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#### ON THE COVER

Join us for our Annual BCBA Holiday Party on Thursday, December 12th at the NSU Art Museum in Fort Lauderdale. Visit Browardbar.org/ calendar





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This month our focus is on the values of giving back and being thankful. As I sat in temple for the Jewish High Holiday, I had time to reflect, think about people that have influenced and been a part of my life and how grateful I am to have been afforded so many opportunities.

Early in my career, while working at the State Attorney's Office, I had the opportunity to be a member of the B'nai B'rith Justice Unit #5207 and the Boys and Girls Club of Broward County. Thereafter, I had the opportunity to join the Board of Junior Achievement of South Florida and in later years the Stephen Booher American Inn of Court and

Broward County Bar Association. Each of these opportunities to work with civic, professional and charitable organizations allowed me to give back and rewarded me with much satisfaction. To have a small role and part in positively impacting organization and the lives of others is most rewarding and allowed me to meet many caring, talented and generous individuals. While I am grateful for the opportunities that I had and have, I am equally grateful and appreciative of those of you who give of your time to organizations, churches, legal causes, or other work worthwhile endeavors. Recently, I attended the installation of the Broward County Women Lawyers, Caribbean Bar Association Installation Gala, St. Thomas Moore Society's Red Mass and other installations and Galas showcasing the many individuals who share the value of giving back and making a difference.

I thank each and every one of you who became members of the Broward County Bar Association and those who have taken on leadership positions as members of the Executive Committee, Board of Directors, Practice and Regional Sections and Committees.

Let's be grateful for what we have, let's look at the brighter side of life, let's focus on all of the positives, let's thank those who make our lives a little bit better, and be appreciative of the love and support we receive from our family and friends.

Coming up on December 12 is the much-anticipated, not-to-be-missed, BCBA Holiday Party, one of the Broward legal community's most popular and well-attended end-of-year events. The party is held as a thank you for BCBA members. It is a perfect way to relax and reflect on the past year, connect with old friends and make new ones. Past Holiday Party locations have included the fabulously decorated piano bar/lobby at the Embassy Suites, the fascinating Fort Lauderdale Antique Car Museum, and the visually stunning NSU Art Museum.

The latter will once again be the location of this year's party. Come mingle among works of art, eat, drink and be merry, and enjoy yourself along with fellow members, guests, judges, local politicians, and other dignitaries. As in previous years, sumptuous spreads of appetizers and main dishes will be offered, and a cash bar will be available until 10:00 p.m. Toys For Tots will be collected by the Young Lawyers Section. Admission is FREE for BCBA members (membership current at time of registration), who may register a guest for a fee of \$25.00. Sponsorship opportunities are still available. Registration and Sponsorship may be found on the BCBA web site (Browardbar.org/calendar). See you there!

Wishing everyone good health, good times with family and friends and the very best.



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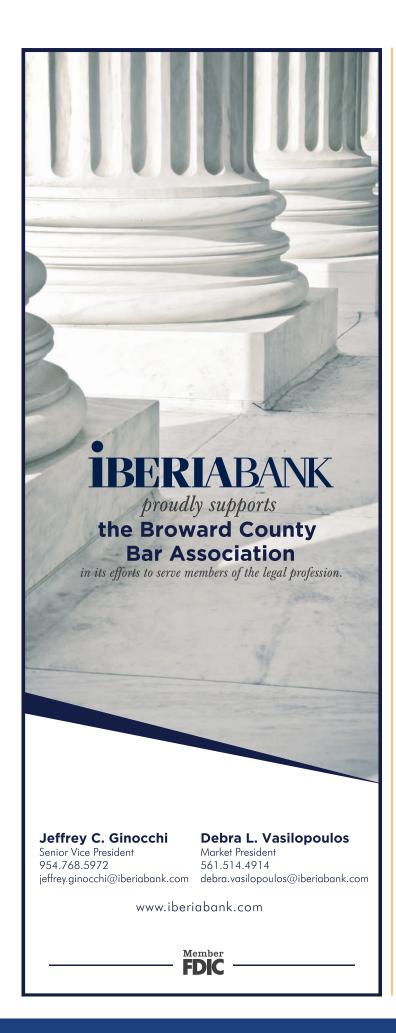
"For untold generations, we have been led to believe that happiness orbited around success. That if we work hard enough, we will be successful, and only if we are successful will we become happy. The opposite is true." - Sean Achor, Author, "The Happiness Advantage"

