



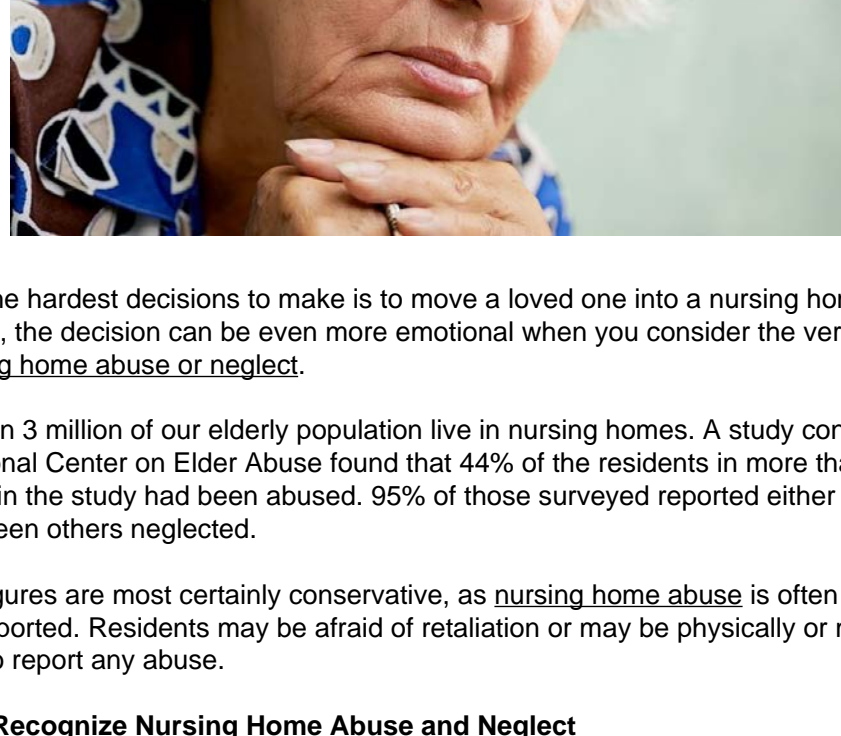
Contact us for a free consultation!
304-720-1000

Newsletter January 2020

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Do You Know the Signs and Symptoms of Nursing Home Abuse?



One of the hardest decisions to make is to move a loved one into a nursing home. However, the decision can be even more emotional when you consider the very real risk of [nursing home abuse or neglect](#).

More than 3 million of our elderly population live in nursing homes. A study conducted by the National Center on Elder Abuse found that 44% of the residents in more than 2,000 facilities in the study had been abused. 95% of those surveyed reported either neglect or having seen others neglected.

These figures are most certainly conservative, as [nursing home abuse](#) is often under-reported. Residents may be afraid of retaliation or may be physically or mentally unable to report any abuse.

How to Recognize Nursing Home Abuse and Neglect

There are different kinds of nursing home abuse and neglect – not all of these atrocious acts are physical.

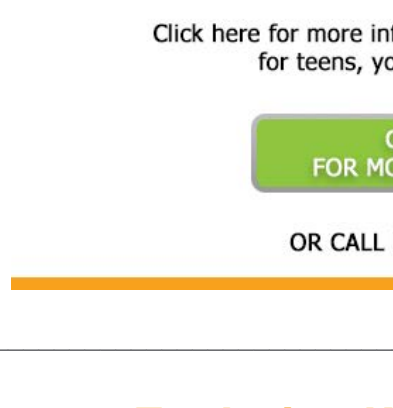
- **Physical abuse** includes slapping, beating, biting, burning or kicking. Physical punishment, using restraints and force-feeding can also bring physical harm. Look for bruising, broken bones, dislocations, unexplained cuts, internal bleeding and sudden changes in the person's personality or behavior.
- **Sexual abuse** is non-consensual sex with an elder person and includes unwanted touching, sexual assault, intercourse, sodomy and taking nude pictures. You may notice bruises on the breasts or genitals, vaginal bleeding, stained underwear and unexplained genital infections or STDs.
- **Psychological or emotional abuse** occurs when distress, pain or anguish is inflicted on the resident either verbally or nonverbally. Examples include verbal assaults, insults, humiliation, threats and harassment. Watch for signals such as withdrawal or agitation or unusual dementia-like behavior.
- **Neglect** is a wide category where the caregiver or institution does not provide the resident with adequate care for a comfortable life. Neglect may include failing to provide food, water, clothing, hygiene, medicine, personal safety or comfort. Your loved one may display untreated bedsores, malnutrition, dehydration and health problems that go untreated.
- **Financial abuse** includes theft of possessions or cash, signing checks, forcing the resident to sign documents or improperly using their power of attorney, guardian, or conservator. Be alert for unexplained withdrawals from bank accounts, using ATM cards without permission, missing funds or possessions or changes to legal documents such as a will.

