



**MONAST**  
LAW OFFICE

# Workers' COMPanion

JULY 2022

www.monastlaw.com | 614-334-4649 | 5000 Arlington Centre Blvd. Bldg 2, Suite 2117, Upper Arlington, OH 43220-2913

## WHEN DO WE ENTER ADULTHOOD?

IT HITS EACH OF US AT A DIFFERENT TIME

Over the years, many people have questioned at what point adulthood officially begins. Some say graduating high school signifies adulthood, while others state we need to wait until our brains are fully developed at around age 25. The truth is the transition into adulthood is subjective. Everyone has a different opinion about when that transition stage occurs, and everyone views it differently. Personally, I never felt like I had truly reached adulthood until July of 2013.

2013 was a rather difficult year in my life. In April of 2013, I split from my longtime partner to start my own private practice, which meant moving and all the headaches that come with setting up a new office. One of my sons left for Marine boot camp in June. On the morning of July 18, I received a call from the Dublin Police Department that changed my life and pushed me into a new realm of adulthood I had never experienced before.

I had just pulled into my parking spot at the office when the police called and asked if I was Joe Monast's son. I answered affirmatively and they informed me that my father had passed away overnight. He lived in his mobile home in town where people from the VA would check on him to make sure he was doing okay. When they arrived that morning, they found him passed away on the couch with "Bonanza" on the TV and his little dog pawing at him, trying

to wake him up. Making the call to my son at boot camp to inform him of his grandfather's passing was one of the most difficult calls I ever had to make.

My dad and I had a difficult relationship at times. His mother passed away when he was only 2 years old, and he was raised by a stepmother who used to beat him, which left him with plenty of baggage. He was often cantankerous, but I greatly admired him because he did the best he could with the cards he was dealt. I knew he loved me, but he wasn't someone I could go to if I was struggling with an emotional issue. Even in my 50s, I was still his little boy and he would get very protective; he just couldn't offer objective advice. He would still try to help with whatever he could, though. As more time has passed, the good memories I have of my father have persisted.

My father was a wonderful grandfather to my sons. There were plenty of times he watched them when I was raising them alone. People used to say my dad was really something, and I'd tell them they were certainly right about that.

Truthfully, I don't often think about the important people in my life who have passed. I believe I'll see them in the future, so death doesn't bother me as much as it does others. But I am getting closer to retirement age and my sons are starting families of their own. It's



made me accept my role as an adult and as the patriarch of the family, although I still often feel it's a "learn as you go" thing.

Growing up is difficult for everyone. It is a constant work in progress. I once thought I would be old if I made it to 30, but the older I got the more I felt like I was learning new things about topics I thought I was already familiar with. It makes life an ongoing adventure.

*- Jim Monast*

# HOW TO TROUBLESHOOT A MALFUNCTIONING A/C

## TAKE THESE STEPS BEFORE CALLING THE PROS

It's 100 degrees F outside. The sun is pounding relentlessly on the sidewalk. Vegetation is wilting. Meanwhile, you're huddled indoors, basking in the A/C ... until it rattles to a stop.

This stomach-dropping scenario happens to hundreds of people every summer. A/C units across America are overstressed right now, and when you run your unit at full blast, it's more prone to malfunctioning. Fortunately, you don't have to call in the pros for every little issue. Here are a few DIY ways to fix an A/C problem.

1. **Replace your air filter.** The experts recommend changing the filter in your A/C system every month. If you don't do this, it can get clogged and cause your A/C to turn off! Replacing the filter could kick start a nonfunctioning A/C.
2. **Double-check your thermostat.** We know it sounds basic, but your A/C might have turned off because your spouse reset the temperature, the kids flipped the thermostat from "heat" to "cool," or the device's batteries died. Don't rule these silly problems out without checking them!

3. **Clean your condenser coils.** Dust, dirt, and pet hair can clog your A/C's condenser coils and limit the unit's function. If you're careful and handy, you can use compressed air or a shop vacuum to clean the copper tubing and aluminum fins composing the coils, which typically form the side walls of your outdoor A/C unit.
4. **Test your circuit breaker.** It's possible that the entire circuit covering your A/C has been tripped, turning the A/C off with it. To test this, turn your thermostat off and head to your breaker box and look for any switch in the neutral position. If you find one, push it to off (right) then on (left). Wait 30 minutes, then turn your thermostat back on and set it to cool.

These four steps may be the only ones you need to fix your A/C problem! If you try them with no success, then it's time to call in the experts. Of course, you can also make that call from the get-go if you're not comfortable DIYing your household systems. We promise they won't judge you! It's always better to be cautious than accidentally worsen the problem.



## CLIENT SUCCESS STORY: JERRY HODGE

We've been doing some masonry work around our home this spring and summer. Talk about dusty, heavy, skilled work! Stone masons are craftsmen and a tough breed, for sure.

Our longtime client, Jerry Hodge, began masonry work out of high school for a company in Columbus. Over his 30-plus years as a mason, he routinely lifted stones weighing 100 pounds and more. He herniated three discs in his neck in 2002 but returned to work after treatment.

He continued to work until picking up an 80-pound piece of limestone during Thanksgiving week in 2015, resulting in two herniated discs in his low back. After that, he never returned.

