



Choosing the Right Assisted Living Facility



As our population ages, more and more individuals are being confronted with decisions about assisted living facilities. Quite frequently, assisted living facilities promote themselves as safe locations where seniors can maintain their independence while enjoying their golden years. Sadly, however, reality can be quite a different story. While there are numerous quality facilities from which to choose, many assisted living facilities are ill-equipped to address the needs of their residents and/or understaffed with poorly trained employees. Before selecting a facility, we recommend you consider these tips from ProPublica, an independent, non-profit newsroom that produces investigative journalism in the public interest:

1. **Understand Your Needs.** Assisted living facilities can have limited or no medical staff—no doctors and often no nurses. Therefore, if you have substantial medical needs, a nursing home might be the better alternative.
2. **Visit The Facility.** Visit the facility often, on various days of the week and at different times of the day. Talk to the residents and staff and ask tough questions. Checklists as to what to ask can be found at http://assets.aarp.org/external_sites/caregiving/options/assisted_living.html.
3. **Is The Facility Non-Profit?** Sadly, many corporations put profits over people. As such, a for-profit facility may cut corners for the sake of earnings. That could impact staffing, food and available activities. That is not to say that you should entirely discount for-profit facilities, just do your homework.
4. **Know The True Costs.** Assisted living facilities are expensive, averaging \$3,550 per month, according to a 2012 survey by MetLife. (<https://www.metlife.com/mmi/research/2012-market-survey-long-term-care-costs.html#keyfindings>.) The base price of any facility may not reflect fees for additional services, such as meal delivery, laundry, bathing assistance, etc., however.
5. **Read The Admissions Agreement.** Many facilities are including forced arbitration provisions in their admissions contracts. These provisions eliminate your ability to sue them in civil court and hold them accountable for any wrongdoing. While the enforceability of these clauses in Wisconsin is questionable, be aware that you may relinquish your right to trial by jury by signing the agreement.
6. **Always Choose Quality Care Over Location.** While it may be easier for you to visit your loved when they are closer, experts warn that your first criteria should always be quality of care and a facility that is a good fit for a prospective resident.
7. **Check Public Records.** Check the property's regulatory history and complaint record for the past five years. In Wisconsin, check Wisconsin Circuit Court Access (CCAP) at www.wcca.wicourts.gov to see if the facility has been a defendant in any personal injury lawsuits. The Wisconsin Ombudsman is also a great resource to utilize in this respect and can be found at www.longtermcare.wi.gov.
8. **Hire A Geriatric Care Manager.** According to the National Association of Professional Geriatric Care Managers, while professionals in this field typically charge \$80.00 to \$150.00 per hour to find an appropriate facility, they can be well worth the cost. For more information on hiring such an individual go to www.caremanager.org.



Domnitz & Skemp, S.C. Celebrates 10 Years!

On October 1, 2004, Ric Domnitz and Anthony Skemp—along with paralegal extraordinaire, Corinne Dulak—opened their Milwaukee office of Domnitz & Skemp, S.C., on Cathedral Square Park in downtown Milwaukee. The goal of the firm was/is to deliver high quality legal representation exclusively for personal injury victims. According to the Small Business Administration, the Bureau of Labor Statistics indicates that “About half of all new establishments survive five years or more and about one-third survives 10 years or more.” D&S has not only survived but has thrived. Since opening its doors, D&S has represented well over a thousand individuals who have been injured due to the negligence of others, tried numerous cases to verdict and successfully argued to the Wisconsin Supreme Court and Court of Appeals, effecting changes in Wisconsin personal injury law.



