

EXPLORING THE VATICAN

PART 2 OF THE SAM'S' ITALIAN ADVENTURES



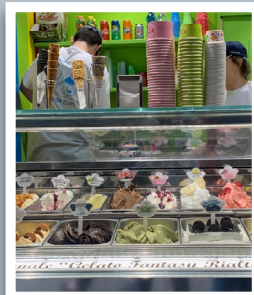
Salve!

This is Wilma again, here to share a little bit more about my journey to Italy.

My husband had been wanting to visit Italy for a long time, and this was an opportunity for him to connect with his ancestor's roots. It was a little

overwhelming at times — the language barrier posed a bit of a problem — but Joe absorbed every moment of our trip.

Last month, I talked about how I fell in love with Tuscany. That area was breathtaking, but not even the beauty of the vineyards could compete with what was truly my favorite part of the trip: the Vatican. Just walking through the doors sent chills down my whole body. My husband is Catholic, so this part of our trip was very emotional for him. While I'm not Catholic myself, I could still feel the magnitude of where we were.



It was amazing to know we were standing in the same building as the Pope. There was an electricity in the atmosphere, and every inch of the Vatican was visually stunning. We saw the most delicately sculptured statues and intricately painted

murals. And when I looked up at the ceiling, I saw solid gold molding. Looking at the pictures now, I still can't believe I was there!

I can't capture our time in Italy in words alone. Between the food, the architecture, and the culture, it was like nothing I've ever experienced in my life. Italy is an ancient country; the United States is just a baby by comparison! Visiting Italy was like walking into another world and another time.

It was such a blessing to be able to take a trip like this. I know it meant the world to Joe, and I loved sharing the once-in-a-lifetime experience with him. We'll probably never go back to Italy, and that's what makes this trip so special. We finally realized a dream we've shared for years.

Exploring Italy reminded me how special life is. We're only here for a short while, so it's important to think about our dreams and cross items off your bucket list. If you've ever wanted to visit Italy, I can't recommend it enough, but traveling to another country isn't the only way to embrace life. There are many opportunities to find great adventures and experience something new. And if you can share those adventures with the person you love, that's even better! Whatever you have on your bucket list, I encourage you to start checking things off. Wherever you end up, I promise you'll make memories you'll never forget.

And if you can go to Italy, by all means, go to Italy!

- Wilma Sams



Staying Connected

HOW TO KEEP YOUR FAMILY CLOSE IN A BUSY WORLD

If you feel like you've hardly seen your kids since the school year started, you're not alone. Americans are way too busy — from childhood onward, we're always running hither and thither, packing in as many after-school activities, work-related meetings, and social engagements as possible. It's a problem so pervasive that it has a name: time scarcity.

Families feel time scarcity keenly after school starts in September, when children's schedules explode with engagements. But all hope for close ties isn't lost; there are ways to stay connected with your spouse and kids, even in an increasingly busy world. Here are some ideas from counselors, teachers, and psychologists who claim to have mastered the art.

REMEMBER YOUR RITUALS

Rituals make up the backbone of individual families and society at large. Most people wouldn't dream of abandoning their holiday traditions, so why forgo the smaller rituals that bring families together? Whether it's eating dinner at the same table each evening, watching a movie together every Thursday night, or going on a monthly getaway, make sure these traditions aren't canceled. If your family doesn't have many rituals, a great way to connect is to start some.

MAKE EVERY MOMENT COUNT

As cliché as it sounds, when you don't have much time together, it's crucial to be present for every minute of it. If you have a rare half hour at home with one of your kids, make a point to spend it in the same room and try to start a conversation. If you squeeze in a romantic dinner with your spouse, turn off your phones before the food comes. Listening to each other without distractions will strengthen your relationship.

HUG IT OUT

Physical contact is vital for closeness. When you get the chance, hug your kids, hold hands with your spouse, and do physical activities as a family, like hiking, biking, or even playing group sports. It's been scientifically proven that physical closeness leads to emotional closeness, so if you're low on time, take advantage of that shortcut!



CLIENT STORIES

BEVERLY HURSH

Beverly Hursh from Urbana is feisty! Bev's the only one of my longtime clients who's worked as a beautician and as a registered nurse — at the same time!

