



THE SHUTTLESWORTH SENTINEL

Personal Injury
Product Liability
Wrongful Death
Nursing Home Abuse/Neglect
Assisted Living Abuse/Neglect

Helping Loved Ones With Alzheimer's and Helping Their Families

A FEW TIPS IN LIGHT OF NATIONAL ALZHEIMER'S AWARENESS MONTH

Since a lot of the cases my firm deals with have to do with nursing home neglect and abuse, we're often in contact with nursing home patients suffering from Alzheimer's disease and other forms of dementia, as well as with the families of those patients. And, as someone whose father has dementia, I understand firsthand how difficult it can be for families to watch a loved one's mind slowly deteriorate.

However challenging taking care of someone with Alzheimer's might be, though, you can help your loved ones in many ways, as well as help the families of loved ones with Alzheimer's disease. If you've recently learned that one of your family members is in the early stages of Alzheimer's disease, one of the most important things you can do is educate yourself on how the disease manifests itself and how to best respond to your loved one's condition.

"I UNDERSTAND FIRSTHAND HOW DIFFICULT IT CAN BE FOR FAMILIES TO WATCH A LOVED ONE'S MIND SLOWLY DETERIORATE."

If I had to offer up a few general tips on how to best interact with a loved one with Alzheimer's, I would say first that you should engage with them in conversations — don't just nod along. An Alzheimer's patient might forget what happened last week, but they'll remember 1978 like it was yesterday. Ask them about the things they do remember, like past travels, weddings, or their careers. It's comforting for them to talk about those things rather than try to remember what they did yesterday. Similarly, if your loved one with Alzheimer's is in a nursing home, look beyond the conversation for any signs of abuse or neglect. They won't always be able to communicate those things to you, so stay vigilant.



Second, do activities with them that they enjoy. Hobbies and pastimes can be a bridge between where they are now and where they used to be. Listen to music with them. Play a game of chess. Go for a hike, if they're physically able. Whatever it is they enjoyed doing before developing Alzheimer's, chances are they'll remember they liked doing it and enjoy that time.

Third, just be patient with your loved ones with Alzheimer's. Talking to them will be frustrating sometimes, and on certain days, it might feel impossible to get them to do the simplest things, like get dressed or brush their teeth. Just remember that taking care of them is also a learning experience for you — as time goes on, you'll get better at understanding your loved one's condition and how to navigate it with them.

If your loved one is in the early stages of Alzheimer's, you should help them get their affairs in order before they lose all competence. Help them get all the right legal documents in place, such as their powers of attorney and living wills. Don't wait until it's too late and your loved one no longer has the mental capacity to enact their final wishes — get started on that process as soon as you can, if you haven't already.

Perry Shuttlesworth

3 MEMORABLE THANKSGIVING DAY FOOTBALL PLAYS

Thanksgiving is all about good food, family, and football. Each year, football fans look forward to sitting down and watching the game with their family, regardless of whether or not their team is playing. While many games have been played over the years, some stand out more than others because of some major players and their quick actions. Here are three individuals who made their Thanksgiving Day games ones to remember.

LAWRENCE TAYLOR

New York Giants linebacker Lawrence Taylor was said to have “single-handedly” beat the Detroit Lions in this memorable 1982 Thanksgiving Day matchup. The game was only the fourth of the season for Taylor, who had just recovered from a sprained knee injury suffered in a previous game. With the score tied at 6-6 in the fourth quarter, Taylor intercepted the ball from the Lions quarterback, Gary Danielson, and ran it 97 yards for a touchdown.

LEON LETT

The Miami Dolphins were up against the Dallas Cowboys on Thanksgiving Day in 1993. This game was marked by its strange weather: Snow covered the field in Dallas, and temperatures reached only 26 degrees F. But that wasn't what made the game memorable. In the last 15 seconds of the game, the Cowboys blocked the Dolphins' last 40-yard field goal attempt. As the ball was rolling on the ground, Cowboys defensive tackle Leon Lett dove for it but slipped and missed. The Dolphins recovered the ball and were given the chance to kick another field goal at the 1-yard line. The attempt was successful, and they won the game.