Most importantly, listen to your family member if he or she reports occurrences of abuse, neglect or maltreatment. Bring the incident to the attention of the facility management. Then consult with an [attorney experienced in nursing home abuse](#). We will work tirelessly on behalf of your loved one for better treatment and so that justice is served.

We Are Holding JUUL Accountable!

Reports show the JUUL may have targeting teens to buy e-cigarettes.

Now, many are suffering from negative health issues associated with the product.



Teens that use JUUL products have been diagnosed with serious health issues including:

- Extreme nicotine addiction
- Heart attack & seizures
- COPD and pneumonia

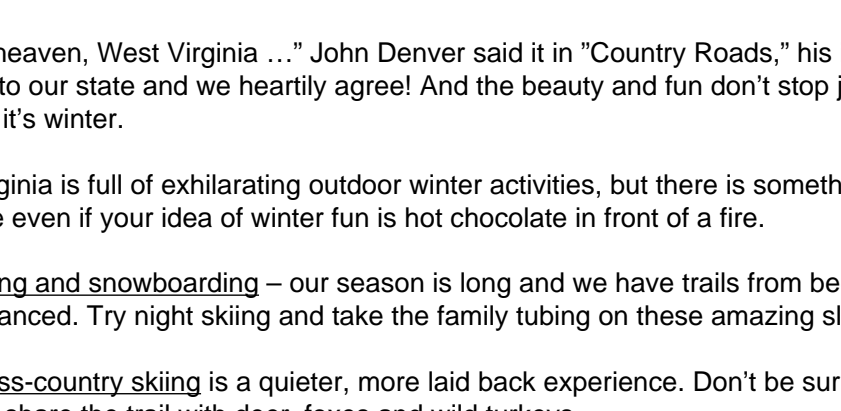
Parents with kids using JUUL e-cigs have legal options available.

Click here for more information regarding legal options for teens, young adults and parents

[CLICK HERE FOR MORE INFORMATION](#)

OR CALL US AT 888-720-1001

Exploring Winter Sports and Attractions in West Virginia



"Almost heaven, West Virginia ..." John Denver said it in "Country Roads," his immortal homage to our state and we heartily agree! And the beauty and fun don't stop just because it's winter.

West Virginia is full of exhilarating outdoor winter activities, but there is something for everyone even if your idea of winter fun is hot chocolate in front of a fire.

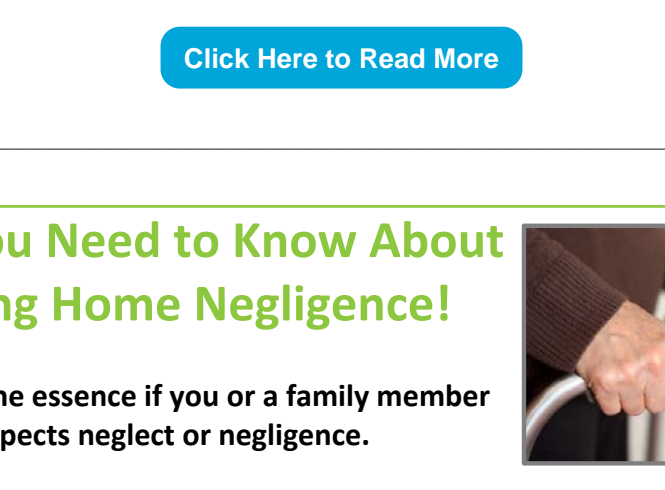
- **Skiing and snowboarding** – our season is long and we have trails from beginner to advanced. Try night skiing and take the family tubing on these amazing slopes.
- **Cross-country skiing** is a quieter, more laid back experience. Don't be surprised if you share the trail with deer, foxes and wild turkeys.
- **Family fun** is year-round and includes the East Coast's longest sled run and lots of opportunities for ice skating.
- **Hiking** – enjoy a trail along a frozen cranberry bog, a frozen waterfall or the state's highest point Spruce Knob.
- **Keep warm indoors** at one of our many winter resorts. Enjoy gourmet meals and accommodations ranging from first-class luxury to rustic cabins for a quiet getaway.