If happiness leads to success, shouldn't we all strive to be happy lawyers? Not just a lawyer who walks around the Broward courthouse with a perma-smile (strange), but actually happy. Our new focus on

wellness and health is a huge step towards building happy lawyers. Certainly, burnout does not lead to happiness and poses a threat to the sustainability of our profession. Thanks to the Florida Bar Young Lawyers Division, #StigmaFreeYLD is a reminder that taking a time out from lawyering to focus on your well-being is not taboo. The Florida Bar has compiled a list of resources for attorneys focused on wellness, including podcasts, meditations, and articles (https://www.floridabar.org/member/healthandwellnesscenter/reso urces/). These are huge steps for a profession which tends to lavish praise on associates who send emails at 3am, who don't use vacation days, and who willingly and regularly sacrifice their weekends.

While more voluntary bar associations create programming for their members focused on managing stress, there is still something missing: What are law firms doing to create an anti-burnout culture? Are managing partners considering initiatives which promote self-care and time off? Can attorneys truly find happiness, as Sean Achor defines, without firm support? Many large firms have started to roll out employee wellness programs, which include hosting firm-wide meetings lead by mindfulness experts on tools to manage stress, or rewarding firm anniversaries with an extra personal day. Small gestures like these show new attorneys that it's okay to step back, recharge, and come back ready to tackle that motion.

Overhauling our profession won't happen overnight. Clients will still expect immediate responses to tough issues, partners will need you to jump into a case at the literal 11th hour, and there will still be court-ordered deadlines. But the more firms and partners can do to encourage a culture of wellness, the better we will all be for the wear. In the meantime, I encourage you to explore what your firm is doing to join the Florida Bar in promoting lawyer wellness. If your firm, practice group, or partner has a policy or practice you would like to share, please email me at LMassillon@fowler-white.com. I look forward to compiling all the initiatives our Broward firms and attorneys are implementing, to show the Florida Bar that the Broward legal community isn't just using buzzwords like "mindfulness" and "wellness" without putting those words into practice.



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# **Expanding Compassion In The Courtroom A New Diversion Program**

by Elana Horowitz Fornaro, Esq

Judge Corey Cawthon started her career as a jurist this January. However, in the short time she has been on the bench, she has already made a significant contribution to the community. Located at the South Regional Courthouse in Hollywood, Judge Cawthon saw a need, and filled it.

The vast majority of municipal ordinance (MO) violation cases heard in Hollywood involve individuals experiencing homelessness. In fact, the city of Hollywood files more MO cases than any other municipality in the county. When she took the bench in January, Judge Cawthon was shocked at the volume of cases. For many of the charges, which typically involve minor crimes, such as sleeping in public or open container, the city was offering defendants a withhold of adjudication plus court costs, which can be over \$200. Most homeless defendants cannot pay the money owed and it is converted into a civil lien. "It becomes a vicious cycle. We have the same people repeatedly charged, and the court costs can't be paid. This way of doing things was not helping the city, instead it was clogging up dockets, and more importantly, not helping the defendants," said Judge Cawthon recently.

Judge Cawthon reached out to Chief Judge Jack Tuter and Administrative County Court Judge Robert W. Lee, and asked, "Why can't we create a model for the MO cases that mirrors the diversion program at the state misdemeanor level?" Everyone agreed that it was an idea worth pursuing, especially given the success of the newly created Community Court held at City Hall in Ft. Lauderdale. In Community Court, defendants with quali-

fying charges are given the opportunity to receive sentences that focus on therapy, rehabilitation, and community service in lieu of incarceration.

After meeting with Hollywood city officials, and recognizing the critical problem of repeat offenders experiencing homelessness, a plan was put in place to create a "makeshift" community court. Judge Cawthon calls the diversion program the Municipal Ordinance Diversion Program, or MODP, for short. The program itself does not cost any additional money to run, as it currently has no budget. Instead, most of the legwork rests with Judge Cawthon herself, who dedicates every Thursday to the program. She tracks each defendant and his or her status in the program. To be considered, defendants must have a qualifying charge and no history of criminal violence. The defendants are then enrolled in a community program aimed at their specific needs. For example, a defendant charged with an open container violation may be enrolled in a program to combat alcoholism. The defendant is required to attend three monthly status hearings and provide updated documentation to the court on his or her progress. While actively enrolled in the program, a defendant may not incur any additional arrests or tickets and may be required to complete community service hours as well.

