



**CASE BARNETT**  
**LAW**



# MAKING THE MOST OF THE CRUMBS

## MY FAVORITE CHILDHOOD SNACK AND THE POWER OF COMFORT FOOD

When I was a little kid, the quickest way to my heart was via a Little League Snack Shack dish called a chili billy. It might be a little generous to call this a dish, actually. Chili billys were basically the crumbs at the end of a bag of tortilla chips that were topped with your basic Hormel chili and some cheese. The whole thing was served in one of those classic red-and-white checked paper trays.

Though it might not seem special on its face, I just couldn't get enough of this ballpark staple. It became a sort of tradition for me and my sister, Maggie, who also played Little League, to visit the Snack Shack after our games. As a kid, I looked forward to this every Saturday, and as an adult, the smell of chili evokes memories of the fresh scent of the dirt at the ballpark and the joy I found in that delicious post-game ritual with my sister.

Though a chili billy, or even a hearty pot of chili itself, isn't the fanciest food, it is a comfort food. While we're turning the page on the new year, the effects of 2020 continue to linger, so it's important to continue to find things that bring us comfort and trigger good feelings. I think this is especially true for our clients who have suffered and may feel off balance. While your favorite comfort food won't heal you or bring you justice (that's what we're here for!), it can help to center you and get you

in touch with some of the good moments of your life.

Food and the smells of our favorite dishes are actually quite powerful. They can revive fond memories and bring us back into the present.

Taking a little time to really smell and taste a meal can help us press reset on a bad mood and remember to enjoy the little things. Sometimes those little things are as small as the crumbs in the bottom of the chip bag!

In fact, those humble crumbs really taught me a lesson that took me a while to appreciate. When you get to the bottom of the bag, the small remaining pieces could easily be a disappointment, but the chili billy taught me that they, too, had a place. Now when I get to the bottom of a bag of chips, I like to sprinkle the crumbs on sandwiches to add some crunch. In fact, I've been doing this for Finn and Harlow, and it's part of my long-term plan to turn them into chili billy lovers too!

They're still at that age where food texture and appearance matter a lot. Chili isn't



My sister Maggie and me in our Little League Days.

exactly the yummiest looking food and the textures aren't very kid-friendly, but I know one day I'll get

to pass this time-honored tradition down to them as well. Today, chips on sandwiches. Tomorrow, chips under chili and cheese! Maybe I should start looking for those red-and-white paper dishes now ...

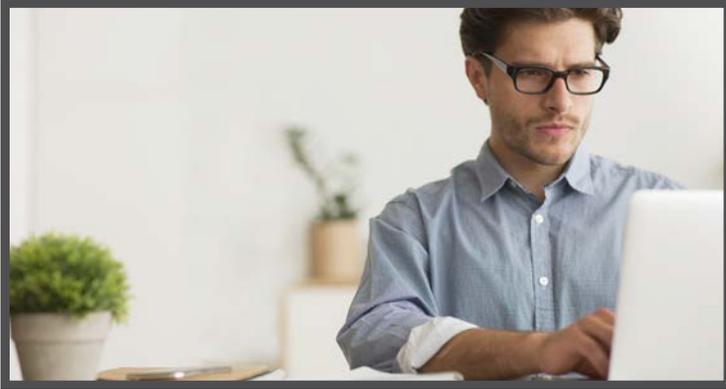
This month, I encourage you to focus on something that brings you comfort. Make yourself your favorite meal or grab something you love from a favorite local restaurant. You can even do something as simple as brewing a nice cup of coffee or tea. Then, sit down and really savor the experience. You deserve it.



-Case Barnett

# HOW TO FIND YOUR FLOW IN 2021

## Is Deep Focus the Secret to Success?



Have you ever started working on an important project and looked up at the clock after what felt like minutes only to find that hours had passed? If you have, you've probably experienced "flow state," aka the Holy Grail of concentration and achievement.

### What is a flow state?

Psychologist Mihaly Csikszentmihalyi describes a flow state as a "focus that, once it becomes intense, leads to a sense of ecstasy, a sense of clarity: you know exactly what you want to do from one moment to the other; you get immediate feedback." That sounds complex, but you can also think of flow as being "in the zone." And it might be the key to achieving your New Year's goals. That's because a flow state almost always coincides with tackling a difficult task, and when you're in a flow state, even the most challenging things feel relatively easy.

### Why are high achievers obsessed with flow?

Flow state doesn't only happen for people with desk jobs. You can get it while running, playing chess, dancing, or climbing a mountain, and it's considered the Holy Grail because it has a host of benefits. According to the meditation app Headspace, those perks include heightened focus (goodbye, distractions!), a sense of clarity, feelings of happiness and pleasure, and the impression that all obstacles ahead of you have disappeared. That makes accomplishing your goals feel like less of a struggle. It's no wonder high-achieving hobbyists, workers, and creatives crave the feeling!