Order your free "[Winter Inspiration Guide](#)" from the West Virginia tourism office.

If a family member has been harmed by nursing home abuse or neglect, in an accident or any other personal injury, it's important to get an attorney experienced in these types of cases involved immediately. Call (888) 402-9607 for your initial free consultation. Mani, Ellis & Layne, PLLC, [injury attorneys in West Virginia](#), can help you determine whether you need a lawyer for an accident or any personal injury case.

From our Blog

Which West Virginia Highways Are the Deadliest?



If you search for West Virginia's interstates under Google news, you'll likely see results riddled with stories about serious and fatal crashes.

According to state data from 2006-2010:

- 290 deaths occurred on interstates and expressways
- 843 deaths occurred on arterial roads (high-capacity urban roads)
- 490 deaths occurred on collector roads (connecting traffic from local streets with arterial roads)
- 265 deaths occurred on local roads

[Click Here to Read More](#)

What You Need to Know About Nursing Home Negligence!



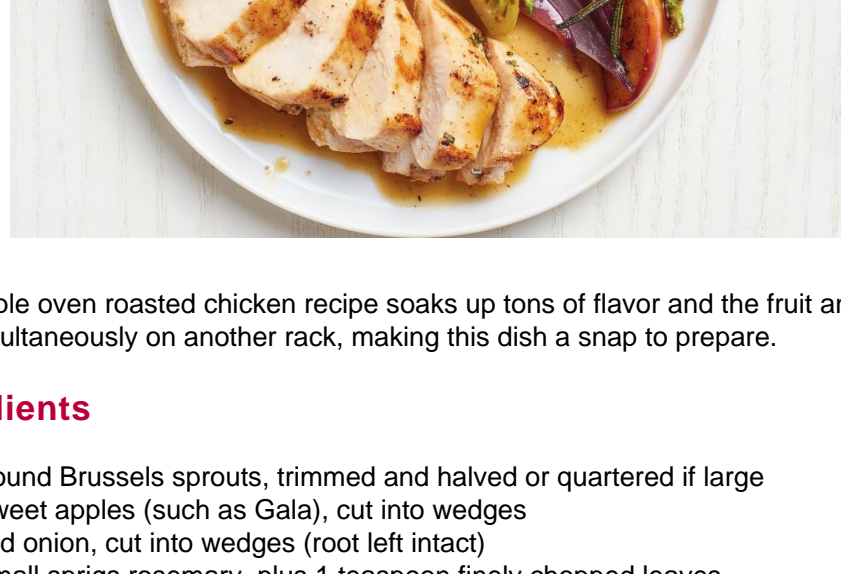
Time is of the essence if you or a family member suspects neglect or negligence.

The state of West Virginia has shortened the Statute of Limitations for Nursing Home Abuse or Neglect to **1 YEAR** from the date of death or discovery of negligence!

As a firm, we have worked hard to defend the rights of the elderly and their families in West Virginia and hold corporate wrongdoers accountable. We are here for you to answer any questions you may have regarding your situation. Give us a call at (304)720-1000 for a free consultation.

Recipe of the Month

Chicken with Brussels Sprouts and Apple Cider Sauce



This simple oven roasted chicken recipe, soaks up tons of flavor and the fruit and veggies cook simultaneously on another rack, making this dish a snap to prepare.

Ingredients

- 1 pound Brussels sprouts, trimmed and halved or quartered if large
- 2 sweet apples (such as Gala), cut into wedges
- 1 red onion, cut into wedges (root left intact)
- 2 small sprigs rosemary, plus 1 teaspoon finely chopped leaves
- 2 tablespoons extra-virgin olive oil
- Kosher salt and freshly ground pepper
- 2 tablespoons unsalted butter
- 4 skinless, boneless chicken breasts (about 8 ounces each)
- 2/3 cup apple cider
- 1 teaspoon apple cider vinegar