PHIL LUCKETT

One of the most memorable moments during a Thanksgiving game took place in 1998, when the Pittsburgh Steelers and the Detroit Lions entered overtime in a 16-16 tie. Referee Phil Luckett oversaw the coin toss, and that's when things became tense. Steelers running back Jerome Bettis appeared to call tails, but Luckett said, “Heads is the call.” Upon review later, officials discovered that Bettis changed his mind mid-toss and had indeed called heads first. The Lions got first possession and scored a field goal to win the game.



HOW TO SPOT NURSING HOME ABUSE WHEN THE RESIDENT HAS DEMENTIA



Nursing home abuse can be hard to spot for the average person visiting their loved one. If their loved one has dementia, that can make it doubly difficult. Dementia can make a person paranoid and delusional, which leads many seniors to claim they're being abused, even when they're not. However, don't let their crying wolf distract you from what could very well be an actual case of nursing home abuse. In order to be more sure of the situation, you'll have to look beyond your loved one's words.

SIGNS OF PHYSICAL ABUSE AND NEGLECT

When a nursing home employee purposefully causes injury or pain to your loved one, that is obviously abuse, and the signs are usually apparent if you know what to look for. Any marks or injuries you can see, and don't recognize, including bruises, scars, burns, dislocations, or even broken eyeglasses, can all be signs of abuse. If nursing home staff are neglecting your loved one, that can manifest itself as unusual weight loss, unsanitary living conditions, and poor hygiene.

SIGNS OF EMOTIONAL ABUSE

Seniors with dementia can be frustrating to deal with at times, but trained nursing home workers should know how to work with them in a calm and collected manner. There's no excuse for any sort of belittling, shouting, and controlling behavior that you might observe in interactions between your loved one and their caregiver. This type of abuse might be a little harder to spot since an abusive staff member may try to tone it down when you're visiting, but it's still worth keeping an eye out for.

SIGNS OF FINANCIAL ABUSE

A dementia patient's weakened state of mind makes them a prime target for financial exploitation. You should follow up on any sudden changes in your elderly loved one's financial situation you observe. These signs might include ATM withdrawals while they're bedridden, additional authorized users to their bank account, or any irregular spending patterns or withdrawals made despite penalties.

Nursing home residents with Alzheimer's or other forms of dementia are especially vulnerable to abuse, and if you think you can make a case for your loved one, give Shuttlesworth Law Firm a call today at (205) 322-1411.

5 Different Types of Auto/Bicycle Accidents

TO LOOK OUT FOR ON THE ROAD

Fall in Birmingham means cooler, less humid days — the perfect time of year to ride your bike. However, if you're planning on sharing the road with motorists quite a bit, recognizing where you might be more likely to get into an accident with an unsuspecting motorist can help you stay safe and enjoy your bike ride. Here are a few of the most common auto/bicycle accident scenarios.

TURNING RIGHT ON A GREEN

One of the most common accidents between motorists and bicyclists occurs when a vehicle abruptly turns right at an intersection, causing the vehicle to collide with a cyclist riding alongside them, trying to go straight through the intersection.

TURNING RIGHT AFTER A STOP

When a motorist is turning right after stopping at an intersection, or pulling out of a parking lot

and onto a road, cyclists should be wary about crossing in front of them. If the motorist isn't paying attention, they might T-bone the cyclist or at least cause them to abruptly stop as they turn right.

COMING ON YOUR LEFT

This accident happens when the cyclist is riding through an intersection and a vehicle coming from the opposite direction turns left at the intersection, colliding with the cyclist.

GETTING 'REAR-ENDED' AS A CYCLIST

When cyclists and drivers share the road and a driver speeds up on a cyclist in front of them, they may accidentally collide with the cyclist. This is an accident that many cyclists rightly fear and should keep an eye out for on their rides.