Upon completion of the program, the City of Hollywood nolle prosses the charges, which is similar to a dismissal. The objective is to give individuals experiencing homelessness the opportunity and ability to recapture their lives, ending the repeat cycle and reducing the resources required to address the arrests and resulting

cases. "We are already seeing some great success," said Judge Cawthon. "Everyone involved in this program genuinely wants to help the homeless population, and the fact that they really care will contribute to the success of the program."

Currently, the program has no budget. Judge Cawthon would love to see the addition of a case manager, which would help the program expand. "We have to remember that these are real people, not just case numbers," said Judge Cawthon emphatically, "It is less costly to address the individual's underlying issue now, instead of seeing that same individual get stuck in the system with multiple charges and violations. Through compassion and patience, we can give someone an opportunity to get their life together," she said. Judge Cawthon believes she has created a model that can be replicated in other municipalities.

The MODP program takes place every Thursday at the South Regional Courthouse in Courtroom \$230.



Esq. is a Senior Judicial Staff Attorney for the 17<sup>th</sup> Judicial Circuit in the Circuit Criminal Division. She can be reached at efornaro@17<sup>th</sup>.flcourts.org



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### **Veterans Day**

James W. Heaton, Esq.

The history of Veterans Day began on November 11, 1919, with the celebration of the first anniversary of the end of World War I.

Originally known as "Armistice Day," the spirit of celebration focuses around the "eleventh hour of the eleventh day of the eleventh month" of 1918, following the signing of the Treaty of Versailles and the ensuing six months of Allied negotiations at the Paris Peace Conference.

Today, Veterans Day is a national holiday commemorating veterans of all wars, as well as those who served during peacetime. Veterans Day is distinct from Memorial Day in May, which honors those who have died during military service. While understanding how Veterans Day originated is simple, having an understanding of who is a veteran is more complex.

A simple utterance of the word "veteran" connotes a former member of the military who is no longer serving. However, as with most things in life, statutes, regulations, and case law have stripped away the simplicity from an otherwise ordinary term. To add to the confusion, state statutes vary greatly even between border-sharing states, and many of these definitions conflict with Title 38 of the Federal Regulations and the United States Code.

The Florida Constitution, for example, defines a "veteran" as someone who "was discharged under honorable conditions only" while Alabama's constitution uses the more liberal phrase, "must not have had a dishonorable discharge" when defining the term.

This deviation would be less of an issue if veterans only received either an "honorable" or "dishonorable"

discharge when they left service. In fact, there are several characters of service one may receive - three administrative, and two the result of a punitive court martial. These terms, such as "general, under honorable conditions," "other than honorable," and "bad conduct" are used to qualify the veteran's military service.

While the Federal Regulations and US Code govern benefits available from the Department of Veterans Affairs, the devil is in the details.

Under these state definitions, a person residing in Alabama who received an "other than honorable" discharge from the Army may lose their veteran status when they cross over into Florida where they are required to have been discharged "under honorable conditions only."This inequity may impact aspects of a Veteran's life such as affordable housing, the cost of education, employment preferences, nursing home eligibility, access to alternative treatment courts, property tax exemptions, and other state-specific benefits.

Although veterans leaving the military are free to live wherever they choose, some report that the transition process can be more daunting than being deployed to Afghanistan. Many veterans rely on their family support systems to ease the transition back into civilian life - many have families who own property, have children in school, spouses that work, and often have deep ties to a community.

For many, leaving the military means the loss of identity, status, and purpose. Imagine overnight going from being Sergeant Jones, in charge of a platoon of troops, daily base operations, and logistics, to becoming Stephen Jones, a civilian with a list of new and incongruous responsibilities.

Research shows that veterans who return to the civilian world with a close support network (or "tribe") are less likely to experience symptoms of PTSD, homelessness, and develop substance abuse.

On November 11, take some time out of your day to attend a local Veterans Day event, and talk to a veteran about their service in the military and their experience returning to civilian life. You will be surprised what you can learn.

If you or another veteran you know needs legal assistance, please contact the Mission United Veterans Pro Bono Project at Legal Aid Service of Broward County at 954-358-5643. For assistance linking with other resources, the United Way of Broward County's Mission United may be able to help! Their system navigators can be reached at 954-4-UNITED (954-486-4833) in Broward County and 305-4-UNITED in Miami-Dade County.



James W. Heaton, Esq. Supervising Attorney Mission United Veterans Pro Bono Project at Legal Aid Service of Broward County, Inc.



