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MY MOUNTAIN TO CLIMB

Balancing Work, Family, and Faith Is an Uphill Battle

Did you know that Aug. 1 is National Mountain Climbing Day? While there aren't any mountains in Florida — the highest point in our state is Britton Hill, a measly 345 feet — the holiday still resonated with me. For those of you who have climbed a real mountain, you know that reaching the summit doesn't come without a lot of preparation, planning, and proper execution. For those of us who haven't climbed literal mountains but have instead scaled our own personal ones, the same discipline applies. Balancing work, family, and faith is my own uphill battle, and, to be honest, keeping my priorities straight feels like climbing a mountain every single day.

when Alyssa and Nicholas were born, I had to shift gears again to become a father. That meant learning to turn down cases even when I wanted them. I had to be honest with clients and tell them I couldn't commit the time their cases required, then offer to put them in touch with another attorney who could. In the end, I think both sides benefited from those tough decisions. My kids always come first, so I'm happiest when I incorporate family time into my work. For example, when Dellutri Law Group volunteered at the Midwest Food Bank, I was able to bring my kids along, turning a request for business help into a family event.



I can say with 100% certainty that most lawyers hate their jobs. Statistics show 70% of attorneys are unhappy with their current state of affairs — a portion that seems crazy to me. Fortunately, I'm not one of them, but the satisfaction I take in my work didn't come without a great deal of planning and balancing. Imagine me as a juggler with many balls in the air. I spend a lot of time practicing to ensure I never drop a ball and always be there for my family as a husband and father, my staff as a leader, and my clients as an attorney.

What really suffers when I'm balancing my priorities is personal time. To combat that, I get up very early each morning while the rest of the world is asleep. I spend that time reading the Bible, inspirational stories, or business books in order to put my day into perspective. I often squeeze in a bit of work, too — my clients are used to getting emails from me as early as 3 or 4 a.m. If I don't take some time each morning for reflection, it throws my whole day out of balance. Worse, my wife can tell immediately I'm out of whack!

those same habits could work for you. With only 24 hours in the day, it's vital to prioritize. I think of my schedule in terms of the Jar of Life: While it might look full when it's loaded with my top priorities of work and family (think of them as large rocks), it isn't. There's still room to fill the cracks with my spiritual development (pebbles) and even fit in personal time (sand).

I tend to be a workaholic, so it's always tricky to balance that urge with family life. One of the most difficult things I learned as a young attorney was how to say no. After I was married, I had to change gears from the workaholic lawyer to the supportive, present husband I wanted to be. Then

In addition to embracing the power of "no," I've found it's vital to delegate tasks and trust my colleagues to handle them. Clear communication has also been key to keeping everyone happy, and I make a point to never make excuses when I mess up. If you're trying to find your own balance,

After over 20 years of practicing law, I've learned there's no way to avoid climbing mountains. Instead, the most important thing you can do is remember to revel in the climb. Getting to the top is great, but guess what? All you'll see when you reach it is tomorrow's mountain. So, you might as well enjoy the journey.

-Carmen Dellutri

If you know someone who would like a copy of this newsletter, please visit this link to add them to our mailing list:

DellutriLawGroup.com/newsletter.

YOU'RE GETTING VERY SLEEPY ...

ESTABLISHING A BEDTIME ROUTINE FOR THE SCHOOL YEAR

Between vacations, bonfires, and sporting tournaments, your children's sleep schedule probably went on break when they did this summer. With school fast approaching, it's vital to get your kids back on a proper sleep schedule. In fact, according to the National Sleep Foundation, getting enough sleep can significantly improve a child's growth and cognitive function.

But getting a restful night's sleep is easier said than done when kids have had almost complete freedom for three months. Try these tips to get your kids snoozing through August and prepared for school.

START EARLY AND GO SLOWLY

When practicing this tip, think of the old adage: "It takes 21 days to break a habit." If your kids have been going to bed late this summer, set a time when they must

go to bed, but don't make it too far off the time they have been regularly hitting the hay. If they shuffle off to bed around 10 p.m., push their bedtime to 9:45 p.m., and then push it back to 9:30 p.m. one week later. Slowly work your way back to an appropriate time, and bedtime will be easier when school starts.

MAKE IT EASY

Though the days may be getting shorter, it's still relatively light out at night, making it nearly impossible for your kids to doze off when they should. Sleep experts recommend creating a sleeping space that mimics a cave: dark, cool, and quiet. This means sunlight shouldn't sneak into the room, and the home



should be a quiet zone after bedtime. No one wants to sleep while everyone else is having fun, so it's important that everyone in the home is quiet at bedtime.

JUST RELAX

This is a rule your family should follow year-round, not just when you want to reestablish a routine. At a certain time each night, begin the nightly wind-down. For example, at 8 p.m. shut off your screens, put on pajamas, and engage in a relaxing activity, like reading a book or doing some yoga. Signaling to your body and your family that it's time for bed will help your kiddos, and you, fall asleep at an appropriate time.

BUCKLE UP, BOATERS!

A few years ago, 66 people died in 742 Florida boating accidents. As personal injury attorneys, we are concerned that many of these tragic accidents could have been prevented — an alarming 53% of victims were not wearing a life vest at the time of the accident.

While most drivers buckle up before driving their cars and trucks, they often don't do the same on the water. However, trying to find and put on a life jacket when the need arises is just as dangerous as waiting until just before an automobile accident to wear a seat belt. "In an emergency, there is usually no time to go digging around for a life jacket, let alone unwrapping it and then trying to adjust it so it doesn't fall off in the water," says Joy Hill, public information coordinator for the Florida Fish and Wildlife Conservation Commission's northeast region.

