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Halloween Safety

Halloween is an exciting time of year for kids young and old, and to help ensure a safe holiday, here are some tips from the American Academy of Pediatrics.

ALL DRESSED UP:

- Plan costumes that are bright and reflective. Make sure that shoes fit well and that costumes are short enough to prevent tripping, entanglement or contact with flame.
- Add reflective tape or striping to costumes and Trick-or-Treat bags for greater visibility.
- Masks can limit or block eyesight, use non-toxic makeup and decorative hats as safer alternatives.
- When shopping for costumes and accessories purchase those with a label clearly indicating they are flame resistant.
- If a sword, cane, or stick is a part of the costume, make sure it is not sharp or too long.
- Take a flashlight and make sure it has fresh batteries.
- Teach children how to call 9-1-1 if they have an emergency or become lost.

CARVING A NICHE:

- Small children should never carve pumpkins. Children can draw a face with markers. Then parents can do the cutting.

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Helping Ohio!

School is back in session, temperatures are falling and that can only mean one thing! It's time for football! Be sure to visit HelpingOhio.com to catch the latest football highlights of your favorite local teams. While you are there be sure to visit the websites for the charitable organizations that are near and dear to our hearts. Also, remember to "like" our Helping Ohio page on Facebook.

Does Your School Rule?

We are looking for the central Ohio mascot with the most swag. Visit www.HelpingOhio.com today to vote for your favorite mascot. Your school could win state of the art video equipment or even a cash donation. Voting ends November 4, 2011.

Surviving the Orange Barrel Maze

Fall is here. It's time for cooler weather, football, and...orange barrels! With the city getting ready to begin one of the largest highway construction projects in the state, drivers are being told they should expect detours and delays. While it's common sense to use caution in construction zones, it's all too easy to forget when we're running late, talking on the phone, or have already been led astray by our GPS.

Here are 3 simple steps to get where you're going safely...

- Check your route(s) ahead of time. ODOT has created www.pavingtheway.org, a website that posts ongoing projects with detours and a map of local construction.
- Allow extra time for your commute.
- Be aware of your surroundings. Construction zones often have reduced speed limits, lane restrictions, and unexpected curves.

Remember...C.A.B, so you won't be left taking one!



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- Consider using a flashlight or glow stick instead of a candle to light your pumpkin.
- Candlelit pumpkins should be placed on a sturdy table, away from curtains and other flammable objects, and should never be left unattended.

HOME SAFE HOME:

- Remove from the porch and front yard anything a child could trip over such as garden hoses, toys, bikes, and lawn decorations.
- Check outdoor lights and replace burned-out bulbs.
- Wet leaves should be swept from sidewalks and steps.
- Restrain pets so they do not inadvertently jump on or bite a trick-or-treater.

ON THE TRICK-OR-TREAT TRAIL:

- A parent or responsible adult should always accompany young children on their neighborhood rounds.
- If your older children are going alone, plan and review the route that is acceptable to you. Agree on a specific time when they should return home.
- Only go to homes with a porch light on and never enter a home or car for a treat.
- Children should stay in a group and communicate where they will be going.
- Carry a cell phone for quick communication.
- Remain on well-lit streets and always use the sidewalk.
- If no sidewalk is available, walk at the far edge of the roadway facing traffic.
- Never cut across yards or use alleys.
- Only cross the street as a group in established crosswalks. Don't assume the right of way. Motorists may have trouble seeing Trick-or-Treaters. Just because one car stops, doesn't mean others will!

Infants and Toddlers; Rear-Facing Car Seats until Age 2

The American Academy of Pediatrics has re-specified their guidelines regarding rear-facing car seats. Previously the Academy indicated that at a minimum, children 12 months or younger or 20 pounds or less should ride in rear-facing car seats. As a result, many parents would place their child in a forward-facing seat once one of those two thresholds were met. However, the Academy has always recognized that it is safest for infants and toddlers to ride rear-facing. To encourage longer use of rear-facing seats, the Academy has revamped their recommendations. The Academy now recommends infants and toddlers to remain rear-facing until the age of two or until they at least reach the maximum weight and height requirements of their rear-facing seat.

Infants and toddlers are safer rear-facing because a rear-facing child safety seat does a better job of supporting the child's head, neck and spine by distributing the force of a collision over the entire body. In fact, research shows that children under the age of 2 are 75 percent less likely to die or be severely injured if they are riding rear-facing.

The Academy of Pediatrics also recommends that when children are transitioned to a forward-facing harness seat, they should remain in that seat until they reach the maximum weight or height limitations for that seat. Once the child outgrows the car seat, they should be placed into a booster seat which will help make the car's lap and shoulder belt fit the child appropriately. Many children will need a booster until they have reached 4 feet 9 inches tall and are between 8 and 12 years old. Children should ride in the rear of a vehicle until they are 13 years old.

More information about this and other child safety issues can be found at www.aap.org.

Nursing Home Family Resources

Most of us will have loved ones who will require care in a long term or short term nursing care center on a temporary basis or as a permanent living facility. Unfortunately, patients do not always receive adequate care in these facilities which can lead to serious injury or death. Few of us know what to do if we suspect that our loved ones are not receiving the care that they deserve.