The disc herniations compressed the nerves in his low back, resulting in severe burning pain, numbness, and loss of motor function. A laminectomy was the first step. He felt better for about three days, but then the pain returned. He had injections but it still was no better, so he underwent a 2-level fusion three years after his initial injury. Because of permanent nerve damage, he was left with a drop foot, which caused him to fall and tear his biceps tendon off its connection point with the elbow.

Understandably, going from a rugged, strenuous line of work to a point where he has trouble even getting his boots on, driving, and doing things around the house left Jerry depressed. Fortunately, we got treatment for depression approved under his claim so Jerry could better come to terms with his limitations.

The BWC's vocational people concluded Jerry was unemployable, as did the Industrial Commission doctors.

Jerry recently settled his claim and moved to Florida, as the heat is much better for his back. We'll miss our friend and wish him the best!

# DEVELOPING A NEW WAY TO COMMUNICATE

FOR THOSE WHO ARE DEAF AND BLIND

It's not often you hear that a new language is being developed. Most of the languages we're familiar with have been around for hundreds, if not thousands, of years. Even American Sign Language (ASL) dates back to the 1800s, but now there's a new language drawing attention. People who are both deaf and blind are learning a new language called pro-tactile ASL, which is helping them communicate with each other for the very first time.

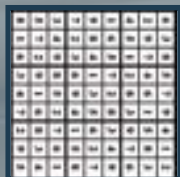
This new language has been growing for years out of a special group located in Washington state. Those who can neither see nor hear are able to use another person's body as their canvas on which they can communicate their ideas, feelings, and even simple words. People who use ASL to communicate often need to sign things as they are. The language is literal, so it's not easy for them to hide their true intentions behind their signs. The language for people who are deaf-blind becomes even more basic as their communication is stripped of many basic societal understandings.

When it comes to pro-tactile ASL, context is key to understanding what is being communicated. If someone wants to say "I want to climb a tree," they will take your arm and do the sign for walking up your arm as if it were a tree. If they wanted to say hammer, they would cup their hand over your fist, but in a different context, that same touch could mean lollipop.

It's been reported that there may be as many as 50,000 people in America who are both blind and deaf. One business called Tactile Communications is providing necessary training to help people who are deaf-blind have more autonomy through the use of pro-tactile ASL. They've focused on the idea that communication is not necessarily spoken or signed words but a form of understanding between people instead. They have helped many people who are deaf-blind gain the ability to communicate with others. Only time will tell how far this new language will reach over the next few years.

# SUDOKU

	3			7			1	2
2			4					8
			2			9	7	
				2	8	3		9
		4				6		
7		3	6	9				
	4	9			2			
	7				6			4
8	1			4				9



ANSWER



## MUNCHIES WITH MOLLY RED, WHITE, AND BLUE TIRAMISU

Inspired by TasteOfHome.com

### INGREDIENTS

- 3 cups raspberries
- 3 cups blackberries
- 2 cups blueberries
- 2 cups strawberries, sliced
- 1 1/3 cups sugar, divided
- 4 tsp orange zest
- 1 cup orange juice
- 1 cup heavy whipping cream
- 2 8-oz cartons mascarpone cheese
- 1 tsp vanilla extract
- 2 7-oz packages crisp ladyfinger cookies

### DIRECTIONS

1. In a large bowl, gently mix all berries with 1/3 cup sugar, orange zest, and orange juice. Cover and refrigerate for 45 minutes.
2. In a medium bowl, beat the cream until soft peaks form.
3. In another medium bowl, mix mascarpone cheese, vanilla, and 1 cup sugar. Gradually fold in whipped cream.
4. Over a shallow bowl, drain the berries. Dip the ladyfingers in the leftover juice and allow the excess to drip off.
5. In a 13x9-inch dish, place half the ladyfingers in a single layer. Add a layer with half of the berries and then half the mascarpone mixture. Repeat layers, starting with ladyfingers.
6. Cover and refrigerate overnight before serving.

## INSIDE THIS ISSUE

- 1 How I Officially Entered Adulthood
- 2 DIY Tips for a Broken A/C  
Client Success Story: Jerry Hodge
- 3 What Is Pro-Tactile ASL?  
Red, White, and Blue Tiramisu
- 4 A True Canine Hero

# A ROUND OF A-PAWS

THIS AMAZING PUP  
SAVES THE DAY — TWICE!

Heroes don't always wear capes or stand on two legs — and in a specific case with a German shepherd, this is exceptionally true! A dog noticed that one of his favorite tiny humans was in some serious danger, so he saved the day, two times!



A little boy and girl enjoyed the day, tossing a ball back and forth in their backyard. When the girl overthrew the ball, it unfortunately fell into a small pond behind the boy. The girl rushed inside the house to get help, but the boy stayed outside and even ended up leaning over the edge of the pond as he tried to retrieve the ball on his own. This is when a protective German shepherd, lying nearby in the grass, saw everything and immediately sprung into action.

The dog first looked into the pond to locate the ball. Then, knowing the boy was in danger as he teetered on the edge, the dog tugged on the little boy's vest with his teeth, pulling him backward to safety near the back patio of the home. Once the little boy was in a safe location, the dog located a pole net that had been leaning against the house and brought it over to the pond. While his tail wagged with pride, the dog fished the ball out of the pond.

The dog then put the net down on the ground near the pond and brought the ball over to the boy, who petted him with appreciation. This German shepherd saved the day for this little boy and girl — and also saved the boy from injury and needing a dry set of clothes! What an amazing canine. He deserves a treat and a round of a-paws!