After high school, Bev got her cosmetology license and worked as a stylist and beautician. Eventually, she opened her own salon and ran it successfully for nearly 25 years. In the category of "now for something completely different," Bev decided in her 40s to go back to school at Clark State where she got her associate's degree in nursing, all while continuing to run the salon. She did home health for a while, then some tech work at Madison County Hospital. Ever driven, she then became an RN and ultimately an RN supervisor, managing staff (and doctors!) and 30–50 patients.

Nurses are prone to many injuries, from getting accidentally stuck with a needle to straining while lifting or restraining patients. Catching her foot on a mat resulted in Bev's first injury to her neck, back, shoulders, and hip while at Villa Springfield. Though she required ongoing treatment, she returned to work, ultimately at Covenant Care.

Icy parking lots cause just as much havoc for nurses as they do for us. Bev's second injury happened when she slipped on ice getting out of her car, sliding under the car next to hers and tearing her rotator cuff.

After returning to light duty, she tore it again trying to stop a medical cart. Office work proved no safer, as a final accident resulted from her desk chair flipping her backwards.

Two shoulder surgeries left her limited, as did her back and neck injuries. When work is such a huge and satisfying part of our lives, severe injuries that knock us out of our careers are depressing. Despite several attempts at rehabilitation and conditioning, Bev's injuries progressed to where she could no longer work. However, we were able to get lifetime benefits awarded to her.

Bev enjoys spending time with her family, including her granddaughter, who took this lovely photo of her grandmother. You can just tell from that gleam in her eye that Bev is still one feisty lady! She's a delightful client and friend.



The Dark Side of 2-Day Shipping

WHAT TO DO IF YOU WERE INJURED WHILE WORKING FOR AMAZON

Were you injured while working at an Amazon fulfillment center during the holiday season? Pick up the phone and call 614-334-4649 immediately. The statute of limitations for you to file for workers' comp in Ohio is running out.

In the last 20 years, Amazon has gone from an odd online book retailer to a company that redefined the online shopping experience. Thanks to Amazon, almost any product you could want is now right at your fingertips, and with Amazon Prime, you can even have that grilled cheese toaster at your door in two days. This level of instant gratification is great for consumers, but there's a dark side the retail juggernaut tries desperately to hide.

The National Council for Occupational Safety and Health named Amazon's fulfillment centers one of the most dangerous places to work in 2018. Amazon employees experience a great deal of stress to meet the wild demands. Fulfillment workers are expected to pull at least 100 items an hour to be processed and shipped out and often travel over 12 miles each shift. This strenuous work can lead to these conditions:

- Lower back strain
- Slipped or ruptured discs
- Knee injuries involving ACL or meniscus tears

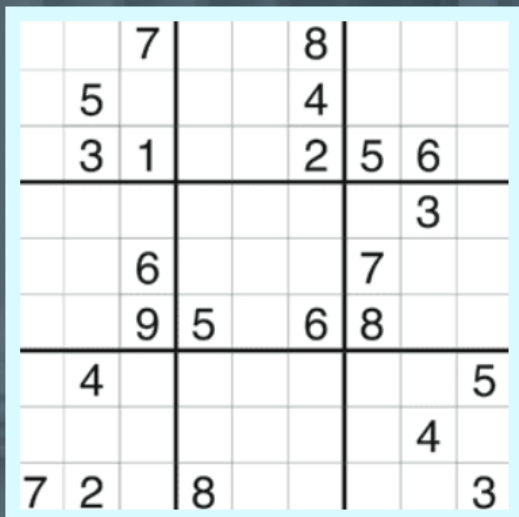
- Cardiac trauma
- Head injury or broken bones from falls off ladders
- Repetitive use injuries
- Hernias



Amazon employs around 90,000 workers at fulfillment centers across the country, but during the holidays, that number more than doubles as temporary workers are hired to meet the seasonal demand. There are three Amazon fulfillment centers in the Columbus area alone: Columbus, Etna, and Groveport. Amazon is notoriously difficult at helping injured workers. Employees claim to have not been believed after reporting an injury. There are some reports of workers being fired after suffering a workplace injury.

