



# The Law Offices of Marc L. Shapiro, P.A.

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## LIVING FOR SUNDAY NIGHT FOOTBALL

### *Always Remember for Those Who Forget*

November is not only a big month for football season, but it is also National Alzheimer's Awareness Month! My dad had radiation for his cancer, and I'm not sure if it was the radiation or the medications he was taking, but he had these hallucinations toward the end of his life.

I know dementia comes in many forms, so I don't think it was Alzheimer's disease exactly and he wasn't suffering from forgetfulness by any means, but I knew that it was *something*. It was kind of funny — and not really funny per se — but I would show up at the hospital, and he would always ask me how I managed to find him!

I always felt like he was just somewhere else. He was in no position to drive, and he would say things like, "Yeah, I just got back from a friend's house," and when I'd ask where his friend was, he would say, Brooklyn — all while he's sitting in a hospital in Naples.

There was even a time he called me frantically and asked for someone to pick him up because he was at a store when he definitely wasn't. I'd ask him to describe the store, but I've learned that you don't want to argue with people who have dementia, because it will cause unwanted frustration. So, when I'd ask him if there was a bed inside the store, he'd realize there was, and I'd tell him to lie down in the bed and I'd come to get him.

It was just so real for him. My dad would imagine he was doing things or going to different places, and he would fully believe that he did.

One thing I remember about my dad was that he was really into football. We are originally from Pittsburgh, so he

was a big Pittsburgh Steelers fan. He had season tickets every year and watched every game — he was a real fanatic. Though he wasn't doing the best towards the end of his life, we always put on the games for him to watch because we knew he still loved it.

I have so many great memories with my dad during football season. When I was younger, they had what's called the "Immaculate Reception," when Terry Bradshaw threw a pass and the ball popped up in the air. It was like the game's last play, and Franco Harris grabbed it, ran into the end zone, and won the game!

***"Though he wasn't doing the best towards the end of his life, we always put on the games for him to watch because we knew he still loved it."***

I was probably about 10 or 11 years old in the 1970s when the Steelers won two Super Bowls. It was just an exciting time to get into football, and I wasn't as big a fan as my dad was, but he lived for Sunday football.

Alzheimer's can be challenging and depends on the progression, but it truly takes a lot from a person. How a person with any form of dementia feels and experiences life can be difficult, but it comes down to more than just having the condition. Their relationships, environment, and support all shape their experiences, especially in their later years, so spreading awareness and understanding the signs can take us one step closer to finding a solution.

*-Marc L. Shapiro*



# ALL THIS FOR A TRUCKLE OF CHEESE?

## What Is Cheese Rolling?

During the spring, the southwest part of England hosts one of the strangest sports each year — cheese rolling. People worldwide travel to watch and participate as contestants launch themselves down a hill in pursuit of a round of cheese. But how did this sport come to be? It's kind of a mystery.

No one really knows the origins of cheese rolling. For as long as the locals can remember, the sport has always been there. Several theories attempt to explain how the sport came about. One theory states that the competition started in the 15th century, and racing down the hill was a way to establish grazing rights on the commons. Others say the game has a pagan origin, where people would throw bundles of brushwood down the hill to represent the new year once winter ends. Although its roots are unknown, locals have kept score since the 1970s and watched it gain in popularity over the years.

### What are the rules?

Competitors begin the race at the top of Cooper's Hill in Brockworth, Gloucester, which slopes downward at an almost 90-degree angle. Then, when the master of ceremonies tells you to go, you launch yourself down the mountain. The first person to grab the 8-pound wheel of double cream Gloucester (which has never been done

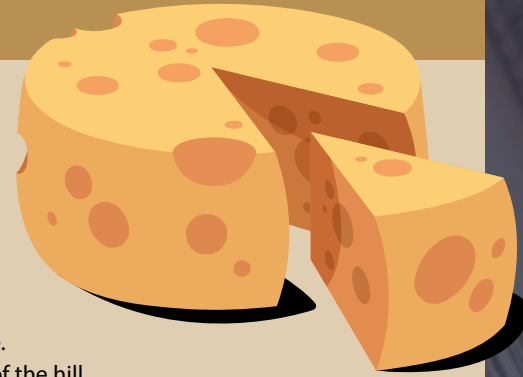
before) or cross the finish line at the bottom (about 200 yards) will win the race and the cheese.