**Ric and Tony shortly after opening
D&S in 2004**

Senior Partner and Founder Ric Domnitz has practiced law for 38 years and built his reputation by being honest yet tenacious, tough, fair and intense, yet sensitive toward the causes of his clients. He has brought this ethic with him to D&S: “My passion is for the underdog. I will never allow the moneyed interests of those who value corporate coffers over human suffering to take advantage of people whose lives have been disrupted by personal injury or corporate wrongdoing. Certainly, this type of practice must be handled responsibly, but the protection of the rights of the people, as guaranteed to all citizens by the Constitution, deserves our unwavering efforts at every turn. To me, every client’s case is important and every case deserves to be zealously pursued. I know of no other way to practice law.”

Partner and co-founder, Anthony Skemp—who has worked with Ric during Tony’s entire 16 plus years as an attorney—attributes the success of the firm to the hands-on personal approach of the lawyers and staff: “Many law firms send out non-lawyers to sign up cases. Other firms dabble in representing injured individuals and, in fact, likely do not explain to their clients that they often represent the very insurance company from whom they are now trying to obtain fair and reasonable compensation. This is unacceptable to me. Not only do we ONLY represent injured individuals, our clients will meet with a lawyer. In addition, while we have competent staff available to address our client’s questions, the lawyers are extremely accessible. These attributes—in addition to our work ethic and experience in navigating the civil justice system—is what sets us apart.”

In October of 2008 the firm expanded when Attorney Noah Domnitz joined the firm. Noah shares Ric and Tony’s passion for representing injured individuals and the “hands on” approach at D&S: “Clients often have questions about the civil justice system because this is their first experience in it. At D&S we pride ourselves on providing our clients with the information they need to make informed decisions. In the end, it is not about making decisions for our clients but it is about putting each client in a position to make an informed decision.”

More recently, Angie Verre joined the firm as both a paralegal and a bookkeeper. Both Corinne and Angie are industrious, knowledgeable paralegals who take pride in working on behalf of those who were injured through no fault of their own.

Congratulations to everyone at D&S on your 10 year anniversary! •

Winner, Winner, Chicken Dinner!

Congratulations to Gary Branger and his daughter, Isabelle, and to Jeff and Nora Meyer, who entered the Domnitz & Skemp, S.C. “I Must Be In The Front Row” Brewers Ticket Giveaway in our August Newsletter. By “Liking” us on Facebook, their names were entered into a drawing for front row, Loge Level seats at the September 4th Brewers/Cardinals game. While the Brewers did not bring home a winner that day, by all accounts everyone enjoyed themselves! Thanks to all who participated! •



Jeff and Nora Meyer



**Gary Branger and his
daughter, Isabelle**

15 Healthy Foods to Stock in Your Kitchen Year 'Round



As we descend into what usually is a long, cold and dark winter, we have a tendency as Midwesterners to let our diet also descend into the doldrums. Eating organic foods year around, however, is a great way to fight off illness, to maintain a healthy digestive system and to support a healthy you, even during the cold days of winter. Thanks to our friends at Eat Local Grown, here are 15 foods that we feel should be in your kitchen year around. Our personal favorites on this list include Avocados, Organic Coconut Oil (in smoothies and for cooking), Raw Garlic (in EVERYTHING!), Alaskan Salmon and Kefir. What are your favorites?

1. Sunflower and Other Sprouted Seeds;
2. Organic Pastured Eggs;
3. Butter (From Grass-Fed Milk);
4. Fermented Vegetables;
5. Avocados;
6. Nuts;
7. Organic Coconut Oil;
8. Fresh Herbs and Spices, including Turmeric;
9. Raw Garlic;
10. Homemade Broth;
11. Himalayan Salt;
12. Wild Alaskan Salmon (NOT Farmed or Atlantic Salmon);
13. Raw Milk from Organic, Grass-Fed Cows;
14. Whey Protein;
15. Yogurt and Kefir Made from Organic, Grass-Fed Milk.

For an explanation on why these foods made the list—and for an explanation on their respective nutritional values—visit <http://eatlocalgrown.com/article/13469-15-healthiest-foods-stock-kitchen-year-around.html?c=ngr>.

