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## IN MEMORIAM Tommy C. Mann (1935-2012)

By David Mann

My father, Tommy Mann, was someone I looked up to as both a lawyer and a person. He attended undergrad at the University of Georgia and went on to Law School at Mercer. He was admitted to the bar in 1960. He worked at the Bibb County Solicitor's office and was an AV rated lawyer, practicing law in the Middle Georgia area for over 50 years. He founded the Mann Law Firm and worked tirelessly for so many people over the years. When our office was downtown on 3rd street I remember a lot of people would just stop by and ask for advice on subjects that they didn't understand.



I specifically remember when he helped a man who he had represented years ago. The man had a mental disability that led him to living on the streets. Dad helped

him with his disability checks so that he was able to get bills paid every month. Then he found him a place to live and set him up with a phone and cable TV. He would pass along old jackets and sweaters to him to wear when it was cold. Every 2 weeks or so, this guy would walk down to the office and dad would take him to the grocery store so he could buy his groceries using his EBT card. Then he would take him back by his apartment and drop him off. Every Christmas, Dad would collect \$20 from everyone in the office and he would take the gentleman to Wal-Mart to buy stuff for Christmas. He never got paid a dime for this.

I was honored to have the opportunity to work with my dad at the Mann Law Firm and look forward to carrying on his legacy of a strong work ethic and generosity to all who crossed his path.

## When Your Parents Need Extra Help, Approach With Care

As your parents grow older, they may need some extra help in their day-to-day lives. Talking to them about their health issues can be difficult, though. Here are a few suggestions for making the conversation a little easier for both of you:

- Observe your parents' behavior. Keep your eyes open for changes in their patterns of eating, grooming, or socialization. Ask their doctor, neighbors, relatives, friends, and associates if they have noticed any significant functional, behavioral, or cognitive decline. Present these observations to your parents as possible reasons for their need for extra help.
- Educate yourself. Find out all the options and costs for medical and social resources and professional services such as home care, legal and financial planning, senior centers, and housing alternatives. Be prepared to suggest a variety of possibilities, and be ready to talk about how they might be paid for.

- Enlist outside help. Family tensions can get in the way of a straightforward talk about the situation. If your parents are resistant, recruit a third party such as their physician or legal or financial adviser to moderate the discussion.
- Learn where key documents are located. If your parents have already tended to legal, financial, and burial matters, make sure you know where all the documents are. If they haven't tended to this, then help them get this done! You want to avoid a frantic hunt for powers of attorney or wills in the event of an emergency.
- Listen to your parents. Don't assume you know all about what they want or need. Make your meeting a true dialogue. Let them express their preferences without insisting on one particular course of action. Otherwise they may feel that you're now treating them like children, and resist your efforts to care for them.

*"The big secret in life is that there is no big secret. Whatever your goal, you can get there if you're willing to work." — Oprah Winfrey*

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**National Alzheimer's Disease Awareness Month.** Nearly 5.4 million Americans suffer from this debilitating disease, and nearly 15 million family members and caregivers tend to their needs. Support research aimed at ending the disease this month and all through the year.

## ALZHEIMER'S DISEASE: Know What To Look For

Alzheimer's disease isn't inevitable as you get older, but the risk grows as the years go by. The prospect of losing one's memories and other important mental functions is frightening, and many people worry that their forgetfulness is the first symptom of a long-term illness.

People forget things at any age, of course. But if you or a loved one are seriously concerned, consult this checklist of the symptoms before contacting your physician:

- **Memory issues.** This can take the form of repeating questions over and over, frequently misplacing possessions, forgetting significant events and appointments, and ultimately being unable to identify family members, friends, and common objects.
- **Disorientation.** This can arise particularly in issues like knowing the date, season, or year, or an inability to recognize familiar places.
- **Language difficulties.** Pay attention if someone has trouble finding the correct words to express him- or herself or otherwise engage in everyday conversations. The ability to read and write may also be affected.
- **Decision-making lapses.** The disease can interfere with logical reasoning, dealing with numbers, and solving simple problems. Activities like cooking or driving will become increasingly more difficult.
- **Personality change.** Depression, mood swings, irritability, social withdrawal, or decreased inhibitions (leading to inappropriate behavior) are often a sign that the disease is progressing.