You don't need to meet any criteria or fill out any paperwork to participate.

Simply arrive at the top of the hill before the race begins, and you're all set. But participating is at your own risk: Many people suffer severe injuries because you're going down the hill at speeds reaching 70 mph.

The sport has gained many fans over the years — around 15,000 attendees come to view the spectacle annually. The media attention further spreads the interest and popularity of cheese rolling. Many YouTube channels cover the sport, and a Netflix show titled "We Are the Champions" has an episode covering the sport and how competitors train.

Can you believe all of this excitement and fame over a truckle of cheese?



## Be Aware of Head Injuries

### HOW BRAIN INJURIES CAN RESULT IN PSYCHOLOGICAL PROBLEMS



Many assume that a brain injury can only result from hitting your head on something, but that is not the case! It can also be sustained by the motion of the brain hitting the skull through a traumatic event.

This could be from whiplash or even simply a jolt to the head or body. Depending on the area of the brain impacted and the severity of the injury, the brain can experience changes in how it works. When someone is in an accident, they may feel depressed or irritable and think maybe it was just because they were in a traumatic event.

But a lot of times when you stop abruptly because you hit a car — you keep moving. The car may stop, but your neck or back can be violently thrown forwards or backwards, and your brain can hit the inside of your skull.

When the brain hits against the front of your skull, you may suffer from a frontal lobe injury. This is what causes you to have personality changes, feelings of hopelessness, changes in the way you smell or taste foods, forgetfulness, lack of empathy, and so much more.

#### Other symptoms can include:

- Change in self-esteem
- Alexia (inability to comprehend written material)

- Suicidal thoughts
- Withdrawal from favorite activities
- Isolation from others
- Driving but forgetting where you're going.
- Stopping mid-sentence because you can't remember the conversation.

Many people equate having a head injury with concussions, but that isn't always true. These head injuries cause — even if you don't hit your head — a lot of damage, and sometimes they can repair themselves, but they can still result in psychological problems.

There are times when someone doesn't want to admit they may have suffered from a minor traumatic brain injury, and sometimes it doesn't make an appearance until days, weeks, or even months later. They may claim they never lost consciousness or that they never hit their head, but these symptoms are controlled by the frontal lobe and are signs to still be aware of.

It's best to be checked out by a medical professional or have some tests run. That way, you can be compensated for your injuries. Contact us at (239) 649-8050 so that our attorneys at the Law Offices of Marc L. Shapiro can help.



# 'Feeling Confident and Comfortable'

## WHAT OUR CLIENTS ARE SAYING

*"My experience with this law firm has been amazing. I'm so grateful for Ally; she helped me through every step of my claim and went above and beyond with any needs or concerns I had. The communication and professionalism were a 10/10. I would definitely reach out again if I ever need them, and would recommend them to anyone needing legal advice."*

**—E.G.**

*"From the first phone call, I knew Amanda had my back. I felt so confident and comfortable trusting that she was going to do the best for me and she did! Kelsea sure knows her stuff... She was able to greatly reduce my medical bills, which meant more for my well-deserved settlement. I am so appreciative of the staff at Marc L. Shapiro's office, and I will recommend them to everyone!"*

**—T.D.**

*Your reviews offer us valuable feedback, but when you recommend our services to others, that's the ultimate form of praise! Please share your experiences with the Law Offices of Marc L. Shapiro, P.A., on Google or at Facebook.com/attorneyshapirolaw. Your comments empower us, make us better, and allow us to help others.*



## APPLE CRANBERRY CRISP

*Inspired by TasteOfHome.com*

### Ingredients

- 3 cups peeled and chopped tart apples
- 1 1/2 cups cranberries
- 3/4 cup packed brown sugar, divided
- 1 tbsp lemon juice
- 1/2 tsp ground cinnamon
- 1/2 cup all-purpose flour
- 1/3 cup butter, cold
- Vanilla ice cream (optional)

### Directions

1. Preheat oven to 375 F.
2. In a large bowl, combine apples, cranberries, 1/4 cup brown sugar, lemon juice, and cinnamon.
3. Grease an 8-inch baking dish and pour the mixture into it.
4. In a small bowl, mix flour and the remaining brown sugar. Cut in cold butter until the mixture is crumbly. Sprinkle this over the fruit.
5. Bake uncovered for 25–30 minutes or until the topping is golden brown and the filling is bubbly. If desired, serve with vanilla ice cream and enjoy!

