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- TRIAL LAWYERS -

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LOCAL RESOURCES FOR THOSE IN NEED

People have the incredible tendency to come together in times of need, and now is one of those times. If you are one of those people, you can reach out to some wonderful local resources to give or receive help. Here are just a few.

ST. LOUIS AREA FOOD BANK

Many who have never needed assistance before will be turning to St. Louis Area Food Bank now, and they're doing their best to help everyone they can. They're working with local, state, and national officials to safely distribute food to families in need by increasing mobile distribution events, partnering with over 500 agencies to fill food pantries, and supplying senior boxes in ways that decrease exposure. Visit StLFoodBank.org to locate a pantry near you, or call 314-292-6262 for more information.

STL VIRTUAL TIP JAR

If you're an out-of-work service employee, consider submitting your name to receive immediate financial support through Virtual Tip Jar. If you have pressing bills to pay before your stimulus check arrives, the generous donations

of those looking to support employees of local restaurants could be a great resource. The St. Louis Area Virtual Tip Jar group has already assisted nearly 1,500 local service industry employees so far. Visit their Facebook page at [Facebook.com/stltipjar/](https://www.facebook.com/stltipjar/) to find out how to donate or sign up.

GET US PPE

Personal protective equipment (PPE) is in short supply for medical professionals on the front lines every day. If you're a medical professional working in a facility in dire need of more PPE to keep yourselves and patients safe, reach out to an organization like Get Us PPE to see how they can help. Registering yourself or your facility at GetUsPPE.org/request/ will notify them you need assistance securing PPE and put yourself on a public map so others can donate to you as well.

You can also contact United Way at UnitedWay.org, or call 411 to receive assistance finding local support you need. These and other facilities are also looking for donations from anyone who can afford them, so be sure to reach out and see how you can help. We'll get through this by working together.



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WE WILL NOT BE SWAYED

DESPITE THE CHALLENGES OF COVID-19

The days are running together. I usually write this column about 5-6 weeks prior to mailing and usually at about 5 a.m. in my kitchen. I recognize that this edition could be outdated the moment I send it to be printed. Where was I six weeks ago? I was thinking about a family spring break trip to Florida. At that time, I was a little nervous and constantly watched the news for updates and alerts about the virus. Life was still fairly normal. I was concerned about traveling with four kids. I had two enormous trials coming up; I was uneasy to say the least.

Now? A lot has changed. Some of it for the better. I've gotten more sleep than ever before. I now go on walks with my boys each day. Some of them as long as two hours so my wife can teach the older ones. We walk to the bakery and buy fresh bread. The roads are empty (though traffic does seem to be picking up), and the parks near our home are beautiful. We have hiked the trails, kicked soccer balls and not had to worry about a single car. My wife and I are home every night with our kids and here every morning they wake up.

Some of the change is sad. Most people will say they are anxious about this time. I guess I am, too. Sometimes I feel like I am on vacation and have that work/life

balance I always wanted. Then I snap out of it and my stomach drops. I miss my office. I miss the productivity there. I miss the hum of the motion there. I miss our mail lady. I miss going to lunch. I miss people popping in. I miss seeing our clients. I miss seeing the trust on their face. I miss delivering for them. I miss the satisfaction of helping them. I miss the easiness of the processes of the office. Just mailing a letter is much more time consuming now. But an acceptance of this situation is evolving for me and my outlook has turned. I am increasingly more positive. We can do this. We are going to be okay. Life is and will be different, but it is something we can and will adapt to.

I appreciate our employees more. The work they all have been doing during this upheaval has been tremendous. But even better than that is their attitude. They pick us up when I am down. One of them is always, and I mean always, moving the ball forward for a client. That type of behavior is infectious. We have daily communication, and each of them have made incredible strides to help the office. I can genuinely say that I do not know where we would be without them.

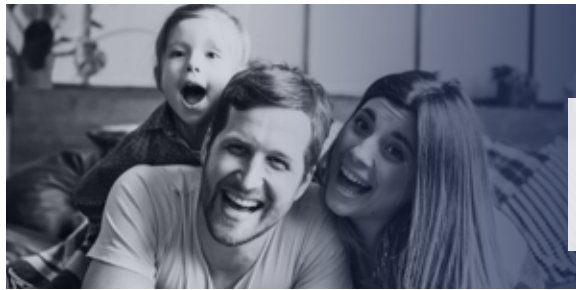
So, when you read this, where will we be? I have no idea. I started the



practice of trial work with the long game in mind. I went through some serious ups and downs early in my career and learned deep down what I wanted to do. Nothing will sway us from that. Our office plans on being here for decades. We plan on representing people for years and years to come. This hiccup will not end it for us. It will make us stronger, more cohesive, and bond us all more. What will the next column say? I'm betting good things. Stay safe and stay healthy, everyone. We are here for you.

Chris





TURN YOUR VACATION INTO A STAYCATION 3 WAYS TO REPLACE A CANCELED VACATION

Vacations provide opportunities for families to spend time together in a relaxed environment, get away from the routines of everyday life, and create meaningful memories. If you've recently had to cancel a trip but still want to create the experience of a vacation for your family, then a staycation is just what you need.