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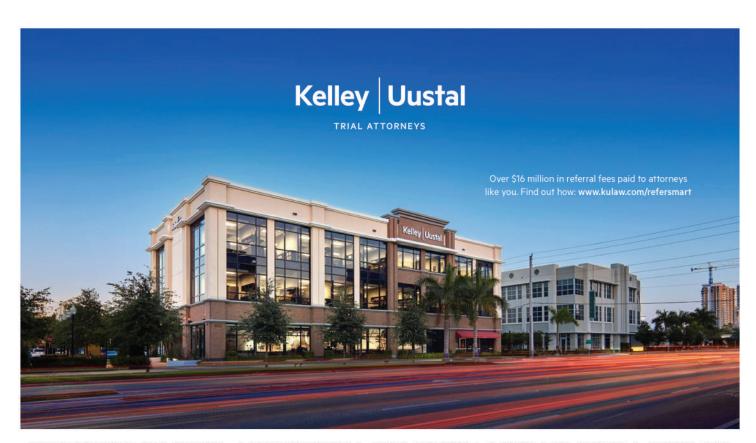




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#### GET INVOLVED IN THE COMMUNITY

Every November we are reminded to reflect on the virtue of thankfulness. Thanksgiving encourages us to exercise our "gratitude muscle" a little more than we do the other eleven months of the year. In doing so, we make the time to show appreciation for our loved ones, our workplaces, our communities, and organizations we are part of.

On November 9, 2019, in the spirit of community and charity, the Young Lawyers Section of the BCBA is hosting the 32nd Annual Walter G. "Skip" Campbell, Jr. Memorial Charity Golf Tournament benefiting Nicklaus Children's Hospital Foundation (South Florida's only licensed specialty hospital dedicated exclusively for children). Since 1987, the Young Lawyers Section Charity Golf Tournament has functioned as an avenue for Broward County's legal community to flex that gratitude muscle, network, and gather on the green in support of a worthy cause. As co-chair of this year's golf tournament, I am personally honored to be a part of BCBA's tradition of charity and welcome you to join us Saturday, November 9th at the Jacaranda Golf Club to benefit Nicklaus Children's Hospital Foundation! You can learn more about our event or sign up to play/sponsor at bit.ly/YLSGolfTournament2019

- Anisha C. Atchanah, Kim Vaughan Lerner LLP



Pace Center for Girls uses a nationally recognized model that encompasses a set of prevention and early intervention programs for girls and young women with multiple risk factors which could lead to delinquent behaviors in addition to academic failure, chronic truancy, aggressive or anti-social behavior, substance use, family instability, and the association

with negative peer groups.

Founded in 1985 in Jacksonville, Florida, in response to an increasing rate of arrests among middle and high school aged girls whose delinquent behavior was driven by underlying trauma, Pace uses a unique strength-based, gender-responsive, trauma-informed approach to re-engage girls in learning, improve academic performance, and increase pro-social skills while addressing their underlying trauma.

Pace Broward, the fourth Pace Center introduced in Florida, was established in 1992. Pace Broward has served over 8,500 girls in all program components providing gender responsive services to girls. For more information, please contact Yessenia. Hernandez@pacecenter.org or 954-561-6939 ext. 3833.

- Jeni Meunier, Trustpoint One

Legal Aid programs in Broward have been providing access to justice and free civil legal assistance to the low income community and other underserved populations since 1974.

Both organizations work cooperatively with more than 120 area non-profits to protect and defend the legal rights of more than 20,000 children, seniors, veterans, homeless persons, domestic violence victims, unaccompanied immigrant minors, and persons living with HIV/AIDS each year.

Legal Aid programs are a vital, core component in the Continuum of Care for Broward County residents, fostering an integrated, holistic approach to ensuring clients reach improved and lasting social and economic freedoms. Breaking down barriers and improving access to affordable housing, healthcare, employment, and education while improving economic stability for the community at large.

We work to eliminate barriers to, and expand opportunities for, equal justice under the law, ensuring that an overburdened system does not forsake those who simply cannot afford legal representation. Safeguarding their families, jobs, homes, life savings, hard earned benefits and freedom. For more information visit legalaid.org

