



VOLUME 1, ISSUE 8

MAY 2020

Bringing You Stories of Great Things Happening in Colorado Springs!

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Just BeCOS We Love Our Nurses

Over the years, we have heard story after story about kind and compassionate nurses that have come to the aide of so many of our car accident clients. With the COVID pandemic wreaking havoc on the world, it is no surprise that these same nurses are stepping up to save lives, despite risking their own.

That is why we've asked for stories highlighting these brave souls, to honor deserving nurses with gift cards during National Nurses Week, May 6-12th. The stories we've received have been so heartwarming. Here are just a few:

Christine Grant

Christine doesn't see the people she helps treat as patients; she sees them as family. Families in her care see that she goes above and beyond to help them heal. The patient's family as well. She puts her whole heart into her patients. She is a caring, devoted and compassionate nurse while still going home to be a wonderful wife and mother. She worked hard to get her nursing degree, take care of her children and work all while her husband was deployed. Despite the long hours, the stress, frustration and pure exhaustion at times, Christine never gave up because she wanted to be able to help people.

Nico Valenzuela

Nico cares deeply for his patients and has been recognized by families and coworkers for his empathy and ability to connect with people. Nico is incredibly knowledgeable and skilled. He deals with the most critical patients because he can handle it. His ability to assess, adjust, and act under extreme pressure is unprecedented.

ed. He is committed, hard-working, and has the most uplifting attitude - always.

Kim Ballon

Kim has the biggest heart and soul than anyone I know. She is a home health worker and has had a very rough time lately! She is such a giver and loves all of her patients like they're her family! She raised two amazing kids and is on the front line to bring a union to her local home health nurses.

Be sure to check out our next issue of the Just BeCOS to learn about the winners!

Christine Grant



Kim Ballon



Nico Valenzuela

Just BeCOSA We Love Living Local

We would like to extend a huge thank you to Fox 21 New's Claudia Garofalo for recently featuring Springs Law Group on her show, Living Local. Jake and Chris had the chance to sit down and discuss their strategy for helping clients: bringing compassion and empathy to each and every case. To watch the episode, visit fox21news.com and type "Springs Law Group" in the search bar.



Just BeCOSA We Love Our Pups

Charlie and Zoey were so excited to get a photo message from Patch McDoodles, Esq. of Kingston, New York. His parents, Attorney John Fisher and Judge Lisa Fisher are fantastic, and we hope to have a true doggie playdate someday!



Patch McDoodles, Esq.



Just BeCOSA We Are Thankful for Raving Fans

"Chris and Gretchen are such wonderful people in our community. Not only do they take their work seriously for each individual, they actually care. Yes, they will ask you questions. They will want to know what you NEED. They will do their best. They both have a heart for children and helping our community thrive. They donate time, energy and resources to kids and their families. They do make a difference. I am proud to know them."

- Kellie C.

Why You Should **NOT** Cancel Your Auto Insurance, Just BeCOS You Aren't Driving During COVID

With the COVID-19 pandemic ravaging the economy, it is smart to look at where you can cut costs to save money. Many car insurance companies are automatically giving their customers money back in refunds since so few people are driving. Allstate, American Family, Farmers, 21st Century, Geico, Liberty Mutual, Mercury, Progressive, State Farm, Travelers, and USAA are just a few insurers who are extending assistance to drivers.

Even with the COVID discount or benefit, it can be tempting to cancel coverage altogether, but that is not a good idea at all. The money you save is nothing compared to the downsides to hanging on to the policy. If you cancel, you run the risk of:

- *Serious consequences if you are involved in an accident, like expensive medical bills and car repair expenses*
- *A higher premium when you sign up later since a lapse in coverage almost always automatically*

triggers a 7-15% increase in cost

- *Finding yourself out of luck if your vehicle is damaged by a storm or another vehicle while it is parked*
- *Violating state mandates of always having minimum coverage*

Instead of canceling, find out if your insurance company would be willing to take partial payments or consider reducing coverage temporarily, in addition to the

discounts automatically applied to everyone. It is the best way to protect yourself and your family and ensure peace when you do need to get behind the wheel.