GETTING 'DOORED'

Even stationary cars can be dangerous for cyclists. When the bike lane is separated from the sidewalk by street parking, sometimes drivers open their door to exit the vehicle right as a cyclist is careening by, causing them to slam into the door at high speeds.

In almost every accident between a motor vehicle and a bicycle, the cyclist will usually be worse for wear. If you've been the victim of a bicycle accident, contact our office immediately. We'll make sure the driver is held accountable for their actions.

TAKE A BREAK

					8		6	4
3	5						7	1
			9					
4	7			3	1		9	
5							3	
	9			7				
		8		2	6			
		2	7	9		5	4	
7					4			

SOLUTION

4	1	8	9	2	6	7	3	5
3	5						7	1
			9					
4	7			3	1		9	
5							3	
	9			7				
		8		2	6			
		2	7	9		5	4	
7					4			

STRANGE FACTOID

AROUND THE WORLD IN 80 DAYS: MORE THAN JUST FICTION

While circumnavigating the globe might only take a few expensive plane tickets today, back in the late 1800s, before the airplane was invented, it was quite an undertaking. The difficulty of this journey was the basis for the entire plot of Jules Verne's 1873 bestseller, "Around the World in 80 Days."

However, this journey was more than just a book. On Nov. 14, 1889, American journalist Nellie Bly set out to put Verne's

book to the test. With just a few small luggage items, Bly beat Verne's characters' record, starting in New York and making use of steamships, railroads, junks, and even camels, to make her way back to New York in just over 72 days.

For this journey as well as other noteworthy journalistic projects, Bly was inducted into the National Women's Hall of Fame in 1998 and honored with a postage stamp bearing her likeness in 2002.





PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

INSIDE THIS ISSUE

- 1 A Few Tips for National Alzheimer's Awareness Month
- 2 3 Memorable Thanksgiving Day Football Plays
- 2 Spotting Nursing Home Abuse With Dementia Patients
- 3 5 Different Types of Auto/Bicycle Accidents
- 3 November's Strange Factoid
- 4 Black Friday: COVID-19 Edition



BLACK FRIDAY: COVID-19 EDITION

HOW TO TURN THE SHOPPING HOLIDAY INTO A STAY-AT-HOME FAMILY EVENT

A string of retail stores, including JCPenney, Bed Bath & Beyond, Walmart, Target, Kohl's, and Dick's Sporting Goods, have declared they won't be open for the traditional Thanksgiving and/or Black Friday shopping this year. But that doesn't mean the annual shopping holiday is canceled! If you're an avid Black Friday shopper, you can keep the tradition going and involve the whole family by using the day to shop online. Here are a few tips to get everyone involved in the fun and turn the holiday into an overnight party.

DIVIDE AND CONQUER.

Does your whole family love shopping? If they do, it's time to break out the laptops, cellphones, and tablets. Take the list of items you're hoping to snag and divide them up so that each person has

things to browse for. Then choose a start time — midnight is always good — and let everyone loose to bargain hunt. While you're shopping, remember to use store apps, websites like RetailMeNot and Groupon, money-saving browser extensions like Honey, and price-comparison apps like Flipp to score the best deals.

REFUEL WITH CAFFEINE.

No all-night shopping spree is complete without a coffee run. To keep your family fueled, make sure to stock up on your favorite coffee in advance and set a time for a coffee break. It's not quite the same as taking a break at the mall's Starbucks, but it will help you power through the night. For an extra bit of fun, you can even try to recreate your favorite Starbucks drinks

at home. ChowHound.com is a great resource for DIY recipes and has hacks for the caramel frappuccino, pumpkin spice latte, and more.

CELEBRATE WITH A BIG BREAKFAST.

When you've finally dropped the last item into your virtual cart, it's time to celebrate! Depending on how long your spree took, it might be 3 a.m., or you might be able to see the sunlight peeking through your blinds. Either way, you deserve to reward yourself with breakfast. Try cooking your favorite breakfast foods as a family or, if it's late enough, order home-delivered pancakes and hashbrowns from your favorite local restaurant. Once you're stuffed, you can crawl into bed knowing that you had a fantastic family night.