Directions

1. Position racks in the upper and lower thirds of the oven; preheat to 450 degrees F. Toss the Brussels sprouts, apples, red onion and rosemary sprigs with the olive oil, 1/2 teaspoon salt and a few grinds of pepper on a baking sheet. Spread in a single layer and roast on the upper oven rack, flipping halfway through, until tender and browned, 25 to 30 minutes.
2. Meanwhile, heat 1-tablespoon butter in a large ovenproof skillet over medium-high heat. Season the chicken on both sides with salt, pepper and the chopped rosemary. Add the chicken to the skillet and cook until browned on the bottom, about 6 minutes. Flip and cook 2 more minutes, then pour the cider into the skillet around the chicken. Transfer to the lower oven rack and roast until just cooked through, 10 to 12 minutes.
3. Transfer the chicken to a cutting board to rest and return the skillet to medium-high heat. Simmer until the pan sauce is reduced by half, about 1 minute. Remove from the heat and swirl in the remaining 1-tablespoon butter and the vinegar, season with salt and pepper.
4. Slice the chicken and divide among plates along with the roasted vegetables and apple. Spoon the sauce over the chicken.

Recipe courtesy of [Food Network Magazine](#)

What's Happening In & Around Charleston, WV

Jan 30
Aaron Lewis
Paramount Arts Center
Ashland, KY

Jan 31 - Feb 1
Monster Jam
Charleston Civic Center
Charleston, WV

Feb 11
Junie B. Jones - The Musical Jr
Paramount Arts Center
Ashland, KY

Feb 16
The SteelDrivers
Culture Center Theater
Charleston, WV

Feb 20
Jason Aldean, Morgan Wallen & Riley Green
Charleston Civic Center
Charleston, WV

Feb 22
Rick Springfield
Paramount Arts Center
Ashland, KY

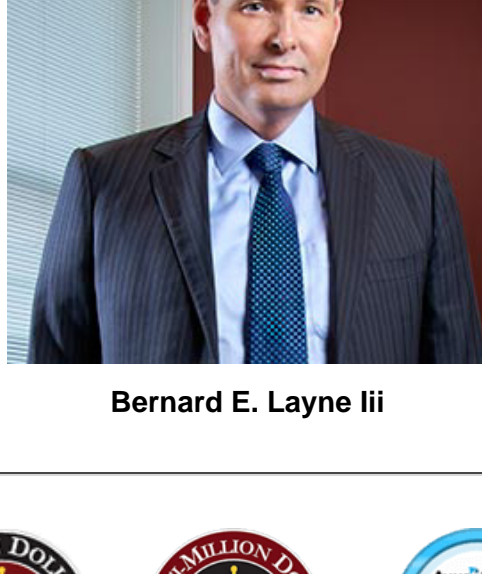
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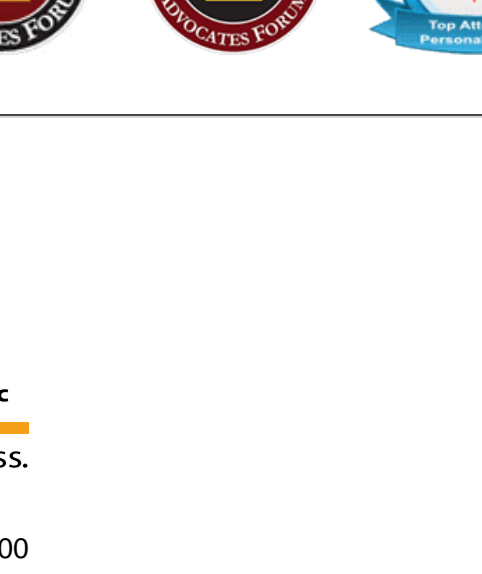
Meet Our Attorneys



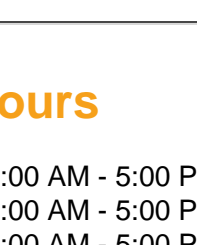
Jonathan R. Mani



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Our Office

MANI ELLIS & LAYNE, PLLC

It's not just business. It's personal.™

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Office Hours

Monday	9:00 AM - 5:00 PM
Tuesday	9:00 AM - 5:00 PM
Wednesday	9:00 AM - 5:00 PM
Thursday	9:00 AM - 5:00 PM
Friday	9:00 AM - 5:00 PM
Saturday	9:00 AM - 5:00 PM
Sunday	9:00 AM - 5:00 PM

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