

STAYING IN TOUCH

At Rich Cassidy Law, we focus on representing individuals. We have great clients with whom we tend to develop personal relationships. We care about you and want to stay in touch. If we can be helpful, even if it's with a referral outside of our practice areas, please feel free to call—Rich

BIRTHDAY RENEWAL

By Rich Cassidy

Over the last several years I became increasingly short of breath. It was both annoying and worrisome as I live a busy and usually healthy life. After exhaustive medical inquiries and appointments, I was diagnosed with Hypertrophic Cardiomyopathy. This is a congenital heart disease that had been with me for a lifetime. I just hadn't known it. A thickening of the septum in the wall of the heart constricts the flow of blood and thus causes troubling, and in fact, life threatening symptoms. The good news was that I hadn't dropped dead at age 20 as young athletes with this condition often do on football fields and basketball courts. The bad news was that I would face open heart surgery.

On October 25 of this last year I was admitted to Tufts Medical Center in Boston, MA. By coincidence, it was my wife, Becky's birthday. In my own arena, law office and courts, I confidently navigate the business of each day. After 40 years in practice, I remain excited and energized as I face the challenges of every day. Clients old and new populate my life and I enjoy and appreciate my significant interactions with them. But this was not my arena. I was not in charge and it was clear that my job was to do as I was told as IVs were slipped into my arm and pre-surgical hydration and medication flowed through my veins. A sense of humor and a good story are part of my delivery of services at Rich Cassidy Law and I briefly entertained the medical staff as they prepared me.

The next 36 hours passed without my consciousness. I know that a world renown surgeon and an extensive medical team labored over me for the first 10 hours. Then I was wheeled to the Cardiac Intensive Care Unit where my glass enclosed room was sandwiched between 2 recovering heart transplant patients. In the darkness of medically induced sleep, I did not know that I had gone into a "bleed" post surgically and despite considerable efforts, the bleeding could not be stopped. My wife recounts an urgent signing of consent forms to take me back into surgery.

The surgical gurney flew by her in the hall with medical personnel at a dead run. No pun intended here, but it appeared to be a matter of life or death. Four hours later, I was wheeled back to the ICU and the surgeon reported to Becky that despite herculean efforts, they could not stop the bleeding. "He will either die in the night or the bleeding will stop on its own," the surgeon matter-of-factly but not unkindly told my wife. I was completely unaware that on her birthday, she was facing the very real possibility of my death.

As the sun rose, I remained in my medically induced coma and then in a miracle outcome, my body stopped bleeding. It was my new birthday. The next few days passed, and I lapsed in and out of consciousness gradually realizing that new life lay ahead. And so, after weeks of cardiac rehab and diligent work at recovery, I am back at Rich Cassidy Law healed and fit, trying cases, seeing clients and embracing my practice, staff and family.

If you encounter others who have this congenital condition, I am glad to share my experience and provide support. A grateful happy birthday to me!



INSIDE THIS ISSUE

Giving Back.....	2
Accident Recovery Journal.....	2
Farewell to Baxter.....	3
In the Community	4
Pugs' Corner.....	4
Umbrella Coverage	5
Recipe	5

SPECIAL POINTS OF INTEREST

- Receive your complimentary Accident Recovery Journal
- See what clients have to say about Rich Cassidy Law
- Learn the importance of an umbrella insurance policy from Rich



Tufts Medical Center
Boston, MA

HYPERTROPHIC CARDIOMYOPATHY

Hypertrophic Cardiomyopathy (HCM) is a condition in which a portion of the heart becomes thickened without an obvious cause. This results in the heart being less able to pump blood effectively. Symptoms vary from none to feeling tired, leg swelling, and shortness of breath. It may also result in chest pain or fainting. Complications include heart failure, irregular heart beat, and sudden cardiac death.

hypertrophic Cardiomyopathy (HCM) Center and Research Institute at Tufts Medical Center, as I appreciate and honor those who cared for me with such expertise and focus. The HCM Center and Research Institute at Tufts Medical Center is one of the few premier Centers of Excellence and treatments centers for HCM in the world.



Each month our firm will make a donation to a worthy cause. This month it is the Hy-

In each issue, we will feature a different non-profit that is meaningful to our firm and the community.



