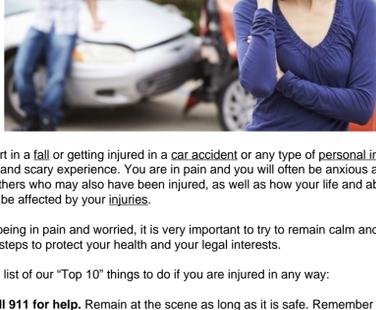




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- Spring into Action to Prevent Bicycle and Auto Accidents
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- Thank You for Your Referrals
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**10 Things to Do If You Are Injured in an Accident**



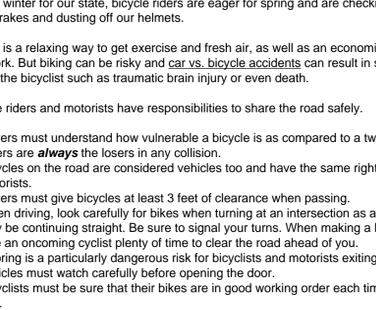
Being hurt in a fall or getting injured in a car accident or any type of personal injury is a stressful and scary experience. You are in pain and you will often be anxious about your health, others who may also have been injured, as well as how your life and ability to work will be affected by your injuries.

Despite being in pain and worried, it is very important to try to remain calm and to take the right steps to protect your health and your legal interests.

Here is a list of our "Top 10" things to do if you are injured in any way:

1. **Call 911 for help.** Remain at the scene as long as it is safe. Remember that it is illegal to leave the scene of an auto accident.
2. **Get medical treatment.** Even if you believe your injuries are minor and you refuse emergency treatment, go to an emergency room, clinic or your doctor quickly as some symptoms may be slow to appear.
3. **Record your accident.** Take note of everyone involved in the accident. Get driver names along with contact, license and insurance information. Gather witness names and contact information. Take photos of your injury, any property damage, such as your car, and the accident scene.
4. **Report your accident.** Fill out a facility accident report in the event of a slip and fall and be sure to get a copy for your records.
5. **Don't discuss your accident.** At the scene, only speak to the police and never apologize as this may imply fault. Consult with an experienced attorney before talking to another insurance company or investigator.
6. **Report the accident to your insurance company immediately.**
7. **Stay away from social media.** Any posts and photos may be used against you if you make a personal injury claim. Do not delete any posts prior to the accident.
8. **Keep all medical appointments.** Follow all prescribed physical therapy and medicine instructions to show good faith in your efforts to recover.
9. **Don't accept a settlement without consulting an attorney.** The insurance adjuster is *not* on your side.
10. **Reach out for an experienced personal injury attorney.** If you are injured in any type of accident, you need a qualified West Virginia attorney on your side. We have the right experience to get you the compensation you deserve for economic losses as well as pain and suffering.

**Spring into Action to Prevent Bicycle and Auto Accidents**



Although French Creek Freddie, West Virginia's resident weather expert, predicted more weeks of winter for our state, bicycle riders are eager for spring and are checking our bicycle brakes and dusting off our helmets.

Bicycling is a relaxing way to get exercise and fresh air, as well as an economical way to get to work. But biking can be risky and car vs. bicycle accidents can result in severe harm for the bicyclist such as traumatic brain injury or even death.

Both bike riders and motorists have responsibilities to share the road safely.

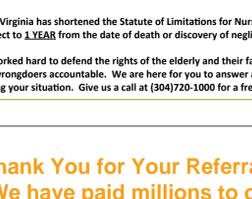
- Drivers must understand how vulnerable a bicycle is as compared to a two-ton car. Bikers are **always** the losers in any collision.
- Bicycles on the road are considered vehicles too and have the same rights as motorists.
- Drivers must give bicycles at least 3 feet of clearance when passing.
- When driving, look carefully for bikes when turning at an intersection as a cyclist may be continuing straight. Be sure to signal your turns. When making a left turn, give an oncoming cyclist plenty of time to clear the road ahead of you.
- Dooring is a particularly dangerous risk for bicyclists and motorists exiting their vehicles must watch carefully before opening the door.
- Bicyclists must be sure that their bikes are in good working order each time they ride.
- Bicyclists must always follow the rules of the road including stopping at stop signs and traffic signals and riding with the flow of traffic.
- Bikers should assume that other vehicles do not see them and ride defensively. Stay out of vehicles' blind spots and always wear bright clothing or reflective safety vests.
- Ride predictably and always signal turns and stops.
- Bicyclists must be vigilant for hazards like opening doors, potholes and railroad tracks.
- Be watchful even in bike lanes and seemingly quiet neighborhoods.

Read more about bicycle safety at this National Highway Traffic Safety Administration [website](#).