- Melisa Malone, Legal Aid Programs in Broward





Administered by United Way of Broward County, MISSION UNITED is a coordinated and integrated system of veteran care comprised of an alliance of local organizations dedicated to supporting successful community acclimation and care comprised of an alliance of local organizations dedicated to supporting successful community acclimation and living for veterans and their families in Broward County. MISSION UNITED was founded in January 2013, and its mission is to unite and educate the Broward County community in order to positively impact the lives of Veterans and their families. MISSION UNITED empowers Broward County's Veterans by advocating for their health, education, and financial stability. In addition, MISSION UNITED acts as a community liaison in the areas of housing support, employment services, legal assistance, behavioral health, and mentorship. Since its inception, MISSION UNITED has found positive solutions for more than 10,000 Veterans, provided pro bono legal services to approximately 7,000 Veterans, housing and support for more than 3,000 Veterans, Behavioral Health services to approximately 2,500 Veterans and family members, and employment to approximately 2,000 Veterans. MISSION UNITED is always seeking additional volunteers and donations to help it continue providing long-lasting, positive results for our Veterans in Broward County. For more information and to get involved, contact Ryan Bancroft at rbancroft@unitedwaybroward.org.

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# Achieving Peak Performance With Neuro Therapy

Dr. Beau Nelson

It is no secret that good lawyers have to be at the top of their game. When you are presenting oral arguments in a courtroom, you have to be mentally alert, quick on your feet, and calm and collected under pressure. When you are organizing, analyzing, and retaining large amounts of detailed information, you are exercising high-level cognitive skills. Add to that the big stakes, difficult clients, and grueling, long-hour days, and you have a profession that can be incredibly stressful and prone to high rates of anxiety, depression and substance abuse.

All of these factors help to explain why lawyers and other professionals in high-intensity jobs-doctors, business executives, and others-are turning to non-invasive "neuro therapy" for help ... but what exactly is it, how might it help you, and what is the evidence that it even works?

### How Neuro Therapy Optimizes Brain Functioning

The brain treatments that together comprise neuro therapy are still relatively new in this country, having been around longer in parts of Europe and Australia where they are considered mainstream. But as a proven intervention for mental health and peak performance, neuro therapy is starting to catch on in the U.S., too. That's because it is safe, non-invasive and has been found to:

- Improve attention, mental alertness and cognitive functioning;
- Enhance working memory and recall;
- Reduce symptoms of anxiety and depression;
- Lower the intensity of drug or alcohol cravings associated with a diagnosed substance use disorder;
- And promote better sleep, which correlates with better overall mental performance.

These improved outcomes can be empirically measured and tested with brain imaging technology known as quantitative electroencephalography (qEEG). A qEEG, together with neuropsychological testing by licensed psychologists, can provide a comprehensive picture of your brain before and after neuro therapy has been administered.

For example, in a controlled study of patients receiving substance abuse treatment, the patients who received neurostimulation achieved significant reductions in their levels of anxiety, depression and insomnia. The results of that study appeared in a May 2019 article by Dr. Nicholas Dogris, the director of Neuro Therapy Services at FHE Health, in the publication Thrive Global.(As full disclosure, Dr. Dogris is my colleague.)

#### Overcoming Anxiety, Depression and Substance Use Disorders with Neuro Therapy

If statistics are good indication, issues with anxiety, depression and substance abuse may also keep many lawyers from achieving their peak performance:

- Lawyers are nearly four times as likely to be depressed than people in other jobs, the American Bar Association Journal reported in 2018.
- 19 percent of lawyers have anxiety issues and 21 percent are problem drinkers, according to a 2016 study by the American Bar Association and Hazelden Betty Ford Foundation.

#### Types of Neuro Rehab Services Available for Peak Performance

Whether you're facing these sorts of impairments or just want to see what "peak performance" might look like for you, you may benefit from neuro therapy. The types of neuro rehab services that you receive will depend on your

needs and goals but may include one or more of the following:

- Neuro modulation Delivers safe, low-level frequencies (electrical currents) to target specific areas of the brain to enhance cognitive functioning and therapeutically relieve other symptoms as well. Various differentiated approaches are used to help brain and body function, such as:
- a. Transcranial Direct Current Stimulation (tDCS)
- b. Transcranial Alternating Current Stimulation (tACS)
- c. Transcranial Random Noise Stimulation (tRNS)
- d. Pulsed Electro-magnetic Field Stimulation (pEMF)
- qEEG Guided Neuro feedback Training-Retrains specific areas of the brain where impairment or sub-optimal functioning is detected, correcting and restoring cognitive faculties as well as mood.

Anyone looking to improve their mental health and/or achieve peak performance should look for a provider that is: licensed to provide neuro rehab services; and, customizes these services to meet clients' individualized needs and goals, based upon what a comprehensive evaluation, including a qEEG and neuropsychological testing, reveals.



Dr. Beau Nelson heads the Clinical Services department at FHE Health, a nationally recognized behavioral health provider treating addiction and mental health conditions.