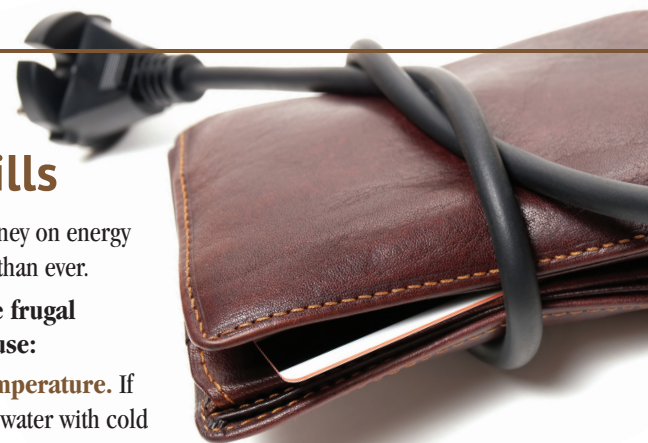
**Don't panic, but do see a doctor promptly if you notice problems like these popping up on a frequent basis.**

## Slice Dollars Off Energy Bills

As fuel prices rise, saving money on energy has become more important than ever.

**Here's how to take a more frugal approach to your energy use:**

- **Turn down the water temperature.** If you have to dilute your hot water with cold to prevent scalding yourself, adjust your water heater.
- **Insulate your electrical outlets.** This helps prevent a rush of cold air from flowing into the house. Most electric companies provide insulating foam pads.
- **Caulk your windows.** And when spring comes, take the caulking off and put it in a plastic bag to be used again. Cover extremely drafty windows with plastic sheets.
- **Use a heater jacket to insulate your hot water pipes and your water heaters.** Remember: only if you've got an older heater with no insulation of its own.
- **Wash your dishes correctly.** Fill the basin with hot water when you do your dishes. You'll use less water and save on all that heat for water that would just go down the drain as you rinse.
- **Do not use the dry cycle on your dishwasher.** Open the door and let them air dry.
- **Let the air dry your clothes.** Dry your wash on a clothesline or a wooden drying stand in the bathroom.
- **Make full use of your oven.** While baking that casserole, slip in another dish you can freeze for later.
- **Vacuum the coils behind your refrigerator every four to six months.** This helps to cut electrical use and will cut down on the noise your refrigerator spews.



## Accidents Will Happen: Watch Out For These

One key to preventing injuries at work is recognizing when and where they're most likely to strike. According to the 2012 Census of Fatal Occupational Injuries from the U.S. Department of Labor's Bureau of Labor and Statistics, 2,986,500 workplace-related injuries were reported in 2012. The most common:

- Muscle sprains, strains, and tears: 340,000
- Slips, falls, and trips: 226,000
- Back injuries: 182,000
- Workplace accidents or violence: 5,000
- Car accidents: 1,103



**Referrals** We want you to think of us as your law firm. If you have a legal matter that needs attention, let us know. If we can't handle the matter, we will refer you to a firm that can. Please feel free to refer us to your friends and family for their legal needs. A referral from a former client or friend is the greatest compliment our firm can receive. We welcome the opportunity to help. Thank you!



## Donations To Charity Dominated By Baby Boomers

Charity depends on the generosity of everyone, but baby boomers appear to be leading the way right now. That's what a study titled *The Next Generation of American Giving* reveals: Baby boomers make up the largest share of donors, contributing 43 percent of the money collected by charitable organizations. The combination of boomers and people born before 1946 is responsible for nearly 70 percent of all charitable donations.



### Other findings include:

- **Retail donations are big.** The most popular means of donating is making contributions at retail store checkout counters. Half of all donors report they've given money there.
- **Online giving is growing.** Overall, 39 percent of those surveyed said they'd donated via the Internet, a tactic used by 42 percent of baby boomers (who contributed more online than they did through the mail).
- **Direct mail appeals to older givers.** Among donors 70 and older, direct mail is the preferred form of giving: Fifty-two percent of them reported responding to it over the past two years. On the other hand, younger contributors shy away: Just 22 percent of Generation X, along with 10 percent of millennials, said the same.

## Employee Spotlight: Katina Clay



Hi, I'm Katina Clay, Coordinator at Macon Bibb Citizen Advocacy. I have the pleasure of working with David Mann who is a new Board Member at Macon Bibb Citizen Advocacy. Macon Bibb Citizen Advocacy is a community-based, non-profit organization with a commitment to provide protection and advocacy for people with disabilities through a one-to-one "unpaid" relationship. We believe all members of the community deserve opportunities to be included.

### What is your role at Macon Bibb Citizen Advocacy?

My job is to find advocates and match them with the right people who need their help. Through their volunteer citizen participation, citizen advocates are able to confront negative stereotypes, pull down barriers and become a bridge of inclusion for someone who has lived separate from community. Local citizens provide powerful protection and advocacy for their neighbors who live with developmental disabilities.

