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### Perfect Spring Veggie Mix

#### Ingredients

- 1 pound fresh asparagus
- 2 pounds red potatoes, quartered
- Half pound fresh green beans, ends cut off
- Half of one sweet onion, sliced
- Three cloves garlic • 2 Tablespoons olive oil
- 1 Tablespoon sea salt or Kosher salt
- Crushed black pepper

#### Directions

1. Preheat oven to 375°F.
2. In a large saucepan, bring water to boil. Cook potatoes 10 minutes, or until almost tender. Add in asparagus and green beans. Cook additional one minute, just long enough to blanch greens veggies.
3. Strain all veggies and run under cold water to stop cooking. Pat dry with kitchen towel.
4. Add all veggies to 9x13 baking dish, including onion. Coat evenly with olive oil. Finely chop garlic and add to veggie mix. Season with salt and pepper.
5. Bake uncovered for 15-20 minutes, or until potatoes are golden brown.



### Meet the Mud Hens!

Join us

**Saturday, May 1, 2010**  
**from 11:00 am - 1:00 pm**  
at the **Navy Bistro** on the Docks and have lunch with the Toledo Mud Hens players! Tickets are \$35, autographs will be available, and proceeds will benefit the U-18 Line Drive Hurricanes Travel Baseball Team. Contact Leslie at 419.241.1395 or at [lrombkowski@charlesboyk-law.com](mailto:lrombkowski@charlesboyk-law.com)



### Cases of Interest our office is handling

**77-year-old woman is not properly restrained by attendant in a nursing home harness, causing her to fall and shatter her femur.** The leg break required surgery and numerous rods, pins, and screws in her leg.

**30-year-old woman is sideswiped during her 37th week of pregnancy.** The accident has caused an overnight hospital stay and special testing for the unborn baby, as well as the need for physical therapy.

**24-year-old woman is hospitalized after a CAT scan shows a blood clot on each lung, less than two months after she starts taking the generic for Yaz birth control.**

**85-year-old woman is given a bath by one nursing home attendant, when there should have been two.** She fell, causing a fractured right ankle and a broken right leg.

**CHARLES E. BOYK**  
LAW OFFICES, LLC

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Attorneys Chuck Boyk and Michael Bruno

## The Boyk Bulletin

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### We Have Six Offices to Serve You

#### Downtown Toledo

405 Madison Avenue  
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800.637.8170 Toll-free  
419.241.8731 Fax

#### West Toledo

4032 Secor Road  
Suite A  
Toledo, Ohio 43623

#### South Toledo

5241 Southwyck Blvd.  
Suite 108B  
Toledo, Ohio 43614

#### Bowling Green

121 E. Wooster Street  
Suite 255  
Bowling Green, Ohio 43402

#### Swanton

110 W. Airport Highway  
Suite 208  
Swanton, Ohio 43558

#### Findlay

612 Main Street,  
Suite 101  
Findlay, Ohio 45840

## How can we serve you?

**W**e are often asked the question, “What type of legal problem should I call your law firm about?”

The answer is **ANY** legal problem.

Our goal is to serve all of your legal needs. We want to have a long-term relationship with each individual client, as your friend and advisor.

If we do not handle your particular type of case, we know the best attorneys in that area of the law who do, and we will be happy to refer you

to them. The focus of our law practice is plaintiff personal injury law, representing injured people.

Over the past 26 years, we have handled thousands of cases involving car accidents, wrongful death, medical malpractice, construction accidents, workers’ compensation, dog bites, child accidents, motorcycle accidents, and truck accidents.

If a potential problem involves any serious injury, we might be able to help solve your problem,

and would be happy to discuss it by phone or email.

We also are able to help clients in

the area of estate planning, wills, and probate law. Do not be afraid to talk to us because your “problem” may seem too small. We have resolved accident cases for as low as

*See Service, pg 2*



Attorney Chuck Boyk

### Teen drivers at risk during prom and graduation

**A**s prom and graduation seasons near, it is important to know what the main causes of teen accidents are, in order to avoid new driver accidents.

**1. Speeding.** Speeding is a factor in 35% of crash deaths involving young drivers.

**2. Texting.** Cell phone use increases the risk for a fatal teen crash by an astonishing 300%.

**3. Passengers.** Adding one passenger increases the fatal teen crash risk by 48%.

**4. Driving with more than one passenger.** While driving with one passenger increases a teen driver’s fatal car crash risk by 48%, adding a second passenger increases the fatality risk by 158%.

**5. Radio, iPod, and other distractions.** 87% of teen deaths involve

distracted driving, and radios rank as a top teen distraction.

**6. Lack of sleep.**

Nearly half of teens are sleep-deprived, and young drivers cause 55% of fatigue-related crashes.

Remind your teen that even one night of bad choices can have lifelong consequences.



## Employee Spotlight

## Peggy Bergman



Peggy Bergman

When Peggy Bergman stopped working for Attorney Chuck Boyk in 1998 after having her second child, she probably didn't think she would ever be highlighted in *The Boyk Bulletin* as a "new" employee.

Now she's back and handling everything from subrogation and medpay claims to demand letters to insurance companies.

Chuck is happy to have Peggy back in the office.

"Peggy was one of my most efficient employees when she worked for me the first time," Chuck said. "Things haven't changed in the time she's been gone. We're really glad to have her back."

Born and raised in Toledo, Peggy started working for Chuck in 1990. She married her husband, Erik, in 1994, and then they had Kirsten, who is now 14. Peggy decided to take time off from work after her son Spencer, 11, was born.