If a family member has been harmed 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**

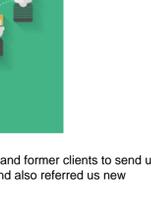
**West Virginia Attorneys Discuss Nursing Home Abuse Allegations**



It's every family's worst nightmare – a loved one being cared for by a nursing home becomes a victim of abuse or neglect. Unfortunately, nursing home abuse happens far more often than many people probably realize. That's why it's important to be prepared if you suspect something's wrong. Residents of West Virginia were recently reminded...

[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.

**Thank You for Your Referrals (We have paid millions to our peers for referrals!)**



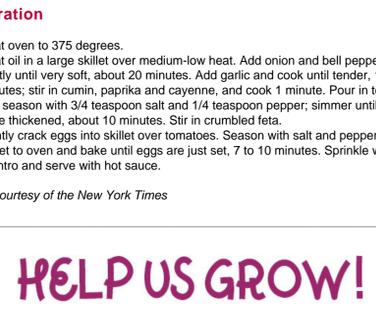
At Mani Ellis & Layne, PLLC we rely on our friends, family and former clients to send us new referrals. Many of you have given us great referrals and also referred us new business and we are always grateful.

We value those people who we have had the honor of representing, even many years after. We also value all of our friends, family and business associates in West Virginia and further afield.

By receiving our newsletter, you can also receive free copies of publications such as How to Handle a West Virginia Car Accident and How to Protect Your Loved One in a West Virginia Nursing Home. Contact [dellis@mel-law.com](mailto:dellis@mel-law.com).

**Mani, Ellis and Layne** are all AV Preeminent® (4.5-5.0) - AV Preeminent is a significant accomplishment and testament to the fact that a lawyer's peers rank him or her at the highest level of professional excellence.

**Recipe of the Month Shakshuka with Feta Cheese**



This one skillet Israeli breakfast dish is vibrant and delightfully spicy. Serve it with a side of pita or challah and enjoy it any time of day!

**Ingredients**

- 3 tablespoons extra-virgin olive oil
- 1 large onion, halved and thinly sliced
- 1 large red bell pepper, seeded and thinly sliced
- 3 garlic cloves, thinly sliced
- 1 teaspoon ground cumin
- 1 teaspoon sweet paprika
- ¼ teaspoon cayenne, or to taste
- 1 (28-ounce) can whole plum tomatoes with juices, coarsely chopped
- ¾ teaspoon salt, more as needed
- ¼ teaspoon black pepper, more as needed
- 5 ounces feta cheese, crumbled (about 1 1/4 cups)
- 6 large eggs

Chopped cilantro, for serving  
Hot sauce, for serving

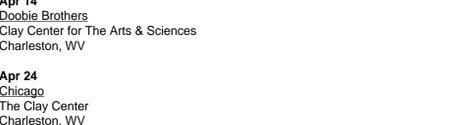
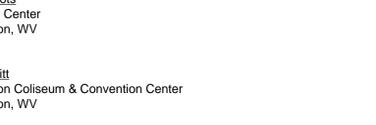
**Preparation**

- Heat oil in a large skillet over medium-low heat. Add onion and bell pepper. Cook gently until very soft, about 20 minutes. Add garlic and cook until tender, 1 to 2 minutes; stir in cumin, paprika and cayenne, and cook 1 minute. Pour in tomatoes and season with 3/4 teaspoon salt and 1/4 teaspoon pepper; simmer until tomatoes have thickened, about 10 minutes. Stir in crumbled feta.
- Gently crack eggs into skillet over tomatoes. Season with salt and pepper. Transfer skillet to oven and bake until eggs are just set, 7 to 10 minutes. Sprinkle with cilantro and serve with hot sauce.

*Recipe courtesy of the New York Times*

**HELP US GROW!**

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CHECK OUT our weekly [Blogs](#)



**What's Happening In & Around Charleston**

**Mar 17**  
Yonder Mountain String Band w/Larry Groce  
Capitol Center Theatre  
Charleston, WV

**Mar 21**  
Kansas  
Clay Center for Performing Arts & Sciences  
Charleston, WV

**Mar 30**  
The World Cancer Day 5K & 10K  
Charleston, WV

**Apr 5**  
Casting Clowns  
Clay Center for Little Theater  
Charleston, WV

**Apr 11**  
Kinky Boots  
The Clay Center  
Charleston, WV

**Apr 12**  
Travis Tritt  
Charleston Coliseum & Convention Center  
Charleston, WV

**Apr 14**  
Doobie Brothers  
Clay Center for The Arts & Sciences  
Charleston, WV

**Apr 24**  
Chicago  
The Clay Center  
Charleston, WV

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**Meet Our Attorneys**



**Jonathan R. Mani**



**Damon L. Ellis**



**Bernard E. Layne III**



**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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