



Bringing You Stories of Great Things Happening in Colorado Springs!

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Just BeCOS We Want To Protect Our People From Traumatic Brain Injuries



Colorado Springs always has great events going on, but the coolest part is that they are always for a good cause. This fall, Springs Law Group was honored to participate in the Jackson's Smile Golf Tournament organized by the Brain Injury Alliance Colorado (BIAC).

The tournament honors boy named Jackson who suffered a severe traumatic brain injury (TBI) after a fall at only two-years-old. While TBIs can happen for a number of reasons, including from stroke, birth injuries, or even drowning, unfortunately, we see clients all the time who have suffered serious TBIs as a result of car accidents, which is why we wanted to get involved with the Brain Injury Alliance. Founded in 1980, BIAC strives to be the go-to resource for help and services for survivors of an injury to the brain, their families, and providers so that all persons with a brain injury can thrive in their community.

BIAC's website has a wealth of information for both TBI victims and their families and

caregivers and we were especially grateful for the list of warning signs to look out for that could indicate a TBI. Many times, after a car accident, victims are so heightened because of the adrenalin that they overlook the possibility that something more serious could be wrong. It's extremely important that medical

treatment is sought after an accident and that you mention to your physician if any of the following have occurred:

- **Prolonged loss of consciousness of more than 30 seconds**
- **Seizures**
- **Any focal neurological deficits (trouble with vision, hearing, etc.)**
- **Glasgow Coma Scale less than 15 which checks eye opening, verbal, and movement responses**
- **Suspicion of skull fracture**
- **Severe headache**
- **Slurred speech**
- **Significant drowsiness**
- **Active vomiting**
- **Increasing severity of symptoms, especially headache**
- **Sudden onset of vomiting, especially if headache is relieved by vomiting**

If you or a loved one is dealing with the aftermath of an accident that resulted in a

traumatic brain injury, please check out the Brain Injury Alliance Colorado's website, biacolorado.org, and sign up for their newsletter, **HeadSTRONG**. If the TBI was the result of an accident due to the negligence of someone else, call us. We will sit down with you and your family – for free – to explain your legal rights and how to protect yourself.



Just BeCOS We Strive To Do Better For Our Clients

We recently traveled to Utah to get an in-depth look at cutting-edge technology we are implementing to better serve our clients. The Legal X conference in Park City, Utah was hosted by Filevine, the creators of the case management system we use to keep track of everything having to do with our clients' claims. The three of us had the chance to listen to fantastic speakers teach lessons on things like workflows and team efficiency, leveraging data, managing a large number of cases, communication and intake, and even how to build stronger cases that can lead to larger settlements. On top of learning all types of new tricks and tips, we were able to take time out to enjoy one another's company outside of the office and brainstorm ways to give our clients the best service possible. It was also great to see our friends Don and Edith McClure who traveled to the conference from Houston, Texas; Attorney Ryan McKeen from Connecticut; Attorney Ryan Locke from Atlanta; and the "Jersey Boys" Richard Grungo and Bill Carorulo of New Jersey!



Hanging with the Jersey Boys, Bill and Richard!



Hashtag king, Ryan McKeen!



The one and only Ryan Locke



Literally, the coolest couple, Don and Edith McClure!

Just BeCOS We Are Thankful for Raving Fans



"Springs Law Group was an incredible help after my auto accident injury. Jake Kimball helped me to get my maximum refund as well as help me find professional physical therapists to help with my recovery. Their team replied to all of my questions, whether over phone or email, rapidly and professionally. Mr. Kimball helped me in understanding the legal process and helped guide me to the best possible outcome after my accident. Awesome lawyer, awesome team, and if I ever have the misfortune of having another accident, I already know who to go to!" - Josh S.

Just BeCOS We Love Our Pups

Even though it's always sunny here in the COS, Charlie still hates the cold! What are your favorite ways to keep your furry friends warm in the fall and winter?



Just BeCOS We Love Our Community Partners: Spine & Sport Center

Nothing beats being outside in the gorgeous Colorado sun. Whether it's an outdoor concert, a walk in the woods, sponsoring an event, or just participate in one, Springs Law Group works as a team both in and out of the office.

We loved getting together to jump around at the Great Inflatable Race that featured a number of huge bounce house-type obstacle courses for the whole family and we had a blast trying to one-up each other. But the best part was competing alongside the awesome folks at the Spine and Sport Center of Colorado Springs. Since so many people need chiropractic and physical therapy treatments for car accident injuries, we have come to trust Spine and Sport after seeing how well they treat our clients. Everyone there is personable and friendly, they also offer massage therapy and acupuncture, but most importantly, they pay special attention to their patients' needs so that they can experience long-term health and wellness after the car accident injuries have subsided. It's clear from their mission that they truly care: to partner with patients, delivering unique and effective recovery programs. Thank you for everything you do for the COS, Spine and Sport Center!



Advice from Avery, Just BeCOS!

I know that I'm still learning and that my piano skills may not be very soothing just yet, but did you know that listening to music can help heal the body and mind? Especially helpful for patients suffering from a traumatic brain injury or PTSD, the National Endowment for the Arts research shows that music therapy has been proven to help in several ways, by providing benefits such as:

- *Relaxation*
- *Informed mind-body connection*
- *Emotional regulation*
- *Reduced isolation*
- *Enhanced interpersonal communication*
- *Improved sleep*
- *Reduced headaches*
- *Improvement of problem-solving skills, speech and language, and social engagement*

Hopefully someday my own piano-playing skills will become more therapeutic with time, so stay "tuned"!



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in Colorado Springs!

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Just BeCOS We Love Food: The Recipe of the Month!

Slow Cooker Rotisserie Chicken

You know those delicious rotisserie chickens you see spinning in the deli at the grocery store or Costco? This recipe is not only better, but your family and friends will not believe it came out of a slow-cooker – plus you can use the leftovers to make a perfect chicken stock for your favorite soup!

INGREDIENTS:

- Chicken rub (see below)
- 1 large onion, chopped
- 4 to 5 carrots, halved
- 4 celery stalks, halved
- 2 garlic cloves, peeled and smashed
- 1 whole lemon quartered
- 3½ to 4½ lb whole roasting or fryer chicken

For the rub:

- 4 teaspoons salt
 - 2 teaspoons paprika
 - 1 teaspoon cayenne pepper
 - 1 teaspoon onion powder
 - 1 teaspoon thyme
 - 1 teaspoon white pepper
 - ½ teaspoon garlic powder
 - ½ teaspoon black pepper
- (Feel free to use all or a few of these spices to suit your taste)

DIRECTIONS:

1. Add vegetables to the bottom of a slowcooker (Crockpot).
2. Remove the chicken neck and pouch. Rinse inside and out, then pat dry with paper towels.
3. Rub garlic all over outside of chicken, then put garlic cloves and quartered lemon into the chicken cavity. Put the rub all over the outside of the chicken and place on top of the vegetables.
4. Cover the slow cooker and cook on low for 6 to 8 hours, until the internal temperature of the leg is 165°F.



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