### How can you get in a flow?

Usually, a flow state isn't planned — it just happens. In a BBC article, author Steven Kotler describes flow as "a happy accident." But he also notes that we can make ourselves "more accident-prone." To set yourself up for a flow state, find a quiet place to work and choose an activity that's difficult but meaningful for you. Ideally, it should be something you've already put work into perfecting. If you've never tried painting before, you probably won't find flow on your first attempt, but an experienced painter could achieve it while mastering a new technique.

Some people claim that being in a flow state is a form of meditation and that learning how to meditate can help you reach it. To that end, apps like Headspace and Evenflow (for iPhones only) are great places to start! Before you know it, you'll be finding the flow like a pro.

## OUR CLIENTS SAY IT BEST

*"I never thought I would be in a position where I would need to retain a personal injury attorney. I didn't even know where to start. I had asked around and looked up nearly half a dozen options before landing on Case Barnett. I could not have been happier."*

*"From our initial conversations, I felt completely at ease. Case's easygoing demeanor coupled with his unswerving compassion and professionalism convinced me I had made the right choice."*

*"The entire team was amazing. Throughout my entire experience (which lasted roughly two years), I always felt like I was the most important client they had. Even now that the experience is behind me, I am grateful for the connection with this team."*

**-Michael F.**



# ECONOMIC RELIEF CAN'T COME AT OUR LOVED ONES' EXPENSE

Though we've turned the calendar to a new year, the COVID-19 pandemic continues to affect many of us. A second economic relief bill to help individuals and businesses has been tied up in Congress for months, but the latest iteration has one especially concerning component, especially for older adults living in care facilities and the family members who love them.

While there is consensus that both businesses and individuals continue to feel the financial pain of the pandemic, there is less agreement on how to go about providing economic support, especially when interests collide. Some legislators want to provide broader protections for businesses to shore up their economic health, but many fear that this would put the physical and mental health of older adults at risk.

If a second bill were to include civil liability protections for businesses, it would ensure they can't get sued or be held responsible if customers get sick. This would prove to be especially dangerous for older adults who live in care facilities. If these facilities cannot be sued for negligence, what's to stop them from doing things like understaffing during a time when more staff is needed or removing safety protocols that cost the company money but ensure patient health?

The bottom line is that if a bill is passed with these protections for businesses, patients will be at a greater risk of neglect, illness, or possibly death, especially while the virus continues to spread. If patients are suffering or get sick due to staff neglecting safety protocols, they deserve to be able to seek justice. If the worst happens and a patient passes away, their family should be able to hold the facility accountable and get the justice they deserve.

The pandemic has been a difficult time for many, but even more so for older adults who live in care facilities and have not been able to spend time with their loved ones in many months. To make matters worse, they may be unable to communicate with their family about their situation. At the very least, we need to maintain the protections for individuals that ensure that their health and well-being come above all else, and if that doesn't happen, businesses should be held accountable for their neglect.



*Did you know that January is National Oatmeal Month? If you tend to think of oatmeal as boring, this fun dessert-themed recipe just might change your mind. To go all out, top with a candle and a dollop of whipped cream.*

## Ingredients

- 1/2 cup old-fashioned rolled oats
- 1 browning banana, mashed
- 1/2 cup milk
- 1/2 tsp cinnamon
- 1 tsp baking powder
- Splash of vanilla extract
- 1 tsp brown sugar, honey, or maple syrup
- 2 tsp sprinkles

## Directions

1. Preheat your oven to 350 F and prepare a small oven-safe dish.
2. In a small bowl, combine all of the ingredients except the sprinkles.
3. Pour the oatmeal mixture into the prepared baking dish.
4. Bake for 25 minutes or until the oatmeal is golden brown.
5. Let the oatmeal cool slightly, top with sprinkles, and dig in!

*This publication is intended to educate the general public about personal injury and elder abuse. It is not intended to be legal advice. Every case is different.*

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Justice Served for Hazardous Health  
Checkup



**Settlement  
Amount:  
\$400,000.00**

# JUSTICE SERVED FOR HAZARDOUS HEALTH CHECKUP

When our client went for a routine health screening, she wasn't expecting to end up as a patient in the hospital or have her life disturbed by a major injury. Unfortunately, that's what happened due to the negligence of a local health screening company.

This company offered uninsured individuals health checkups on a cash basis. These checkups are meant to be a quick way for individuals to assess their health and see if there are any areas of concern that they need to follow up on with a health professional. Our client went to receive this health screening at a local Holiday Inn where she was told to lie down to undergo

some tests as part of the health checkup. This made her feel dizzy. When she told the screeners this, they simply told her to get up and leave once she felt better and left her lying there. Her dizziness did not abate, but no one came to check in on her. Finally, she got up to leave but was still so dizzy that she fell and suffered a broken hip.

We got to work right away to get her the justice she deserved. Ultimately, we did just that, settling the case for our client for \$400,000.

The team at Case Barnett Law is committed to helping good people get the justice they deserve after they've suffered because of someone else's negligence. If you know someone who has been injured unjustly, we can help. Give us a call at 949-565-2993 or email [Case@CaseBarnettLaw.com](mailto:Case@CaseBarnettLaw.com).