Rich Cassidy has recorded a series of videocasts entitled "The Insurance Adjusters Nightmare." It provides regular information to people who may have been injured about how the personal injury claim system works. You can access these videocasts by going to the firm website at richcassidylaw.com

COMPLIMENTARY PERSONAL INJURY JOURNAL

Our firm represents people who have been injured in accidents or other circumstances. We offer a free Personal Injury Recovery Journal to help clients record the events of their accident or injury.

If you have been injured and someone else may be legally responsible for your injuries, you need to keep track of the events and your recovery.

Our memories are far from perfect. And your ability to recall and describe what you went through because of your injury will almost certainly affect the compensation you receive. What you are experiencing seems unforgettable now, but when the time comes to settle or try your case, you will have forgotten a great deal.

This journal can help you record your experiences and help you prove what you have been through when you need to do so.

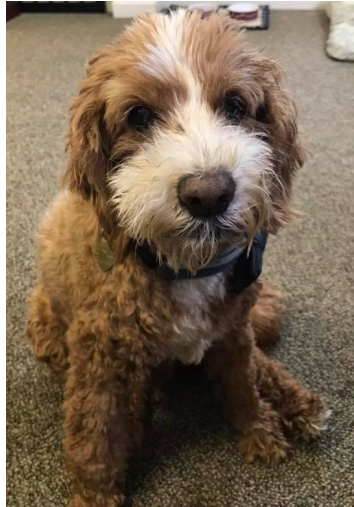
Contact our office if you wish to receive a free copy of this journal!



A LOVING GOOD-BYE TO BAXTER

By Becky Cassidy

A few months ago we said good-bye to our beloved cockapoo, Baxter as he slipped away from earth to the Rainbow Bridge. He lived an awesome and amazing 16 years and 8 months. Though not an uncomplicated little fellow, he wormed his way into our hearts and lives with amazing energy and incomparable love, all 27 lbs. of him. We had never expected to own a dog but when Baxter walked up the driveway and “asked” to become part of our family at age 8, we couldn’t say no. In the end, he owned us.



Like many new experiences, this one was fraught with challenges and joys, anticipated and unanticipated. On his first night with us, Baxter explored his new house, frisking his way from room to room with all the curiosity and energy of a kindergartner on the opening day of school. Nose to the ground and ears perked, he became acquainted with his new home and parents with vigilant grace. At bedtime he climbed the stairs with us and looked expectantly toward our bed. It was not the only time he would look at us with an obvious question in his big brown eyes. Was the bed for two or three? In the end, it was for three and he slept snuggled tight against one or both of his parents for the next 3,000 nights.

Each morning was a new adventure for our boy as he walked the neighborhood and discovered the most welcoming trees and fire hydrants. Man and dog grew closer and Baxter became a fixture at Rich Cassidy Law. He had 2 beds, 3 bowls and a legion of friends, staff and clients who adored him on first and continued acquaintance. So, Rich and Baxter left home faithfully each day with a packed lunch bucket full of people and dog food. It was allocated to the appropriate sentient being daily at noon.

Baxter taught us all that is good about loving relationships:

- **Always put your paw on the person you love.**
- **Cock your ear to show that you’re really listening.**
- **Follow your loved one around with such devotion and constancy that they must give you all their attention.**
- **Eat your dinner voraciously and gratefully. It might mean a treat is coming.**
- **Bark only when all other methods of communication fail.**

When Baxter breathed his last breath in our arms, we were mired in grief. A puddle of tears, seemingly as big as the Atlantic Ocean, “dogged” us for months. As spring approaches, we miss him every day and bless, embrace and adore his amazing veterinarian, Dr. Nate Heilman and his extraordinary and loving staff who gave us everything they had to sustain the good health of our family - dog and parents alike. We hope to find another dog who needs us and will become part of our family here at Rich Cassidy Law. Baxter’s spirit will live on with us forever. We are the better for it.

