

THE LEGAL LEDGER



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MANIFESTING THE GIFT OF MOBILITY

NEW PROSTHETICS BUSINESS STRIVES FOR BRIGHT FUTURES

With the hustle and bustle of the holiday season, many of us take our mobility for granted as we scurry around town in search of the perfect gifts and other holiday preparations. But there is one former Denmon Pearlman client and Tampa Bay area business owner whose sole focus is her patients' mobility and keeping them moving comfortably and safely.

Paula Gomez is the president and chief prosthetics and orthotics officer of Manifest Prosthetics and Orthotics (manifestpo.com), a new name in the prosthetics field in our community, but not a new provider, as she and her fiancée, Gordon Maniere, acquired Tampa Bay Prosthetics earlier this year. Changing the business name offered Paula the opportunity to share a deeper meaning with her patients. It represents her philosophy of understanding oneself, removing limiting thoughts, and being clear about one's goals — all important perspectives to have when dealing with limb loss and injury due to an accident or medical condition. Manifest Prosthetics and Orthotics strives to help their patients manifest a brighter future.

Paula and Gordon are no strangers to the prosthetics industry; in fact, they both "grew up" in the business. For Paula, her journey into the field began at birth, since her father was the owner of one of the oldest and largest orthotics and prosthetics clinics in her hometown of Bogota, Colombia. Her father was committed

to the field after Paula's oldest sister faced a challenging medical condition as a toddler. Her upbringing and early exposure to helping people with mobility challenges ignited her passion for making a difference.

Maniere shares a similar story. The Air Force veteran is Manifest's vice president and chief prosthetist, and his father is a below-the-knee amputee who taught him prosthetics at an early age. In fact, Gordon made his first prosthetic leg at 14.

The team's commitment to helping patients find optimal fit and comfort is unwavering.



MANIFEST'S KEYS TO SUCCESS:

1. UNDERSTAND YOURSELF.
2. REMOVE LIMITING THOUGHTS.
3. BE CLEAR ABOUT WHAT YOU WANT IN YOUR REHABILITATION PROCESS.
4. MAKE CONSISTENT EFFORTS.
5. BELIEVE IN YOURSELF.
6. PRACTICE POSITIVE THOUGHTS.
7. ACKNOWLEDGE AND APPRECIATE SMALL WINS.
8. REMAIN A PATIENT PATIENT.



Paula and Gordon have worked with a variety of patients who have sustained a loss, either from auto accidents or other personal injuries, and helped them regain mobility and confidence. In one situation, a woman had 25 surgeries to save her leg after an auto accident, which eventually led to amputation below the knee. There were significant challenges in fitting the patient with a prosthetic due to skin issues, but Paula recommended an innovative approach called osseointegration, which involves inserting a metal implant into the bone of the patient's limb, eliminating the need for an uncomfortable socket. The patient completed her surgery in South Florida and is extremely satisfied with this new technology.

As we approach the holidays, Manifest's Keys to Success serve as a reminder that even though we all will face adversity, we can manifest positive change in our lives and the lives of others. Happy Holidays!

THE SURPRISING SCIENCE BEHIND YOUR “SHAKY” MUSCLES

Imagine you're running through a basic exercise routine. You feel good, so you push yourself harder than usual — and your muscles suddenly start shaking! Every athlete has experienced that moment of panic when tremors hit. But have you ever wondered *why* your muscles shake? The answer is more complicated than you might think.

Shaking muscles can mean at least three things: You're underprepared for your workout, pushing yourself too hard, *or* breaking new ground and building muscle! To figure out which option explains your scenario, ask yourself these questions:

1. Did I drink plenty of water today and get at least seven hours of sleep last night? If not, your muscles could be shaky because of dehydration or fatigue.

2. Am I doing a new exercise? If you've never done a jump squat or bench pressed 200 pounds, you'll probably feel shaky the first time you try a full set. That's because your body is adjusting to the new motions at a cellular level.