If you have concerns about the care being provided consider contacting a patient advocate known as an Ombudsman. The Ombudsman may initiate a confidential investigation to determine whether there has been negligent care and what actions should be taken to improve the quality of care. Each region in Ohio has an Ombudsman. The Ombudsman in Central Ohio is Susan Marshall thru Catholic Social Services. Ms. Marshall can be reached by calling (614) 221-5891. You may also speak directly with an intake coordinator by calling (614) 857-1241. Reports of abuse can be made by contacting the State Long Term Care Ombudsman, Beverley Laubert, at (800) 282-1206. Finally, family members can file a formal complaint with the Ohio Department of Health Division of Quality Assurance by calling the complaint hotline at (800) 342-0553. For valuable information about long term patient care you can visit www.TheConsumerVoice.com.

Signs of inadequate care include skin break down known as bed sores or pressure sores. Other signs of neglect

are broken bones, falls, and a decline in physical or mental well being. Many of these conditions are caused by inadequate nursing care, inadequate nutrition and improper medication administration. Inadequate staffing by long and short term care centers that put profit ahead of patient care is to a large degree responsible for the majority of negligent patient care.

Become actively involved in your loved ones care by calling the care center at least 2 hours before your loved one is scheduled to arrive. By calling the center prior to arrival, you can assure that your loved one's room is ready and that the staff is prepared to meet the needs of your loved one from the moment they arrive at the center. Visit often at different times of the day or evening. Family members can document problem care by taking photos of skin break downs, bruising, cuts or other physical abnormalities and unsanitary conditions. Also be aware of any mental status changes in your loved one. Immediately bring your concerns to the attention of the nursing supervisor or unit coordinator and be sure to document your concerns and complaints in the form of a letter including any photos you have taken keeping a copy of the letter and photos for your records.

Also consider removing your loved one from the facility if you believe your loved one or any other residents are receiving inadequate care. Long term and short term care centers are a vital part of our health network for loved ones

recovering from major surgery, illnesses and ongoing health issues. However, family members should remain alert to any signs of neglect.

Please call Cecil & Geiser at (614) 222-4444 anytime to discuss your concerns if you believe your loved one is being neglected or receiving inadequate attention in a long term or short term care facility. We will be happy to listen and discuss your concerns.



Congratulations!

Congratulations to Dick Leary and Laura Miller. Dick and Laura were the winners of our Flying Horse Farms Ride drawing.

Cecil & Geiser is a proud supporter of Flying Horse Farms. Located in Mt. Gilead, Ohio, Flying Horse Farms is where children with serious illnesses come to experience the magic of camp. For a week at a time, being sick takes a backseat to simply being a kid.

This year Cecil & Geiser is a sponsor of the 2011 Flying Horse Ride benefiting Flying Horse Farms. For more information on Flying Horse Farms visit www.flyinghorsefarms.org.

The YWCA Needs Your Help!

Did you know that the YWCA has a family center which houses homeless families from the Columbus area? The center can accommodate up to 50 families and currently they have over 100 families! Please consider donating baby items such as diapers, pull-ups, wipes, lotions, bath soaps, as well as personal toiletries for adults. Cash donations are always accepted too. For more information on the YWCA Family Center please visit www.ywcacolumbus.org.

At Cecil & Geiser, LLP we handle most types of cases including:

Defective Products
Wrongful Death
Serious Injury
Vehicle Collisions
Professional Negligence
Dog Bite Injuries
Nursing Home Negligence
Social Security Disability*
Workers Compensation*

We have successfully represented plaintiffs in civil matters for more than three decades. We have Board Certified Civil Trial Counsel on staff and two of our attorneys are members of the Million Dollar Advocates Forum. We appreciate your referrals. Visit our website, ProtectingOhio.com, for more information.



Andrew W. Cecil and Michael K. Geiser

**Hensley Legal Group, PC, Indiana Affiliated as 'of counsel' Co-counsel on Social Security Matters
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He is a Colonel

Partner Andy Cecil has been commissioned a Kentucky Colonel by Governor Steven Beshear. Over the years, Andy has been given many awards and honors such as being designated a Super Lawyer, National Board Certification and others. However, if you ask Andy this one surpasses all of the others. "It is something that I have truly wanted since I was a kid. Being a Kentucky Colonel is just one of those things that you don't understand unless you were born and raised in The Bluegrass State. I never mention any of the other honors I have been lucky enough to receive but this one is different. Being a Colonel gives me bragging rights at family events."

Andy has assured the office staff that they will not need to salute him or call him Colonel. However, Andy tells us that these actions do apply to his children.

Remember Drive Safe

Now is the time of year that the mornings stay darker longer and the evenings get darker sooner. It is also the time of year when kids are going to and from school. Let's be extra careful when driving this season.

Please use your headlights every time you are driving your car. The extra bit of usage will not noticeably deplete the bulb life. Studies show that using headlights, even in summertime day light, increases the visibility of the motor vehicle. It also makes it easier for you to see kids and the kids to see you.

Next, slow down. Driving 35 MPH might get you to your destination 10 minutes sooner, at the most, than driving 25 MPH. More likely than not, it only gets you to your destination 2-3 minutes sooner. Slowing down to 25 MPH, especially in neighborhoods, gives you more time to react and come to a stop if a child runs into the roadway. A child's life is certainly worth a few extra minutes.

Make sure you have new wipers and the windshield washer fluid is topped off. A clean windshield gives you better visibility and new wipers prevent the streaks left by worn wipers. Again, for a few dollars and about 15 minutes of your time, you greatly increase your driving safety.

