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Hit-and-Run—What Do I Do?

By: Russell Button

Recently, I got a call from a new client and he was hit by a driver that drove off after. The classic hit and run car wreck. Being in a car wreck is frustrating, time-consuming, and difficult enough. However, add to the equation the fact that the other driver left the scene with zero regard for you. Whether you've been in one or not, we all need to know what to do because it can and will happen to someone we know.

First, the most important thing to do whenever you're involved in a car wreck is to take a look at the other driver's license plate if they are continuing to drive.

Then, either write it down or have someone in your car take a quick photo of it. If they pull over, great. If they don't, then you can report it to the police immediately. Also, note how many people were in the other car, descriptions of them, the make/model of the



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vehicle that hit you, color of vehicle that hit you, and any distinguishing features on that car, such as bumper stickers or paint job.



Second, as I stated above, call the police to report it with as much information as you can. If you or someone in your car needs emergency medical attention, let the police dispatch know. Then, if your car is drivable, pull over to a safe place out of the way of traffic.

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Third, call your insurance company. The one thing that people don't know is this kind of claim goes on your uninsured/underinsured insurance coverage. That is, if you even have it. I wrote previously on the importance of having uninsured/underinsured coverage. This is another reason why.



One of the leading causes of someone calling me with a hit-and-run claim is because the other driver was uninsured. As I've mentioned before, at least 20% of all driver's on Texas roadways are uninsured. That is significant.

Finally, the most important thing you can do after being involved in a wreck is get your



medical treatment. Many serious injuries are not easily noticeable or felt right away. Some injuries won't present for months, like head injuries.

They take time to avail themselves. If you have any question or concerns about your health after a wreck, seek your medical professionals.

As always, my purpose with this article is to simply inform you and your loved ones of what you need to be aware of in our community. I see too many clients that I cannot help because

they did not have uninsured insurance coverage.

Protect your family by making sure you're covered with adequate insurance. I will write in the future about the realities of what happens when you make a claim like this, but for now, if you have any questions, just reach out. We would be glad to speak with you about this.

Nursing Home Safety—Keep an Eye Out

By: Russell Button

Year by year, our country has to rely more and more on nursing homes or similar places for our loved ones. Too many times in my young career have I seen the misery that people endure because of nursing home neglect. Time after time, the nursing home is over-occupied and under-staffed. Why? The simple reason is they can get away with it most of the time, which means more profits for them.

My purpose in this article is not to say that all nursing homes are bad. Most have good intentions and a good heart. However, just like in every industry, there are a few bad apples that shine a bad light on everyone.

We all know that our elderly need to have a closer eye on them throughout their days. Unfortunately, an injury to someone in their 70's can be devastating that to someone in their 30's would be a minor setback. So, how can these be prevented?

First, adequate staffing. Just like daycare centers, nursing homes must have adequate staff to prevent falls and protect their patients from serious injuries. Depending on the needs of the patients at that specific facility, the ratio varies. Nonetheless, an extra employee is better than a patient's loss of life.



Second, proper training. Nursing homes must train their employees on how to protect their patients from themselves. For example, if a stroke patient is admitted to a nursing facility, the patient typically needs full-time supervision. If the patient doesn't get that full-time supervision, the patient can fall. It's re-



ally simple when you boil it all down, but these minor things get overlooked in the hustle and bustle of every day life.



Finally, checklists. Nursing homes must have checklists. The Checklist Manifesto should be a must read by everyone, especially anyone in the medical field. More than 90% of all medical negligence can be prevented with a simple checklist. It is amazing how far a checklist goes to preventing injuries in the practice of medicine. Let's take it a step further, Captain Sully from the miracle on the Hudson followed his checklist to a T. In the end, the only reason the plane didn't float was because there was a

flaw on the checklist.

What does this mean for us not in the medical field? Be informed about where you are putting your loved one. Talk to their staff and go see the facility. Ask the questions to get the answers you want. Don't just fall for their shock and awe packages. Check their staffing ratio.

Ask if they have continuing training programs. Look at their checklists. These are just some simple steps for you. As always, this list is not exhaustive.

Because we pursue nursing home neglect cases, let us know if you have any questions or concerns about the facility your loved one is thinking about visiting. We would love to hear from you. The better informed you are; the better decisions you can make.