Even if you were a part-time or seasonal employee, if you were injured while working at an Amazon fulfillment center, you have rights! Remember that in Ohio, workers have just one year to file a workers' compensation claim. If you were injured on the job during the holiday season or any time in the last year, get on the phone with an experienced workers' comp attorney at Monast Law Office and start working on your case before it's too late.

SUDOKU



ANSWER

9	6	7	3	5	8	4	1	2
8	5	2	1	6	4	3	7	9
4	3	1	9	7	2	5	6	8
5	1	4	2	8	7	9	3	6
2	8	6	4	9	3	7	5	1
3	7	9	5	1	6	8	2	4
6	4	3	7	2	9	1	8	5
1	9	8	6	3	5	2	4	7
7	2	5	8	4	1	6	9	3



NIBBLES WITH NUG

CLASSIC APPLE CRISP

Inspired by Food Network

What do you do when apples are in season but you don't have time to make a pie? You opt for a crisp, of course.

INGREDIENTS

Filling:

- 5 lbs Granny Smith apples, peeled, cored, and chopped
- 1/4 cup pecans, finely chopped
- 3 tbsp all-purpose flour
- 2 tbsp maple syrup
- 1 tbsp lemon juice

Topping:

- 3/4 cup all-purpose flour
- 1/3 cup brown sugar
- 1/4 tsp ground cinnamon
- 1/4 tsp salt
- 6 tbsp chilled butter, cut into pieces
- 1/4 cup pecans, coarsely chopped

DIRECTIONS

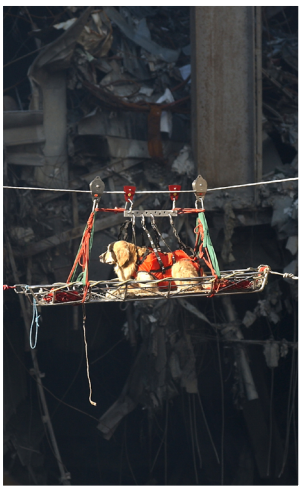
1. Heat oven to 350 F.
2. In a mixing bowl, mix all filling ingredients together. Transfer to individual serving ramekins.
3. In a different mixing bowl, combine flour, sugar, cinnamon, and salt for the topping. Mix in butter until it forms lumps roughly the size of a pea, then stir in pecans. Sprinkle topping over filling.
4. Bake for 35–40 minutes, let stand for 10 minutes, and serve.

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The 4-Legged Heroes of Ground Zero

HONORING THE CANINES OF 9/11



In the immediate aftermath of 9/11, thousands of New Yorkers took to the streets to clear rubble, offer supplies, and search for survivors. It was a powerful act of resilience in a deeply trying time, and while most of the individuals helping with the disaster stood on two feet, more than 300 canines also answered the call to service.

Dogs of all breeds and backgrounds, including search and rescue dogs, police dogs, service dogs, and therapy dogs, were brought in to help find and care for survivors in the wake of the destruction. They worked tirelessly alongside rescue crews as they searched through the debris.

burned their paws as they dug through hot rubble, and both handlers and canines inhaled toxic dust. The task was both physically and mentally exhausting for the dogs during their shifts. Some dogs that found deceased victims refused to eat or interact with other animals. Search and rescue dogs became increasingly stressed and depressed the longer they searched without any results, mirroring their handlers. It wasn't uncommon for handlers to stage mock "findings" of survivors to keep the dogs' spirits up.

Fortunately, the sacrifices these dogs and their handlers made did not go unnoticed. Many dog owners were inspired to earn their search and rescue certifications after the events of 9/11, promising to aid in future disasters and hopefully lessen the impact of such catastrophes.

After 9/11, various researchers conducted many studies examining the effect this kind of work has on animals, both physically and mentally. Many of these studies wouldn't be possible without the AKC Canine Health Foundation, so if you're looking to give back this September, visit them at their website to see how you can help: AKCCHF.org.

Search and rescue dogs and their handlers worked 12–16-hour days, searching for survivors and victims. They worked through dangerous conditions: Many dogs