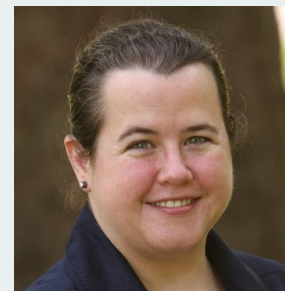
OUR FIRM:



Founding Attorney Richard Cassidy



Associate Attorney Matthew Shagam



Associate Attorney Amanda Lee



Office Staff (L-R)

Becky Cassidy - Marketing and Community Relations Director

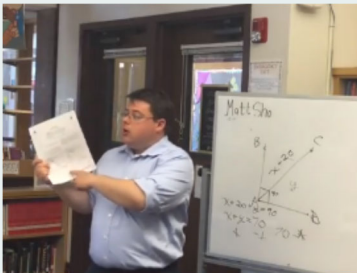
Linda Jackman - Business Manager

Courtney Seale - Administrative Associate

RICH CASSIDY LAW IN THE COMMUNITY:



Rich and Becky Cassidy attended the Kentucky Derby Gala, a fundraiser for the Uniform Law Foundation. Rich is the Immediate Past President of the Uniform Law Conference, a national association of Lawyers and Judges who work as volunteers to create uniform laws throughout the country.



Associate Attorney Matthew Shagam presents annually at VSAC's College & Career Pathways events. In March he spoke to high schoolers at St. Michael's College about the SATs and ACTs, and in April Matt presented at Northern Vermont University.



Becky Cassidy, a board member of the Queen City Police Foundation, speaks at the annual Foundation and Burlington Police Department award luncheon.

PUGS' CORNER

Rich Cassidy Law is often blessed with the presence of 2 adorable puggles owned by administrative associate Courtney Seale. Dexter and Gia, both rescues, provide friendly greetings to clients and visitors. Neither dog had a benevolent early life, so their home with Courtney has given them a welcome and kind change and they pass on this transformational love to those around them. It is a great lesson to all of us that no matter how harshly we have been treated, an alternative and better life can become available. Here at Rich Cassidy Law, we strive to convey that same benevolent attitude to all no matter their circumstances.

Dexter, the older of the two puggles, was owned by an acquaintance. Courtney became aware that he was kept crated for close to 20 hours per day. When his owner put him up for adoption on Facebook, "free to a good home," Courtney drove immediately to his "home" in another state and rescued him. Dexter has been a faithful companion, and has never been crated, since his first night with Courtney 7 years ago.

As Dexter grew older, Courtney decided to adopt another puggle in need. And so, Gia, a beautiful golden colored dog arrived via the rescue group, "Puggle Me Home." Gia spent the first 5 years of her life caged and

used for breeding at a puppy mill. The emaciated, scared pup that arrived in Vermont last April is now plump, vibrant, healthy and confident.

Some days treats rule at Rich Cassidy Law, and Dexter and Gia have taught us all to appreciate whatever form they come in whether it is a kind word, a note of gratitude from a client, or a wheat free dog biscuit eagerly consumed! Here's a lesson we have learned from the dogs. It doesn't have to be fancily wrapped or tied with a ribbon to be meaningful and welcome. When we treat each other and our animals with loving concern, reasonable accommodation and basic kindness, we all win.



Dexter and Gia

(Note: Though dogs are part of the family at Rich Cassidy Law, we will always accommodate anyone with allergies or discomfort with animals. Just let us know.)

CLIENT REVIEWS

Avvo, the premier national ranking and referral system for lawyers ranks Rich Cassidy as a 10, the highest ranking possible.

Here is what Rich Cassidy Law clients say about Rich and the firm:

"I came to Rich for help with an employment dispute and later a personal injury claim. Rich was a valuable adviser and excellent advocate for me in these very difficult situations. He listened carefully and helped me map out multiple options, without pressure and with solid compassionate advice. He followed through, doing exactly what he said he would do and he (and his staff) could not have been more responsive. I felt respected and supported every step of the way, and I can't recommend him more highly." —MCD

"Richard did an exemplary job assisting me with my wrongful termination case. He fought for fairness and my reputation and ultimately we won my case. Now I have my reputation back!" —Anonymous

"Richard is a very talented mediator. I have used him in 3 mediations. He is well-prepared, knowledgeable, and committed to the process. He is trustworthy and tireless. I highly recommend him." —MLB

THE LAW AND YOU DON'T FORGET YOUR UMBRELLA

By Rich Cassidy

If you can possibly afford it, you should buy a million-dollar umbrella insurance policy. An umbrella policy doesn't just protect you from liability. A few years ago, I represented a woman who'd been devastated in a head-on collision. The other driver was grossly negligent. He was negligent not only in the way he drove but in that he violated the law that requires that every automobile on the road in Vermont have at least minimum liability insurance. He had none.