Sinking boats usually go down fast, and people who have been ejected often end up unconscious, so it's extremely important that people wear the life jacket or, at the very least, have it readily accessible. In Florida, the law states

there must be one properly fitted, U.S. Coast Guard-approved life jacket for each person on board the vessel and that children under the age of 6 must wear one when on deck or underway.

Children of all ages must wear a life jacket when operating or riding a personal watercraft. While parents often require children to wear life jackets, they frequently do not follow suit. Many complain that they are hot and cumbersome, particularly when fishing or boating in the Florida



sun. However, modern life jackets have eliminated many of these excuses. Lightweight, inflatable life jackets are comfortable and easy to wear.

They are considerably smaller than older life jackets because they are only inflated when you hit the water. So, please buckle up (your life jacket) this summer. It could save your life.

If you or someone you know is injured in a boating accident, you know who to call.

TESTIMONIAL

HEAR FROM A HAPPY CLIENT ★★★★★

This is a great group of people who want to help and make things simple. I'm so glad I retained them to assist me. I can't say enough good things about these amazing people. I was so scared to file for bankruptcy at only 33, but they didn't sugar coat it, and I felt comfortable in my decision to file. Maria has been amazing so far, and, when I met Carmen, he made me feel like family. He told me I was in good hands

with David Lampley and he's right. I am so happy I took advice from a lot of people who recommended them. Also, Casey was so sweet and kind during my initial calling about a consultation and has been so helpful when I had questions.

—C.M.

When Jesus spoke again to the people, He said, "I am the light of the world. Whoever follows Me will never walk in darkness, but will have the light of life."

HAVE YOU HEARD THE GOOD NEWS?



How to Avoid Overspending ON BACK-TO-SCHOOL CLOTHES

On average, parents spend \$500 per child on school clothes every year. If you have more than one child — or sometimes even just one — that amount can easily double or triple at the start of the school year. While kids may need some school clothes, it's not necessary to overspend on back-to-school clothes, shoes, and accessories.

Here's how to determine what you do and do not need at the start of this school year.

See what still works. Chances are you bought an item or two this summer. Can some of those clothes make it through the fall months?

Layer. Short-sleeve dresses can be layered with longer T-shirts when the weather turns cooler, and tights can be added underneath shorts for a trendy and practical look. T-shirts can be paired with longer-sleeve shirts, too. Layers are your friend when it

comes to stretching clothes through the fall and winter months.

Use uniform cleverness. If your child has to wear a uniform and specific colors throughout the year, determine whether or not you have to purchase those things from one specific retailer. You may have to buy the official uniform from your child's school, but you can probably find clothes in the right colors at less expensive retailers or online.

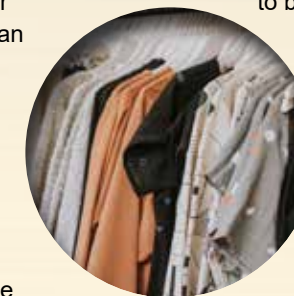
Recycle. Have you checked out your local second-hand or thrift stores for clothes that will work? This is an especially useful trick if your child is still growing — most parents get rid of clothes that were barely used!

Host a clothing swap. Know some other parents in the area? Use a social network like

Facebook to create a clothing-swap group. Inviting parents to bring a bag or two of clothes in good shape to a swap event means that you can pick up some great clothes for free while also getting rid of some your child no longer uses.

Find sales for shoes. Shoes might be the one thing you can't really compromise on, but you can search sites like Zappos for great deals on back-to-school shoes. Kids probably need rain boots, one or two pairs of sneakers, and one pair of dressier shoes to begin the school year. You can hold off on snow boots or other shoes until midfall or early winter.

We'd love to hear your tips, too. What do you do to keep costs down when it comes to back-to-school shopping? Send us an email at Info@DellutriLawGroup.com!



THE DELLUTRI PASSION PROJECT



If you follow us on social media, you have probably come across our posts about the Dellutri Passion Project. For those of you who don't know, the Dellutri Passion Project is a community service-oriented project centered around the employees at our firm. Each of our employees has chosen a charity or cause and is dedicated to volunteering for them throughout the year.

Why did we start this project? Carmen Dellutri has always given back to the community through community events ever since opening the doors of the Dellutri Law Group over 21 years ago. Blood drives, food drives, and toy drives are just on the surface of what our offices strive to do to support local organizations! I guess you can say his love for philanthropy is contagious because that same love is instilled in every one of our amazing employees.

Want to learn more about what we are all doing to give back? Visit our website at DellutriLawGroup.com/passion-projects. There you will find more information along with links to each of these amazing organizations.



VEGAN GREEN SMOOTHIE

Inspired by OhSheGlows.com



Ingredients

- 1 cup coconut water
- 1/2 cup mango juice
- 2 large Granny Smith apples, cored and chopped
- 2 cups romaine lettuce, packed
- 2/3 cup parsley leaves, packed
- 1/3 cup fresh cilantro, packed
- 1/2 cup frozen mango chunks
- 1/4 cup avocado
- 4 tsp fresh lemon juice
- 1 tbsp turmeric
- 5 large ice cubes

Directions

1. In a blender, combine all ingredients, beginning with coconut water and mango juice.
2. Blend on high until smooth.
3. Pour into glass and serve. Any leftovers will keep for up to 24 hours in the fridge.