdowns?

Children spend more time traveling during camp than many parents realize, so transportation safety shouldn't be overlooked.

### TRUST YOUR INSTINCTS.

Parents don't need to feel awkward about asking detailed questions. A reputable camp should welcome those conversations and answer openly. Trusting your instincts is important. If something feels disorganized, unclear, or rushed, it's worth paying attention to that feeling.



## RED, WHITE, AND BLUE STRAWBERRY SHORTCAKE

Light, fresh, colorful, and incredibly easy to make, this Fourth of July Strawberry Shortcake recipe is ideal for backyard barbecues, holiday gatherings, or a fun family treat. The combination of sweet strawberries, juicy blueberries, fluffy whipped cream, and soft shortcake creates a classic flavor everyone loves!

### INGREDIENTS

- 1 (15.25 oz) package yellow cake mix
- 1 (8 oz) container frozen whipped topping, thawed
- 1 pint blueberries, rinsed and drained
- 2 pints fresh strawberries, rinsed and sliced

### DIRECTIONS

1. Prepare cake according to package directions and bake in a 9x13-inch pan.
2. Once baked, allow the cake to cool completely, then frost with whipped topping.
3. Place blueberries in a square in the corner, and arrange sliced strawberries as stripes to make an American flag.
4. Let chill in a refrigerator before serving.

### ... continued from Cover

Standing in our Lawrence office surrounded by community leaders, clients, friends, and neighbors during our recent ribbon-cutting ceremony, I was reminded that the most rewarding part of building a business has never been the growth itself, but the opportunity that growth creates to give something meaningful back.

*-Len Spada*

# REVIEW OF THE MONTH

*"I wanted to share my experience with Spada Law Group. It has been absolutely wonderful, and most importantly, it was in my native language, Spanish, which made it much easier to understand the process. One of the most important things was the constant attention given to my health and treatments. The service from everyone, from day one, has been excellent. The assistants, in particular, make you feel special and important regardless of your status, and they ensure you get what is fair for your well-being. I am very grateful for the extraordinary help I received."*

*-Iris Flores*