## Word Search

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CASSEROLE  
ELECTION  
GRATITUDE  
HARVEST

RAKING  
REMEMBRANCE  
SAINTS  
SQUASH

THANKSGIVING  
TOPAZ  
TURKEY  
VETERAN





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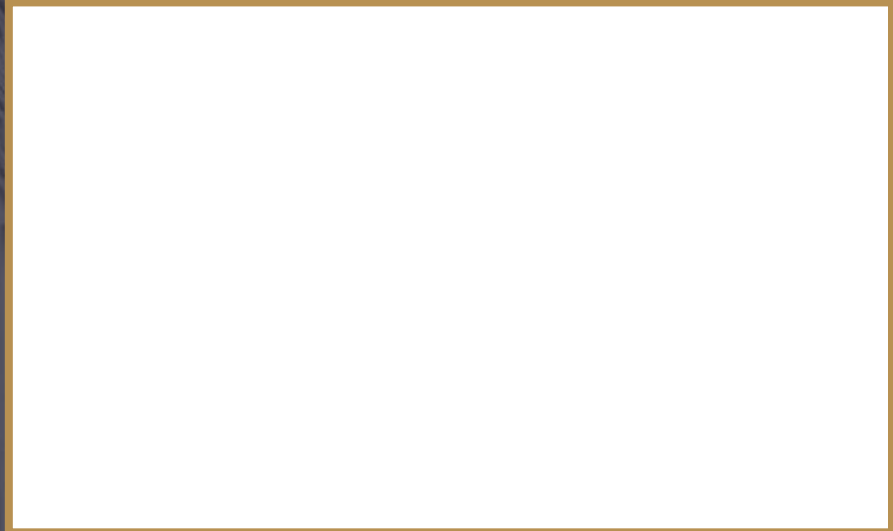
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## EXPERIENCE FRESH POWDER AND GREAT VIEWS

### *Top 5 Ski Resorts to Cross Off Your Bucket List*

Temperatures are dropping and snow is falling in some parts of the country, so it's time for some winter fun! Whether you ski, snowboard, or just enjoy the snow, here are some of the best ski resorts to check out this ski season!

#### **Steamboat Springs, Colorado**

A little less glitzy than some of the other popular ski resorts and towns in Colorado, Steamboat Springs is extremely family-friendly with a Western vibe. Because Steamboat is tucked away in the northwest corner of Colorado, the area catches snow from both Utah and Wyoming, which means you can expect some of the best skiing powder.

#### **Whitefish Mountain Resort, Montana**

While Whitefish Mountain Resort was originally a sleepy, quiet, and remote ski resort, it has gained popularity over the past few years, but it still remains an under-the-radar ski destination with friendly locals and smaller crowds. For beautiful, lush Montana views and no ski lift lines, Whitefish is a must!

#### **Mad River Glen, Vermont**

For an authentic, deep-mountain experience, Mad River Glen is considered the best skiing mountain in the East. One of the best features of the resort is that it has single-chair chairlifts — and no snowboarders! The runs are long and the sights are gorgeous while providing an amazing ski run, throwback style!

#### **Aspen, Colorado**

Aspen just had to make this list! This incredibly popular ski resort has four different mountains, providing a wide range of terrains for all different skill levels. The ski resort town is fun, developed, and exciting as well.

#### **Deer Valley Resort, Utah**

A ski-only resort, Deer Valley is a quaint ski town with legendary customer service and unbelievable Utah powder. It should be noted that the chairlifts are speedy and efficient, and the trails are well-groomed. Lift lines are nonexistent, making for an exclusive and remote experience!