

## INSIDE THIS ISSUE

- 1 How a Minor Injury Helped Me Gain Empathy for My Clients
- 2 The 3 Keys to Parent-Teacher Etiquette
- 2 Testimonial
- 3 Jennifer Watty Interior Design
- 3 Late-Summer Panzanella
- 4 3 Tips to Help Organize Your Crazy Life

NEED A PERSONAL ASSISTANT TO MANAGE YOUR KIDS' CRAZY SCHEDULES?

## TRY THESE 3 TIPS INSTEAD

School has started. Youth sports are in full swing. Work is crazy. Food has become more about necessity than enjoyment. All of this can only mean one thing: Fall has begun. The crazy schedules this time of year can make it tough for parents to keep their heads on straight; making it through the insanity sometimes feels more like survival than life. But there are tactics you can employ to turn the tide and find more time for yourself.

### TAG TEAM

There's no reason to try to do everything on your own. The phrase "It takes a village to raise a child" exists because managing the stressors of life requires help. A great place to start is by establishing car pools with a parent group you trust. You can alternate drivers weekly, which provides the opportunity for you to focus your attention on other priorities — or if you're lucky, have some freedom.

### THE RIGHT TOOL FOR THE JOB

Technology makes organization easier and more accessible than ever. By using a tool like a shared calendar, you can coordinate the entire family's schedule so you never miss a beat. And apps like Mealime

and MealBoard give you the ability to whip up food that is cost-effective and delicious.

### TEAMWORK MAKES THE DREAM WORK

While you're busy trying to rally the troops at soccer practice, the scene at home resembles a horror movie. Laundry is piling up, food is spoiling in the fridge, and the dust bunnies around the house now have names. Housecleaning is a part-time job in its own right. The only way to stay on top of duties around the house is to work together. A chore chart with clear responsibilities is a great place to start. Whether you have one child or eight, everyone is capable of pitching in.

You can have all the organizational abilities in the world, but the best way to manage life's madness isn't by directing day-to-day tasks; it's by managing stress. Instead of using these tools to control life, look at them as a way to free up time so you can decompress and enjoy the things you love.



# GOLDSTEIN & HANDWERKER, LLP

STEVEN T. GOLDSTEIN & MICHAEL HANDWERKER

## SOMETIMES IT'S THE LITTLE THINGS

### How a Minor Injury Helped Me Gain Empathy for My Clients

The fall season is underway. The days are a little shorter and a little cooler. In this month's newsletter, I thought I would include some autumn decorating tips from my friend Jen Watty, who is a great interior designer. I hope you enjoy her article on Page 3.

This summer was quite interesting for me personally. Why? Well, I got to experience firsthand what my clients experience after an accident: PAIN. Yes, all caps.

It started in late July, while I was playing basketball. (I know I'm too old, but I can't stop!) While barely moving, I twinged

my back. Thinking it was nothing, I continued playing. Well, an hour later, I could barely walk. That started my odyssey of visiting chiropractors, acupuncturists, pain management doctors, neurosurgeons, and orthopedic surgeons. I had three MRIs! Thankfully, after a month of physical therapy, rest, and other treatments, I got back on my feet and am now able to somewhat resume my normal activities.

There has to be a lesson in all of this, right? I tell you about this not for pity, but to tell you how it gives me greater empathy for my clients who complain of pain, even after what look like "minor" accidents. I have learned the lesson firsthand that people can suffer significant pain and injury from seemingly minor incidents. It is the common insurance industry defense to a personal injury case to say the victim couldn't have been hurt because there was no property damage or the impact was light. Boy, do I have a story to tell all those adjusters and defense lawyers now.

On a final note, although I was still in a lot of pain, I dropped off my daughter to start college at Penn State University. There we are on move-in day as she started on her life journey.

In the next newsletter, I promise — no more complaints about my pain.



-Steven Goldstein



# INVOLVED BUT NOT OVERBEARING

## PARENT-TEACHER ETIQUETTE TO SUPPORT YOUR CHILD'S DEVELOPMENT

Helicopter parents are the bane of every teacher's existence. With the return of back-to-school season, it's vital to find a happy medium between the tiger mom who bares her teeth at the smallest setback in her child's schooling and the laissez-faire parent who is totally disengaged from their kid's education. Here are a few tips to keep you involved in your child's educational development while fostering relationships with their teachers in a way that won't drive all of you up the wall.