Simply put, when you start a workout, your muscle fibers tell your muscle cells whether to contract or relax — and those fibers can get tired of doing their job. When one fiber becomes fatigued, your body adjusts to rely on another. Trying something new (essentially, asking your fibers to give new directions) can confuse your body and delay the tradeoff, making your muscles shake.

3. Am I pushing myself harder than I ever have before? When you amp up the intensity of your workout, your body will often do more muscle fiber “tradeoffs” than usual because you're demanding more output. When too many tradeoffs happen at once, that can make your muscles shake.

Muscle tremors aren't always a bad sign. If you're trying a new exercise or pushing for improvement, they're part of the learning process! However, if you're struggling with exhaustion or dehydration, or you think you're overworking yourself, shaking can be a red flag. Consider reducing the intensity of your workout or taking a rest day. When in doubt, discuss the issue with a physical therapist, especially if you're recovering from an injury.



THE ROAD AHEAD

Driving, like anything, is a skill we generally improve with more and more experience. Following that line of thinking, it makes sense to equate older drivers with safer driving records. And the numbers tend to prove it.

In fact, the National Safety Council points to a study showing the incidence of crashes per 100,000 drivers steadily decreases as they enter older age groups and have more experience. In one category (licensed drivers 65–74 years old), just 13.3% of drivers are represented. And that group accounts for just 7.1% of drivers in all crashes.

While older drivers have valuable experience and better driving records, they can also experience new hurdles associated with aging that put them at risk. If you are an older driver, you can continue driving safely by being aware of a few scenarios and making small adjustments if necessary.

MAKING DRIVING AT AN OLDER AGE SAFER THAN EVER

One thing is to *stay aware of changes in your overall well-being*. If you see changes that may interfere with your driving, like hearing or eyesight loss, it's good to get them checked out with a doctor. Also, the health benefits of staying fit can't be overstated. In general, the more active you are, the greater your strength, flexibility, balance, and coordination will be.

Make it easy on yourself and *take advantage of safety features on newer vehicles*. While you may love driving an older vehicle, a newer model with an automatic transmission, larger mirrors, and backup cameras will help keep you safe.

Next, continue to maximize your hearing and eyesight and *wear your glasses or hearing aids, as appropriate*. You may also find you have greater visibility driving during the daylight hours, and you'll experience less congestion on the road if you time your daytime trips before or after rush-hour traffic.

Of course, other basics of safe driving never go out of style, no matter the age. Be sure to *buckle your seat belt and eliminate distractions* that can take your attention off the roadway, like eating while driving, changing the radio station, or using your phone.

If you consider yourself an older driver, you've likely gained significant experience behind the wheel. By following a few key safety steps, you can make sure the road ahead will continue to be rewarding.

THE CANDLE POUR



A COMFORTING IMMERSION

Sometimes, it's possible to get away and pamper yourself without leaving your area code. While it might sound impossible, the solution is simple when you walk through the door and enter the comforting surroundings of The Candle Pour.

As the name suggests, The Candle Pour specializes in creating refreshing candles. But it's much more than that. It's an experience you can truly immerse yourself in.

Taraneh Clark is the General Manager of the St. Pete location of The Candle Pour. She smiles as she thinks about the world of options she and her team provide to their clients. "We offer hundreds of premium fragrance oils that we make available. While we take walk-ins, we recommend that people reserve a time," Taraneh says. "When they arrive, we share different fragrances with them. Once they choose some, we create a custom product such as candles, fragrance oils, or wax melts for them."

That's just the start. As Taraneh says, "We love to bring people together and have fun conversations and make real memories over scents, and then leave with a one-of-a-kind item."

Before joining The Candle Pour, Taraneh worked in education. In 2021, she was looking for a change of pace and found The Candle Pour was a great way to elevate life for herself, too. Since then, she has been part of the story of growth and success that stretches from Tampa to St. Pete, with a third location recently opening in Oxford Exchange.