Believe in Better—PULSE Dallas

By: David Wiley

Intro by Russell Button: David Wiley and I met through the Reptile trial lawyer program. We bonded quickly as we both have a passion for people as well as music. His primary focus is employment law on the employee's side. He represents people that are taken advantage of by the big corporations. I asked David to write a guest article for my newsletter this month on giving back to the community. Check out his article below. If you want to learn more about my good friend David Wiley, check out his Facebook or reach out to him at (214) 522-2121 and david@gwfirm.com.

Think of ways to make things better for people in your community. For strangers. For people you may never know, meet, or see again. Do some people watching. Look at their faces as they walk by. Think



about their fears, worries, and hopes. Some of us are at our very best when we are thinking about (and acting for) others — and at our worst when focusing only on ourselves. It is easy to find out which: Watch and listen to people. Really closely. Closer. Think of ways to make things better for those people in your community. Then try to do one of those things.

My community is in downtown Dallas. I live and work downtown and I watch and listen to people here. Really watch and really listen. I want to make things better for people here. For the workers who commute from the suburbs into the buildings downtown — they sometimes look so gloomy walking from the train station to their office buildings or to the restaurants and hotels where they will work all day. For the residents who work from home downtown and spend what would be time commuting working their phones and computers. For visitors pouring out of their hotels in the mornings into the city sidewalks, apprehensive about being in the middle of an unfamiliar place. Think of ways to make things better for those people.

People like art and music. Live art and music. Just watch the expressions on people's faces when they hear live music. They smile. Their moods change. But live music and performance is so often cooped-up in bars and concert halls. Behind ticket prices and cover charges. And it happens

So, we started a downtown Dallas street performer program. We pay performers \$50 for a 50-minute live performance (1 hour with 10



minutes of breaks throughout). They perform at a set time and a set location. For now, we aim for noon weekdays during good weather at the corner of Pegasus Plaza (the corner of Main and Akard: The center of downtown Dallas). We hope to expand the program: To have twice-daily performances and to have them at several locations downtown Monday through Friday. As the days get longer and hotter in the Summer, we plan to move the noon performance to a cooler part of the afternoons. This is all done in compliance with local ordinances (which, with certain limits, allow this sort of thing) and with the blessings of local politicians and safety patrols.

The idea is to make things better for people in the community. Here is how we hope to do so with this program: First (as always) is safety. Consider the broken windows theory of criminology: people can make their neighborhood safer by repairing the broken windows in it — because broken windows encourage vandalism and then crime escalates. It is like an unkempt house: A messy house encourages occupants to keep messy. A sink filled with dirty dishes encourages people to leave more dirty dishes by its side. But a clean sink encourages people to clean their dish. A laundry hamper with clothes piled on the floor next to it encourages people to drop their dirty towels on the floor. The same goes for downtown: Having beautiful live music in the air encourages people to be nice, to appreciate the aesthetic beauty around them, to take care of how things appear, to discourage things we do not want downtown like panhandling, littering, rude behavior, etc.

But there is so much more: Second, we support local musicians by actually paying them — under the not-so-novel theory that if you want something pay for it and if you want to support something pay for it. Third, we promote Dallas as a place friendly for music and art — and not just in the museums, symphony halls and nightclubs! Show visitors why we love it here! Fourth, we brighten (even just for a moment) the mood of hundreds of passersby. You catch glimpses of it as frowning people smile when they walk by. We may not achieve as much every day. But we can try and sometimes, we will succeed. Come see and listen! Watch the performers we have downtown and watch how passersby react to them!

If you would like to be a part of this particular program — as a performer, contributor, sponsor, volunteer, or with ideas — please reach out. But otherwise, please: Think of ways to make things better for people in your community. Then try to do one of those things. You may not succeed. But it will make you feel wonderful trying.

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Ham and Cheddar Quiche By: Sheba George

Here's a recipe that I've been crazy about lately. It combines the comfort of the combination of cheddar and ham with the easy preparation of a quiche. It is a great dish



for a group breakfast, but I personally enjoy this dish at any time of the day! I hope y'all enjoy this dish as much as I do.

Ingredients

- 3 eggs, beaten
- $\frac{3}{4}$ cup milk
- salt
- pepper
- 1 cup chopped cooked ham
- 1 cup shredded cheddar cheese
- 1 9" unbaked pie shell

Directions

- 1. Beat eggs with milk, salt and pepper in bowl.
- 2. Add ham and cheese.
- 3. Pour into pie shell.
- 4. Bake at 350 degrees for 45 minutes.
- 5. Let stand for several minutes before serving.