TRANSFORM YOUR BACKYARD

When you're trying to recreate a vacation, the outdoor areas of your home present a variety of possibilities. You can turn a sandbox into a relaxing beach, complete with a kiddie pool "ocean." If you have trees, then set up a zip line or obstacle course. You can even stimulate summer brains with a scavenger hunt around the backyard with hidden clues in the dirt or bushes. The ultimate prize can be something you would have purchased on your original vacation, like a souvenir you can find online.

CREATE A 'FAMILY MUSEUM'

Many vacations include an educational aspect in order to enrich our understanding of the place we're visiting, and museums are a great way to accomplish that. If you're confined to the house, then teach your kids about your

own knowledge and interests and encourage them to get creative and make their own contributions, too. Have everyone create art, take photos, or write about their prized possessions. Display these masterpieces around your home and let their creators take you on a tour. Learning more about one another builds meaningful bonds.

BRING YOUR TRIP HOME

You probably chose your original vacation destination in order to experience new and different cultures and activities. But just because you're no longer traveling to that location doesn't mean you can't experience some of what it has to offer! Research popular local cuisine, activities, and history of the area, then create ways to experience them with your family. Cook a traditional meal, recreate a scenic location through photographs, or share a story about local lore and history. Your changed plans will no longer feel like a missed opportunity.

Staying at home doesn't mean your family can't have the fun of a vacation. All it takes is a little creativity and innovation to build an experience that will bring your family closer together.

THE BEST WAYS TO HELP LOCAL NONPROFITS IN CHALLENGING TIMES

Over the past several months, families, businesses, and nonprofits have had to navigate life in this challenging "new normal," and it can be hard to support your favorite nonprofits when times are tough. Here are a few ways you can help these important entities, even when you don't have resources to spare right now.

DONATE

While many people donate generously during the holiday season, remember that nonprofits need donations throughout the year, and different nonprofits need different things. A monetary donation can often go a long way, but never feel obligated to give money, especially when your budget may be tight. Instead, consider cleaning out your closet. What clothes, shoes, or other accessories can you part with? What about dishware or small appliances? When you clean out your home and donate unused items, you benefit those in the community who need them most.

VOLUNTEER

In a time of social distancing, volunteering may be discouraged, but nonprofits still need volunteers to operate. The good news is that many nonprofits need

volunteers for positions that maintain social distance, such as driving. Food banks and kitchens need drivers to pick up donations or ingredients from donors and to deliver food to people in need, such as the elderly or those with disabilities.

ADVOCATE

Even if you don't have time or resources to give, you can become an advocate for important causes around your community. While it might not seem like much, sharing information about local nonprofits on social media can make a genuine difference. Nonprofits need exposure, which is greatly boosted through community support. Sharing useful information about nonprofits — or sharing their posts — increases their visibility so more people will take action.



PERSONAL INJURY AND COVID-19 WHAT ARE YOUR OPTIONS?

As much as it seems like COVID-19 has brought the world to a stop, it's important to continue certain practices and activities. Although the courts are generally closed to trying new cases as of writing this article, that doesn't mean every detail of your case should be put on hold. It's still vitally important that you keep up your health while recovering from personal injury.

Hospitals, doctors' offices, and urgent care facilities have become higher-risk locations, so medical professionals are urging those with nonemergency needs to steer clear if possible. But if you've suffered a personal injury and need medical help for your recovery, take a moment to consider your options. Just because activity on your case has paused doesn't mean every aspect should wait. You owe it to your health and your case to show you're still proactive about your healing.

If you have an ongoing treatment plan as a result of a personal injury, it's important to keep up with your treatment to the best of your abilities. If you're able and willing to continue seeing your doctor for regular appointments, just

make sure you follow proper CDC guidelines by wearing a mask and gloves and distancing yourself when possible.

If you decide to remain at home, try exploring alternative options for keeping a record of how you continue to treat your personal injury. Speak with your doctor by phone about possible regimens and practices. Ask if they're using telehealth services, which are virtual visits done entirely by video. You can also contact your health insurance provider to understand what they're offering during this time. Some have been showing leniency when it comes to co-payments and due dates, so make sure you find out what your options are.

If communication with your doctor proves difficult, still keep up with your medical regimen and recovery however you're able. For example, keep a video log or a medical journal to track your activity and progress. Evidence that you're being proactive about your recovery right now is just as critical as it would be if your case was going to court next week. But more than that, your healthy recovery is key. Feel free to reach out with any questions you have about what to do next.



PALEO SAUSAGE FRITTATA

Inspired by SarahFragoso.com

INGREDIENTS

- 3 tbsp coconut oil
- 1 lb mild Italian sausage
- 1 medium sweet potato, peeled and grated
- 4 green onions, diced
- 10 eggs, whisked
- Black pepper, to taste

DIRECTIONS

1. In a large ovenproof skillet, heat coconut oil over medium heat.
2. Crumble sausage into the skillet and cook until browned.
3. Add sweet potato and cook until tender.
4. Add green onion and sauté for 2-3 minutes
5. Spread this mixture evenly throughout the skillet. Pour eggs over mixture and sprinkle black pepper over top.
6. Cook without stirring for 3 minutes or until bubbly.
7. Transfer skillet to oven and cook under broiler on low until frittata is cooked through.

YOUR REFERRALS MEAN THE WORLD TO US

There is no greater compliment we can receive than a client telling a friend or loved one about us. If you know somebody who has been injured and needs an attorney who will fight on their behalf and give their case the attention it deserves, please pass along this newsletter and have them give us a call at 314-293-4222. Thank you for spreading the word about Finney Injury Law.