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### 2019 BENCH AND BAR CONVENTION Recap

by Brent M. Reitman & Alison F. Smith

On Friday October 18, 2019, many attorneys and members of the Judiciary made their way to the Signature Grand in Davie for another exceedingly successful Bench and Bar Convention!

The morning began with a diverse panel giving attendees "25 tips in 25 Minutes". Tips were focused on Mental Wellness, Law Firm Management for Solo/Small Practitioners and "Big Law," Social Media Marketing for Lawyers, and Positivity & Happiness. Panelists included Michael Higer, Kemie King, Natalie Giachos, Joe Goldstein and Mark Eiglarsh.

Next the attendees heard from Chief Judge Jack Tuter, 4th DCA Chief Judge Spencer Levine, Federal Judge William P. Dimitrouleas, 17th Judicial Circuit Administrative Judge Carol-Lisa Phillips, and 15th Judicial Circuit Administrative Judge Lisa S. Small, regarding the state of the 4th District and Courts of the Seventeenth Circuit, and heard about improvements that have been made to increase judicial and attorney efficiency.

The breakout sessions were engaging and informative, hosted by a diverse array of amazing tri-county judges and attorneys, who participated in record numbers. This year we again featured a full day track focused on Trial Advocacy, which was extremely well attended and featured some of the County's most venerated practitioners sharing their legendary, battle tested trial techniques.

The 2019 Convention boasted a number of extremely well-attended sessions including, but not limited to, "Family Law Trial Advocacy: Presenting Your Case To Bench", which provided attendees a mock trial presentation where Judges and panelists provided tips on how to "trim the fat" when presenting to a Judge. There were some amazing sessions discussing various areas of Alternate Dispute Resolution, led by some of the most accomplished mediators and arbitrators in the business. Technology credit was offered for the "Legal Evolution: Analytics and AI in the Law" seminar. We also offered Professionalism credits for 2 of our panels, "Keeping Civil in County Civil" and "Views from the Bench: Keeping it Professional".

There were seminars addressing updates in County Court, Criminal Law, Family Law, Bankruptcy, and Immigration Law which were also well-attended, and which featured a number of top-tier practitioners as well as several judges. There was also a seminar, "Happiness Guaranteed or your Misery Back", which showed attorneys how to decrease their stress and increase their success.

The day's highlight, however, was the keynote luncheon interview by Joe Goldstein Esq., and Florida Supreme Court Justice Jorge Labarga. The Justice reminded us all that we should never take for granted the rights and privileges that we now enjoy, and which were secured by

the struggles of those who came before us. He also covered his journey and background as a Cuban-American, as well as light- hearted topics such as his favorite book, and his pride in being a "Double Gator".

All told, it was a wonderful event. Our deepest gratitude goes out to all the sponsors, vendors, attorneys and members of the judiciary who attended the convention. We are also extremely grateful to our many speakers and panelists who gave of their time and effort, and who made the convention a "must attend" event. Our thanks as well to The Bench and Bar Committee, the Bench and Bar Convention Committee, all of the volunteers and most importantly, the Broward County Bar Association Staff for all of their hard work in organizing and pulling off another flawless Broward County Bench and Bar Convention!



Brent M. Reitman is a partner at Liberman Cabrera Thompson & Reitman, PLLC. Brent is a Board-Certified Trial Attorney in the area of Criminal Law and is AV Rated by Martindale-Hubbell, which is the highest rating in both Legal Ability and Ethical Standards. Brent also serves as the immediate Past President-Elect on the Executive Board of the Young Lawyer's Section of the BCBA. He can be reached at breitman@lctrlegal.com



Alison F. Smith is a partner at the law firm of Weiss Serota Helfman Cole & Bierman, P.L. Her primary areas of practice include: labor & employment, commercial litigation, appellate law, and administrative and regulatory law. She also serves at the Secretary on the Executive Board of the Broward County Bar Association. She can be reached at asmith@wsh-law.com

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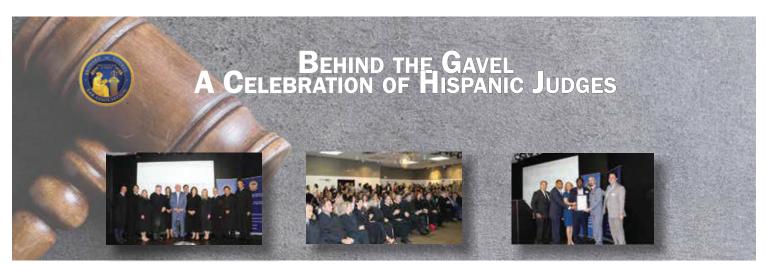












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### **Doing Good For Others**

by Beth Feder

I never thought I would be in the situation where I would be donating a kidney to prolong someone's life, let alone it being my father. About four years ago my fathershared that his kidneys had developed cysts and were not functioning well. In January 2016 he had surgery to remove one kidney. Many people live with, some are even born, with, only one kidney, so we were not overly concerned.