**1. BE A LITTLE EMPATHETIC.** Teachers are some of the hardest-working people in the world, wrangling the disparate needs of around 25 children day in and day out while attempting to get them to actually learn something. It's a high-stress, low-paying job. In the midst of grading 300 research papers written by 12-year-olds, the last thing they need is the added pressure of concerned parents bearing down on them. If you can approach a teacher from a position of understanding and be willing to give them the benefit of the doubt, you'll be off to a good start.

**2. SHOW UP AND KEEP AN OPEN MIND.** Ask any teacher in the country, and they'll undoubtedly tell you that one of the best predictors of a child's success is whether or not their parents make an appearance at parent-teacher conferences. Your engagement should go beyond that. Use the teacher's preferred

method of communication to stay in semi-regular contact with them — always ensuring that you keep an open mind about any praise, suggestions, or concerns they have about your child.

### 3. TEACH YOUR CHILD TO TAKE RESPONSIBILITY.

Aside from leaving your kid completely to their own devices, one of the worst things you can do is swoop in to solve their problems for them at the slightest hint of adversity. Maybe that D your kid got on their algebra test really was their fault. It's important to acknowledge your child's missteps, but you should also try to equip them with the tools necessary to advocate for themselves. Learning to articulate what's going wrong or what they need from their teacher will help them to develop positive and effective communication skills.

The key is to work together with your child's teacher without being overbearing. Don't come in with guns blazing at the first sign of an educational slip. Think of your kid's schooling as a collaborative effort — maybe one in which you're a little less involved than the teacher — and you'll be giving your child the best chance of success.



# JENNIFER WATTY

## INTERIOR DESIGN

Jennifer is a good friend and top-notch interior designer. She has designed standout interiors in the U.S. and Europe for over 20 years. Her team works to understand her clients' budgets and fit their needs.

Her clients have raved that she creates life-changing interiors and beautiful living spaces. They are also happy to have secured solid lucrative investments for resale.

Jennifer can be reached at 908-233-8128 or at Jen@Jenwatty.com. Here are some of her best fall decorating tips.

### FALL DECORATING TIPS

Fall is a time of exciting transition when the air becomes cooler and things change quickly. Gone are the long, hot days of summer. Here are some ideas on how

to best embrace this change and bring excitement to your home.

- Throw away the leggy flower box arrangements outdoors and fill them with colorful mums (on the front porch and back porch — anywhere you can see them from your windows). Costco has beautiful mums at great prices.
- Pick up some large pumpkins and some interestingly shaped gourds to put around the mums on your front stoop. Your local garden stand will have plenty.
- Cut some tall grasses and/or cattails and put them into your front planter to add strength with height.
- Place red apples and oranges in a glass bowl on your kitchen counter.

- Use seasonal dish towels to make your kitchen look clean and new. Williams Sonoma is a great place to find them.
- Buy some votive candles in silver or gold for parties, to spruce up the dinner table, and to brighten the shorter days. Pier 1 Imports has a great selection.
- Home Goods has great, inexpensive throw pillows. Perk up your family room with a pop of color. Try faded velvet in greens, oranges, and reds.

Enjoy this wonderful, refreshing time of year!

*Inspired by Food Network*

## TAKE A BREAK

## LATE-SUMMER PANZANELLA



### INGREDIENTS

- 1 small loaf French bread, cut into 1-inch cubes (6 cups)
- 3 tablespoons extra-virgin olive oil
- 2 large tomatoes, cubed
- 2 red bell peppers, seeded and cubed
- 1/2 red onion, thinly sliced
- 1 cucumber, sliced into rounds
- 20 basil leaves, chopped
- Salt, to taste
- Vinaigrette

### INSTRUCTIONS

1. Place a large sauté pan over medium-low heat and add olive oil. Add bread and 1 teaspoon salt and toss for 10 minutes or until toasted.
2. In a large bowl, mix vegetables and herbs. Toss in bread and your favorite vinaigrette and mix again.
3. Serve immediately or let sit 30 minutes to allow the flavors to meld together.

## TESTIMONIAL



Steven Goldstein has been my lawyer for many years. He has gotten great results for me on my cases.

I have referred many of my friends, coworkers, and family to him over the years. I can always call him whenever I have a legal question. I refer everyone I know to him with great confidence, and those people have thanked me for referring Steven to them.

—Manuel Cordova  
New York, New York



Football  
Touchdown  
Quarterback  
Autumn

Equinox  
LaborDay  
Barbecue  
September

Harvest  
Apple  
Students  
Homecoming