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Newsletter February 2018

www.helpinginjuredpeople.com

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February 2018

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*Warm wishes for a happy, healthy,
and prosperous new year!*



Slip and Fall Accidents Injure Millions Each Year

What do these incidents have in common?

- A man slipped on a grease spot in a restaurant and suffered a concussion.
 - Not seeing a puddle on the university patio, a student slipped and required hospitalization for a fractured ankle and other injuries.
 - An elderly woman sustained a back injury at a theater after falling when a loose stair railing gave way.
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Our Offices and Hours

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Office Hours
 Monday – Friday
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 Scheduled appointments
 after hours

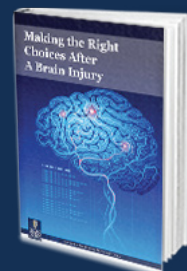
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....continued from page 1 **Slip and Fall Accidents Injure Millions Each Year**

These are all examples of injuries sustained in a slip and fall accident. Falls result in more than 9 million hospital emergency visits each year, with slip and falls accounting for 1 million of them.

Slip and fall accidents fall under an area of the law called premises liability, which also includes pool drownings, falling merchandise, dog bites and crimes resulting from inadequate security. Florida property owners of restaurants, apartment complexes, retail businesses, private residences, and public property have a responsibility to take reasonable precautions to keep their premises safe.

Slip and Fall Accidents Can Cause Serious Injuries

The most common injuries suffered in a slip and fall accident include:

- **Head injuries.** Falls are the most common cause of traumatic brain injury (TBI), which can range from a concussion to severe damage with seizures, cognitive impairment, and mood changes.
- **Spinal cord and back injuries.** A slip and fall accident can cause herniated or slipped discs or fractured vertebrae, resulting in pain, limited mobility, and even paralysis.
- **Hip fractures.** Falls account for more than 95% of broken hips, which usually require hospitalization, surgery with hip replacement and extensive rehabilitation.
- **Fractures and sprains.** The jolting impact of falling on a hard surface can break bones, damage joints like knees and ankles or sprain connective ligaments.
- **Shoulder injuries.** A slip and fall can cause dislocation of the shoulder or nerve damage where the spinal cord connects to the shoulder and arm.

Children and the elderly are particularly susceptible to serious injuries in a slip and fall accident. These injuries can require extensive medical care and rehabilitation and may result in permanent damage, paralysis and lifestyle changes.

A property owner or manager may be held liable for a slip and fall injury if they demonstrate negligence by failing to repair unsafe conditions or by not warning of a known hazard.

Florida's Wonderlands: Our State's National Parks

With our rich eco-systems, Florida has an abundance of national parks preserving our natural wonders for the enjoyment of all.

The next time you are looking for some relaxing and reinvigorating outdoor fun, try visiting one of these environmental treasures:

Everglades National Park. This World Heritage Site protects an important habitat for numerous rare and endangered species in its 1.5 million acres of wetlands. Accessible via 3 different entrances, activities include hiking, camping, bird watching, canoeing, and kayaking.

Biscayne National Park. You'll never know that you are a stone's throw from Miami at Biscayne, home to emerald islands and coral reefs. Enjoy snorkeling, boating, camping or enjoying the views of the bay.

Dry Tortugas National Park. Although only boaters can access this marine sanctuary, you'll marvel at magnificent Fort Jefferson and the beautiful coral reefs of this water and island refuge.

Canaveral National Seashore. This barrier island is a favorite for nesting sea turtles and other threatened and endangered species. Enjoy the peace and quiet with a woodland or beach stroll.

Gulf Islands National Seashore. These islands in the northern Gulf boast white sandy beaches, aquamarine waters, fishing, boating and an old fort for touring.

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....continued from page 2 **Florida's Wonderlands: Our State's National Parks**

Big Cypress National Preserve. Adjacent to the Everglades, the fresh waters of the Big Cypress Swamp supports the rich marine estuaries along our southwest coast. You'll find an intriguing mix of tropical and temperate plant communities with a diversity of wildlife.

Learn more about Florida's national parks along with national monuments and memorials at this National Park Service website. <https://www.nps.gov/state/fl/index.htm>

If you or a family member has been injured in a slip and fall accident, a car accident or any other personal injury, it's important to get an attorney experienced in these types of cases involved immediately. Call (866) 364-9529 for your initial free consultation. The Holliday Karatinos Law Firm, PLLC, injury attorneys in Brooksville and Lutz, Florida, can help you determine whether you need a lawyer for an accident or any personal injury case.

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Recipe of the Month

Broccoli-Cheddar Soup

When following a healthy diet, watch out for high calorie cream soups. Here's a favorite that skips the cream.

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- Kosher salt
- Freshly ground black pepper
- 2 pounds broccoli, thick stems peeled
- 4 cups chicken stock
- 3 cups water
- 8 ounces shredded white cheddar cheese



Directions

- In a medium heavy pot, heat the oil over medium heat, then stir in the onion, garlic, 1 teaspoon of salt and 1/2 teaspoon of pepper. Cook, stirring occasionally, until the onion is translucent, about 5 minutes. Stir in the broccoli, stock and water and simmer, partially covered, until the broccoli is tender, 15 to 20 minutes.
- Puree the soup in batches in a blender and return it to the pot. Stir in 6 ounces of the cheese, then season the soup with salt and pepper to taste. Divide the soup among six soup bowls and top with the remaining cheese.

Recipe courtesy of foodandwine.com

What's Happening in North Tampa

Mar 10

Tampa Bay Derby Festival Day
Tampa Bay Downs
Tampa, FL
<https://goo.gl/xWG9En>

Mar 18

Cirque Eloize - Saloon
The Mahaffey Theater
Saint Petersburg, FL
<https://goo.gl/iJD7TD>

Mar 24

Primavera Music Festival
Safety Harbor Waterfront Park
Safety Harbor, FL
<https://goo.gl/yNJpao>

Apr 6 - 8

Tampa Bay Blues Festival
Vinoy Park
Saint Petersburg, FL
<https://goo.gl/XpqjSk>

Apr 7

Dunedin Highland Games & Festival
Highlander Park
Dunedin, FL
<https://goo.gl/iqgg2z>

Apr 15 - 16

5th Annual Hunger Run 5k
Al Lopez Park
Tampa, FL
<https://goo.gl/oT8yCE>

Apr 24

Yanni-25th Anniversary of Live at the Acropolis
Ruth Eckerd Hall
Clearwater, FL
<https://goo.gl/81GRPq>

Apr 27

Alan Parsons Project
Ruth Eckerd Hall
Clearwater, FL
<https://goo.gl/uhhY1b>



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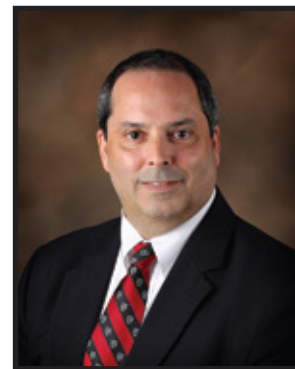
Meet our Attorneys



**James Wayne
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**Theodore "Ted" E.
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Oscar Lopez

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