I was reviewing his paperwork while we waited to see his nephrologist a few months later, I am an attorney after all; and, I saw there was an application to register for the Kidney Transplant List. I was blown away; he seemed so healthy and was doing so well.

We were connected to the incredible team at Miami Transplant Institute (MTI) in downtown Miami. We learned most patients were on the Transplant List for three to five years. We knew his best option was for a living donor.

As the physically closest child and the one that did not have children, I knew I was the obvious candidate; however, I did pause and think about it. Could I do this? Could I give one of my organs to my father? I spent many months discussing it with my family, the social workers, nurses and physicians at MTI and my own personal physicians. By Fall 2017 it was obvious he was deteriorating; he was losing weight, not eating much, and hated the taste of everything.

In January 2018 I started the screening process to see if I was physically and mentally able to

give a kidney. I had every blood test you could imagine-, EKGs, MRIs and more. My father's insurance company covered all the costs. I got the green light in mid-March 2018.

On March 26, 2018 at 6:00 a.m., we all arrived at Jackson Memorial Hospital for the procedure. I was nervous and excited. The hospital had a concierge to accompany our family and friends through the process. My surgery was under two hours. The surgeons entered my belly-button and through arthroscopic surgery removed my left kidney. I barely have a scar and it is only a few inches long. I still find that utterly amazing.

By that evening I was up and walking, slowly. Our surgeon came to my hospital room the next day and told me that I was a hero. He said I not only saved my father's life, but I also moved someone up on the list. I don't believe I am a hero and would do it again in a heartbeat.

I knew the recovery would be slow. I had been on blogs and found a great Facebook Group (Living Kidney Donor Support Group) who were able to tell me what to expect. I was able to leave the hospital after only two days; I spent two to-three weeks home resting before slowly going back to work. I had to take it easy for the next couple of months and was beyond thankful to my employers and coworkers at the Winston Law Firm for all of their support.

I fortunately have not had any complications. The only changes in my life are minimal, especially compared to the incredible changes in my father's - he is back to eating, exercising and enjoying life. We both were told not to take any Ibuprofen and I am thirsty much more often than before. Very small price to pay!

If you know someone who needs a kidney or if you are thinking of donating, I have some advice:

Educate yourself (www.jacksonhealth.org/transplant) Educate your family Make the right decision for you.



Beth Feder is an Associate at the Winston Law Firm handling plaintiff personal injury cases. She is a co-chair of Women in the Law for BCBA. She can be contacted at bfeder@winstonlaw.com

### **Turkey Anyone?**

by Jeni Meunier

Thanksgiving isn't just about turkey and the gathering of friends and family. As the name of the holiday suggests, it is a time to stop and give thanks. We often thank the host for the invitation, for the meal presented and the people we are with. But do we really mean it? Do our thanks outweigh our complaints?

Gratitude is an all-encompassing quality. I am so grateful I didn't have to cook the meal but then again, I am more thankful that Mom let my sister-in-law cook the turkey. Why does Mom overcook the turkey each year? It is so dry that gravy is a MUST, even though I don't particularly like gravy. But then, thankfully, it isn't my brother's fried turkey this year. Talk about a disaster that didn't wait to happen!

As we hold hands and drop our heads, I think, what am I thankful for? Well, I'm thankful that we are finally eating - it's getting closer to the time I can leave. But, then again, sitting next to Bill isn't fun. The guy talks with his mouth full and always seems to need legal advice for "his friend." I know better than to sit next to an empty chair.

And, what happened to all the rolls I brought? I am grateful I got the easy job this year - bring the rolls! I brought tons of rolls, but I see that the kids have most of them piled high on their plates, leaving a nearly empty breadbasket.

Thankfully, I can pile up on the stuffing, good old bread stuffing

this year! Yay! I don't like that cornmeal dressing! Who really likes cornmeal? Wait, did someone put oysters in the stuffing? I hate oysters. What's going on? I can't eat this! I'd be thankful for that cornmeal stuffing from last year over oysters!