### What do you feel is most important about what you do?

Finding people with developmental disabilities who need an advocate is the most important part of what I do. Sometimes we get referrals from other agencies that know who we are and what we do, but for the most part it is essential to look for people who live here and would benefit from having someone in their lives to speak up on their behalf.

### What is the most rewarding part of your job?

The most rewarding part of my work is "Making the right match!" Citizen advocacy relationships can save lives for people who have developmental disabilities and can change the lives for those who become citizen advocates. One of the greatest gifts to both the citizen advocate and the person who has a disability is the potential gift of a long lasting relationship.

## RECIPE OF THE MONTH

### FROM GAYLE'S KITCHEN: CHICKEN DIVAN

By Gayle Johnson

#### INGREDIENTS:

- 3 whole chicken breasts, boiled and chopped
- 2 (10oz.) packages frozen chopped broccoli, cooked
- 2 cans of cream of chicken soup
- 1 cup mayonnaise
- 1 (8oz.) sour cream
- 1 cup grated sharp cheese
- 1 tablespoon lemon juice
- 1 teaspoon curry (optional)
- salt & pepper to taste
- Parmesan cheese
- paprika
- butter



#### DIRECTIONS:

Boil chicken and chop. Cook and drain broccoli. Mix soup, mayonnaise, sour cream, grated cheese, lemon juice, curry salt & pepper. In a greased casserole, put broccoli in bottom and top with chicken. Sprinkle parmesan cheese on top of chicken. Pour soup mixture over all this...Sprinkle with more parmesan and paprika. Dot with butter. Bake at 350 for 30-40 minutes. Serves 6.

## Client's Bill of Rights

Lawyers will tell you that it is impossible to offer a guarantee in the legal business. **WRONG!** We say that law firm clients should settle for nothing less! Remember, your attorney works for you – not the other way around.

At Mann Law we believe we can promise our clients quality service with personal attention. We believe that as our client you are entitled to have the:

1. Right to loyalty to you and your cause.
2. Right to be updated regularly and in a timely manner as to the progress of your case.
3. Right to our respect.
4. Right to expect competence from our firm and all who work here.
5. Right to know the truth about your case.
6. Right to prompt attention from us.
7. Right to have your legal rights and options explained in plain English without legal mumbo jumbo.
8. Right to a fair written fee agreement with our firm.
9. Right to a fair fee for the work we do.
10. Right to make the ultimate decision on your case.

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## Leaving a tip? Here's how much

How much to tip can seem as complicated as calculus. You don't want to seem cheap, but you don't want to overdo it—especially if money is tight. Here's a quick, basic look at what's expected in a variety of everyday situations:

- **WAITER/WAITRESS (FULL SERVICE):** 10-15 percent of the bill, before tax
- **BARTENDER:** \$1-\$2 per drink, or 15-20 percent of the total tab
- **CLEANING SERVICE:** 15-20 percent per visit
- **HAIRSTYLIST/BARBER:** 15-20 percent
- **MASSEUSE:** 15-20 percent
- **CAR VALET:** \$2-\$10 when picking up your car
- **ROOM SERVICE:** 15-20 percent
- **SKYCAP:** \$2 for the first bag, then \$1 for each additional bag
- **HOTEL HOUSEKEEPER:** \$2-\$3 per night (or more for a high-end hotel, or if you've got more than two other people staying with you)
- **TAXI DRIVER:** 15 percent (depending on the city); an extra \$1-\$2 if the driver helps with any bags

## BEAT THE AFTERNOON SLUMP WITHOUT RUINING YOUR WEIGHT LOSS PLAN

Losing weight is difficult for most of us. Don't make it even harder by sabotaging your attempts as the day goes by. When the afternoon seems to stretch on forever, watch out for these poundage-adding pitfalls:

- **Afternoon snacks.** Don't starve yourself when you feel hungry at 3 p.m.—but don't have another full meal, either. Remember that a “snack” is supposed to be just a snack. A few crackers or some fruit won't do the damage of a full bag of chips.

- **Avoiding the gym.** If you have the opportunity to work out during the day, resist the urge to skip it because you're too busy or too tired. “Just for today” can too easily turn into long-term laziness.

- **The neighborhood coffee shop.** That fancy coffee drink is loaded with calories that you don't need—and the shop is probably full of tempting cookies, pastries, and other snacks as well.

Stick to water to stay hydrated and full.