As Taraneh looks to the future, she cherishes the opportunity to give customers a unique experience. "We definitely want to continue to provide excellent customer service and be the best part of people's day," Taraneh emphasizes. "You get to have conversations with people who come from different backgrounds and see someone smell something and witness them be transported to their childhood and see them go back to some of their earliest memories."

Now that's a comforting experience. Check them out online and even make an appointment at TheCandlePour.com.

CHICKEN, LEEK, AND BLUE CHEESE PILAF



Inspired by BBCGoodFood.com

INGREDIENTS

- 2 1/2 cups water
- 1/2 cup brown basmati rice
- 2 tsp vegetable bouillon powder
- 1 bay leaf
- 1 tsp grapeseed oil
- 2 skinless chicken breasts, chopped
- 1 leek, thinly sliced
- 2 zucchini, thinly sliced
- 1 cup frozen peas
- 4 walnut halves, broken
- 1/4 cup crumbled Gorgonzola cheese

DIRECTIONS

1. In a large pot, add water, rice, bouillon powder, and bay leaf. Cover, bring to a boil, then reduce the heat and simmer for 20 minutes.
2. Meanwhile, in a large frying pan, heat oil and stir-fry chicken over medium-high heat until just cooked. Remove from pan, then fry leek until soft. Add zucchini, stir-fry for a few minutes more, then add peas.
3. When the rice is cooked, add it and any liquid from the pot to the vegetables. Return chicken to the pan, then cover and cook for 5 minutes more. Stir in walnuts and cheese and serve hot.

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(EASY WAY OUT)

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2	3	4	5	6	7	8	9	1
3	4	5	6	7	8	9	1	2
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7	8	9	1	2	3	4	5	6
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Towns in the USEXPLORE AMERICA'S MOST
MAGICAL CHRISTMAS TOWNS

SNOWY VILLAGES TO YEAR-ROUND HOLIDAY CHEER

It may be too late for less spontaneous travelers to start planning a Christmas vacation but that shouldn't stop you from planning next year's holiday journey! The good news is you don't need to venture to another continent to find a Christmas wonderland. There are countless picture-perfect Christmas towns across the country. Make your next Christmas trip feel like a Hallmark movie at one of these festive towns!

LEAVENWORTH, WASHINGTON

Many have dubbed Leavenworth the most Christmas-centric town in the U.S., and it's easy to see why. This Bavarian-style village experiences nearly 96 inches of snowfall every year, and they certainly don't hold back when it comes to the holidays. The town lights up and decorates almost 21 miles, where you can find reindeer

farms, carolers, gingerbread competitions, and Christmas markets. Every step of the way offers an Instagram-worthy photo opportunity!

SOLVANG, CALIFORNIA

A slice of Denmark right in sunny California, Solvang brings endless holiday cheer, especially with their annual Julefest. Pronounced "Yule-fest," this month-long festival takes place every December and features picturesque events, including a ballerina-filled tree lighting ceremony, visits from Santa, culinary delights, traditional Danish celebrations, and much more!

**WOODSTOCK, VERMONT**

During Woodstock's Wassail Weekend, you'll find the town in peak Christmas mode, where you

can experience parades, horse-drawn carriages, carolers, and the Billings Farm, a local favorite of the season. Stroll down Main Street to witness an idyllic Christmas spot filled with cozy small-town shops and restaurants.

NORTH POLE, ALASKA

If you ever feel like celebrating Christmas in the middle of summer, we know the perfect destination. North Pole, Alaska, offers Christmas decor and festivities year-round! Here, you can get up close and personal with Santa's reindeer, meet the man himself, and enjoy the snow that covers the entire town. Be sure to check out their ice sculpture competition, which features artists from all over the world!

Ready for the Christmas celebration of your dreams? Start planning your next holiday vacation at any of these destinations, and we promise your dreams will most definitely come true!