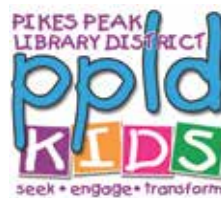


Advice From Avery, Just BeCOS! Best Resources To Spark A Love Of Reading In Kids

I love to read. Even though I am still trying to figure out the whole word thing, I still love to hold a book in my hands or hear a story read out loud. It's not hard to believe that reading to us kids helps exercise our brains, develops our imagination, improves concentration, broadens vocabulary, and encourages us to be empathetic.

That's why I wanted to share a few of my favorite resources for getting kids excited about reading, regardless of their age:

Pikes Peak Library District for Kids & Teens allows families to stream and download books, audiobooks, comics, and music, in addition to provide several virtual programs from Lego, Disney, Fisher-Price, and even the CIA. There are tools to help kids with writing, design, coding, cooking, learning a new language, and until the library opens back up to the public, Virtual Storytime is offered multiple times a week! Visit ppld.org to check it out and to request your free PPLD library card.



NASA's Story Time from Space, a non-profit program focused on STEM (science, technology, engineering, and math) subjects that has a curriculum perfect for educators, along with so many awesome videos featuring real astronauts reading from the depths of the universe. Visit storytimefromspace.com to enjoy their stories as your own family's bedtime story or to read along and watch them turn the same pages from miles away.

PBS Reading Games, which connects kids with characters from shows like Sesame Street, Clifford the Big Red Dog, and Daniel Tiger's Neighborhood through games like Story Book Builder,



Rhyme Racer, and Socks in Space. By helping your child pair their imagination with basic reading skills taught by familiar characters, the games hold their attention while teaching at the same time.





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Bringing You Stories of
Great Things Happening
in Colorado Springs!

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CAR ACCIDENT LAWYERS



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A Springs Law Group Newsletter

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

Roasted Poblano, Chicken, & Corn Chowder



The key to the savory flavor of this delicious soup is to include all the juices from the grilled chicken and roasted peppers.

INGREDIENTS:

- 3 boneless, skinless chicken breasts, seasoned to your liking
- 3-4 medium poblano peppers
- 2 Tablespoons olive oil
- 8 tablespoons butter
- 1 large sweet onion, diced
- 4 celery stalks, cut into medium dice
- 3 large carrots or 40-45 baby carrots, chopped
- 2 cloves garlic, minced
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 Tablespoon ground cumin
- 1/2 teaspoon dried thyme
- 8 cups (2 quarts) chicken broth
- 2 cups heavy cream
- 1 can, drained or two ears of fresh corn

DIRECTIONS:

1. Season chicken to your liking. We like to sprinkle ours with salt, pepper, garlic powder, and onion powder.

2. Grill chicken breasts and over medium high heat, approximately 7 minutes each side. Place on a plate and set aside, making sure to reserve all juices that may collect as the chicken cools. Drizzle peppers with olive oil and grill until skins are bubbled and charred, approximately 3-4 minutes on each side. Place peppers into a bowl and cover with plastic wrap for 30 minutes.
3. In a large soup pot, melt the butter over medium-high heat. Add the onion, celery, carrots, and garlic and sauté, stirring often, until tender, 12-15 minutes.
4. Remove plastic wrap from bowl of peppers, pull away skin, remove stem and seeds, and roughly chop peppers. Add to the onion and celery mixture. Add the salt, pepper, cumin, and thyme and sauté 3-5 minutes longer.
5. Add the broth and cream, bring to a simmer, then reduce the heat to medium-low and cook, stirring often, for 15-20 minutes.
6. Use an immersion blender to blend the soup until smooth or blend the soup in a regular blender in batches.
7. Once cool enough to handle, shred the chicken and add it to the soup along with its juices. Add corn and simmer for 15-30 minutes.
8. Serve topped with chopped cilantro, tortilla strips, or queso fresco.