Uninsured Motorist Coverage Helps

My client had a standard \$100,000 per person, \$300,000 per occurrence, liability insurance policy. In Vermont, usually uninsured/underinsured motorist coverage is equal to liability insurance coverage. That meant that there was \$100,000 to provide for her medical care, lost income, pain and suffering, and disability.

But Not Enough

It was by no means enough. My client thought she also had a million-dollar umbrella policy. Such a policy would have extended the benefit of uninsured/underinsured motorist coverage up to a million-dollar limit.

Forgot the Umbrella

Unfortunately, when her family started looking through their insurance policies, they couldn't find an umbrella policy for that year. We went to their insurance agent and discovered a sad fact. When it came time to renew their policy for that year, she and her husband had dropped their million-dollar umbrella policy. That coverage would've cost less than \$150. It would have provided a fund from which to compensate my client. Her medical bills alone were greater than \$100,000. We managed to negotiate a deal with her medical insurer to split the \$100,000. But what she got was a pittance compared to what should have been provided if there had been adequate insurance coverage.

Don't Let This Happen to You

Don't let this happen to you. It costs a little more to have adequate underlying automobile insurance and homeowners' insurance coverage. Once you have it, a million-dollar umbrella policy is almost free.

With any luck, you'll never need it. But if you need it, you really need it.



Below is the recipe for a delicious meal kindly and generously delivered to Rich and Becky by friends, Susan and Jim Hyde during Rich's recovery.

INA GARTEN'S ROASTED SHRIMP WITH FETA

Ingredients:

- 4 tablespoons olive oil, divided
- 1 1/2 cups medium diced fennel
- 1 tablespoon minced garlic
- 1/4 cup dry white wine
- 1 (14 1/2-oz) can diced tomatoes
- 2 teaspoons tomato paste
- 1 teaspoon dried oregano
- 1 tablespoon Pernod
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 1/4 pounds (16 to 20 per pound) peeled shrimp with tails on
- 5 ounces feta cheese
- 1 cup bread crumbs
- 3 tablespoons minced fresh parsley
- 1 teaspoon grated lemon zest
- 2 lemons

- 1) Preheat oven to 400 degrees.
- 2) Heat 2 tablespoons of the olive oil in a 10-or 12-inch ovenproof skillet over medium-low heat. Add the fennel and sauté for 8 to 10 minutes, until the fennel is tender. Add the garlic and cook for 1 minute. Add the wine and bring to a boil, scraping up any browned bits. Cook for 2 to 3 minutes, until the liquid is reduced by half. Add the tomatoes with the liquid, tomato paste, oregano, Pernod, salt, and pepper to the skillet. Simmer over medium-low heat, stirring occasionally, for 10 to 15 minutes.
- 3) Arrange the shrimp, tails up, in one layer over the tomato mixture in the skillet. Scatter the feta evenly over the shrimp. In a small bowl, combine the bread crumbs, parsley, and lemon zest with the remaining 2 tablespoons of olive oil and sprinkle over the shrimp.
- 4) Bake for 15 minutes, until the shrimp are cooked and the bread crumbs are golden brown. Squeeze the juice of 1 lemon over the shrimp. Serve hot with remaining lemon in slices.



Step 2—simmer for 10-15 minutes



Enjoy!



RICH CASSIDY LAW

Our firm represents people, not businesses or institutions. We focus on personal injury litigation and employment law. We represent people who have been injured due to the fault of others, and employees in disputes with their employers or former employers.

Justice is not given; it is achieved. Without help from a competent, experienced lawyer, you may get nothing, or you may get whatever pittance the insurance companies or employers choose to give you. We offer the very best legal counsel, advice and support available. The experienced staff at Rich Cassidy Law will assist you from the time you contact us through the conclusion of your case. You can count on being treated humanely and courteously throughout the course of your time as our client.



Rich Cassidy Law
1233 Shelburne Road
Suite D5
South Burlington, VT 05403

Phone: 802-864-8144
Fax: 802-778-0510
E-mail: amanda@richcassidylaw.com

If you wish to be taken off our newsletter mailing list, call or email to let us know.