Life becomes commonplace, and even the holiday set out for remembrance to give thanks has gone by the way of the turkey. Often without even knowing it, we focus on what we don't like or do not have. Believe it or not, that is a form of gratitude. We are grateful for our lack!

We cease to appreciate the many hours gone into the preparation of the meal. Instead we are focusing thanks on all the things that aren't quite right or the way we'd prefer them to be. This Thanksgiving, remember to appreciate the fact that you have a family, a meal to enjoy and a place to enjoy it. Use this day to begin a routine of true gratitude, to be thankful for the small stuff and not for acknowledging the lack in our life.

Don't take for granted that these gifts will always be there. Don't assume that because we have been given these gifts before that we will be given them again. Often, we focus on what we do not yet have and what we have not yet been given. Maybe we will have a bigger house next year or the ability to prepare the meal ourselves to our own liking. But next year may be missing a parent, or a sibling, or a child. Be thankful for what we have now, today, this moment.

As we've heard a million times before, the secret to happiness is happiness itself. But it is true! Wherever we are, any time, enjoy sunshine or rain, the presence of each other, the wonder of life. Take time daily to reflect on a well-lived life. It only takes a few seconds to say thank you and acknowledge all the good in our life.



Jeni Meunier is a Director at Trustpoint.One. Trustpoint.One provides end-to-end eDiscovery capabilities, in forensic consulting, processing, hosting, review/staffing, production and court reporting and translation services. Jeni can be contacted at Jeni.Meunier@Trustpoint.One

#### November

#### calendar of events

November 1

**2019 Roger Staley Real Property Seminar** 

Sponsored by the Broward Bar Foundation, Inc.

Time: 8:30 a.m. – 3:00 p.m. Venue: BCBA Conference Center

Cost: \$95 BCBA Member; \$125 Non-Member

November 2

**Guardianship 8-hour Adult** 

**Time:** 9:00 a.m. – 5:00 p.m.

**Venue:** BCBA Conference Center **Cost:** \$180; No Walk-ins accepted

November 6

**CLE: Really Understanding my Client's Injuries** 

Sponsored by: Cash Now Funding Group

Time: 12:00 p.m. – 1:30 p.m. Venue: BCBA Conference Center

Cost: \$15 BCBA Member; \$30 Non-Member

November 7

**YLS Golf Happy Hour** 

**Time:** 5:30 p.m. – 7:30 p.m. **Venue:** The Balcony | Las Olas

November 8

**Judicial Jaunt Series: Judge Levenson** 

*Sponsored by:* 

Rissman, Barrett, Hurt, Donahue, McLain & Mangan, P.A.

Time: 12:00 p.m. – 1:30 p.m. Venue: BCBA Conference Center

Cost: \$20 BCBA Member; \$30 Non-Member

November 9

2019 YLS Golf Tournament \*

Benefiting Nicklaus Children's Hospital Foundation

**Time:** 8:00 a.m.

Venue: Jacaranda Golf Club

Cost: \$150 Single Player; \$500 Foursome

November 9

**Guardianship 4-hour Adult** 

Time: 9:00 a.m. – 1:00 p.m. Venue: BCBA Conference Center Cost: \$100; No Walk-ins accepted November 20 **Elder Law CLE:** 

Time: 12:00 p.m. – 1:30 p.m. Venue: BCBA Conference Center

Cost: \$20 BCBA Member; \$35 Non-Member

November 20

**Solo/Small Networking Dinner Time:** 6:00 p.m. – 8:00 p.m.

Venue: Dave & Buster's Hollywood

Cost: \$40 BCBA Member;

\$55 Non-Member \*\$5 price increase on 9/11/2019

#### Save the Date!

Visit our online Calendar for more information.

#### **2019 BCBA Annual Holiday Party**

**Date:** December 12, 2019 **Time:** 5:30 p.m. – 8:00 p.m.

**Venue:** NSU Art Museum Fort Lauderdale

2020 Judicial Procession and State of the Circuit

**Date:** January 24, 2020

**Time:** 1:00 p.m.

**Venue:** Broward County Courthouse-Jury Assembly Room

**2020 South Florida Legal Mentoring Picnic** 

Date: February 1, 2020

Time: 12:00 p.m. Venue: C.B. Smith Park

2020 Workers' Compensation Conference

**Date:** February 28, 2020

2020 Raising the Bar

**Date:** April 24, 2020

**2020** Annual Installation Gala Dinner

**Date:** June 27, 2020

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