Turkey Soup Recipe

Thanksgiving is one of our favorite times of the year. Not only do we get to celebrate with family and be thankful for all of our blessings, but we also get to eat a delicious meal complete with Turkey, Ham and all the fixin's. At the end of the meal, there usually are LEFTOVERS!!!! While most of us are fortunate enough to have leftover turkey, ham, potatoes, and other delicious home cooked fare, many of us throw out the Turkey Carcass. By doing so, we are throwing out one of the healthiest sources of nutrients of the entire meal; a source that can be utilized to make soup stock, the base for an incredibly tasty Turkey Vegetable Soup that will contain medicinal properties. Breaking down that carcass and utilizing it to make soup will leave you wondering why you do not do this more often throughout the year. While the process is somewhat involved, we GUARANTEE that if you follow this recipe, you will have plenty of soup to feed your loved ones throughout the holiday season.

Ingredients for Stock: 1 Turkey Carcass; 1 Yellow Onion; 1-2 Carrots finely chopped with tops; 1 Bay Leaf; 2-3 Celery Tops; 2-3; 5-10 Peppercorns; 3 sprigs of fresh parsley; 1-2 sprigs of thyme or a teaspoon of dried thyme; salt and pepper.

Ingredients for Soup: 1 to 1 1/2 cups each of chopped carrots, onions, celery and potatoes (if desired); 2-3 cloves of fresh Garlic; leftover Turkey; Scarborough Fair (Parsley, Sage, Rosemary and Thyme) to taste; 1 Bouillon Cube; Rice or Egg Noodles (optional); and anything else you want to add (e.g. tomatoes).

Step 1: Remove all usable turkey meat from the turkey carcass to save for adding to soup later.

Step 2: Break up leftover bones of carcass and put them in a large stock pot and cover with COLD water by an inch. Add any drippings that were not used for the gravy and any giblets (except the liver) that haven't been used already.

Step 3: Add a quartered yellow onion, some chopped carrots, parsley, thyme, a bay leaf, celery tops and some peppercorns.

Step 4: Bring to a boil and immediately reduce heat to bring the stock to a bare simmer.

Step 5: Cook for at least 4 hours, longer if you want to make it more concentrated and easier to store, uncovered or partially uncovered, so the stock reduces. Occasionally skim off any foam that comes to the surface.

Step 6: Remove the bones and veggies from the stock by straining through a fine mesh strainer. You are now ready to make the soup!

Step 7: Add chopped carrots, onions, and celery and any other vegetables. Add some parsley and a couple cloves of garlic. Add Scarborough Fair and the bouillon cube.

Step 8: Cook at a bare simmer until vegetables are cooked.

Step 9: Shred remaining turkey into bite-sized pieces and add to the soup. Add rice or noodles, if desired.

Step 10: Serve.





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This publication is intended to educate the general public about personal injury matters and other issues. It is for informational purposes only and is not intended to be legal advice. Prior to acting on any legal information contained herein, you should seek and retain competent counsel. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety. Please send any comments or suggestions about this newsletter to info@domnitzlaw.com.

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Child's Name _____

Date Kit Was Completed _____

Nobody wants to think about their child being abducted or involved in human trafficking. The sad statistics in Wisconsin, however, indicate that as of June of 2014, there were 684 missing children under the age of 17 in Wisconsin. (Source: www.wimissingpersons.doj.wi.gov/Wisconsin-missing-persons-statistics.) For this reason, Domnitz & Skemp, S.C. has sponsored "Child ID Kits" that give parents the ability to document and store information vital to law enforcement should your child go missing. These "Kits" not only include sections for Personal & Medical Information, Physical Characteristics, Photographs, Fingerprints, Dental Information and DNA Samples but also include Child Safety Tips and instructions regarding what to do if your child goes missing. If you would like to obtain one of these Child ID Kits—or, if you have multiple children, multiple Child ID Kits—please send your name and address to info@domnitzlaw.com. •