For the last 10 years she worked for a local bankruptcy attorney, even during the time from July

2006 to July 2009, when she and her family lived in Louisville, Kentucky.

Peggy prefers working in an office to working from home, and she is glad to be back in Ohio and working for Charles Boyk Law Offices.

"The best thing about working here would definitely have to be the people I work with," Peggy said. "It's also nice to work in such a high-tech and professional setting."

When she is not in the office helping our clients, Peggy and her family are trying to help the homeless and less-fortunate.

They are members of Cedar Creek church, and are passionate about finding ways to help others.

When they lived in Louisville, her family lead a ministry that made sack lunches for approximately 75 men who stayed in a day shelter downtown. They handed out 120-150 lunches each weekend, and were in charge of obtaining the donations and all of the supplies.

ship by sending out almost 6,000 newsletters a month to our friends and clients.

Clients and friends are also enrolled in our free, lifetime Key Return Program.

If your keys are lost, Good Samaritans are given a reward if they contact our office in attempt to get them back to you.

Feel free to contact us during regular business hours, or for your convenience the phones are call-forwarded to an attorney's cell

"Helping the homeless really makes you treat people differently,"

Peggy said. "Especially seeing homeless on the streets now - we are not afraid to make eye contact anymore."

She also enjoys watching Spencer play sports, and Kirsten dance, and most of her spare time is spent playing Supermom, taking the kids to their respective games and activities, and everywhere in between.

Since her husband is from Pittsburgh, Peggy and her family are avid Steelers football, Penguins hockey, and University of Pittsburgh fans. (Although Peggy does jokingly admit that if her husband were not from the area, she might not be such an "avid" fan!).

The Bergman family is rounded out by two Great Pyrenees sister dogs, Nicky and Daisy, who come from the same litter.

phone 24 hours a day, including weekends.

Call us at 419.241.1395 or toll-free at 800.637.8170.

A large amount of our information and copies of our **FREE BOOKS** are available at our web site, [www.charlesboyk-law.com](http://www.charlesboyk-law.com).

Email us with questions or comments at [cboyk@charlesboyk-law.com](mailto:cboyk@charlesboyk-law.com), and we will be happy to promptly respond to your questions within 24 hours.

## Nursing home abuse more common than we think

The extended life expectancy in the United States has made it harder and harder for families to take care of the elderly members of their family. Many families have had to rely on the help of nursing homes or in-home caretakers to care for their loved ones.

What is scary, however, is the number of elders in the US who are abused or neglected in nursing homes, or by their caretakers, without their children or grandchildren knowing.

Abuse can happen in an isolated incident, which happened to one of our clients.

At 85-years-old, our client and her family depended on the nursing home staff to take proper care of her and her needs.

But during a routine bath, our client only had one attendant helping her instead of the required two, after one of the attendants got called away. Only one of the attendants was certified, which is also against company policy.

Our client slipped out of the bath chair due to lack of support, and fractured her right ankle and broke her right leg.

This incident happened after the first week of November, and sadly, our client passed just six short weeks

later.

Elder abuse does not have to cause broken bones or bruises for it to happen or for it to be against the law. Abuse can include emotional abuse, exploitation, neglect, abandonment, and physical abuse.

Emotion abuse includes verbal attacks, threats, rejection, isolation, or belittling acts that cause or could cause mental anguish, pain, or distress to a senior. Warning signs to watch out for in the senior include withdrawal from normal activities, unexplained changes in alertness, or other unusual behavioral changes.

Exploitation, another form of abuse that includes theft, fraud, misuse or neglect of authority, can often go unnoticed until it is too late. This includes the use of undue influence as a lever to gain control over an older person's money or property. Watch out for sudden change in finances and accounts, altered wills and trusts, unusual bank withdrawals, checks written as "loans" or "gifts," and loss of property.

Neglect can be seen in pressure ulcers, filth, lack of medical care, malnutrition or dehydration. This happens when a caregiver fails or refuses to provide for a vulnerable elder's safety, physical, or emo-

tional needs.

Abandonment, or the desertion of a frail or vulnerable elder by anyone with

a duty of care, has few warning signs, and often happens to elders who have no family members regularly checking up on them.

Physical abuse is one of the easier forms of abuse to spot, but also one of the most devastating. Occurring when caretakers use force to threaten or physically injure a vulnerable elder, signs include slap marks, unexplained bruises, pressure marks, or even broken bones.

Elder abuse can happen to *anyone* in any type of care setting. According to the National Center on Elder Abuse, elder abuse happens more often to women and to older patients. They are less likely to tell anyone about what is happening to them, and abusers usually recognize this.

Dementia and Alzheimer's diseases are also a factor, since many times these patients become confused or forget what happened to them.

*If someone you love has suffered serious injury while in a nursing home, contact our attorneys for help.*



### What can you do to prevent nursing home or elder abuse?

**Report suspected mistreatment** to your local adult protective services agency or law enforcement. Although a situation may have already been investigated, if you believe circumstances are getting worse, continue to speak out.

**Keep in contact.** Talk with your older friends, neighbors, and relatives. Maintaining communication will help decrease isolation, a risk factor for mistreatment. It will also give them a chance to talk about any problems they may be experiencing.

**Be aware of the possibility of abuse** – Look around and take note of what may be happening with your older neighbors and acquaintances. Do they seem lately to be withdrawn, nervous, fearful, sad, or anxious, especially around certain people, when they have not seemed so in the past?

**Contact your local Area Agency on Aging** office to identify local programs and sources of support, such as *Meals on Wheels*. These programs help elders to maintain health, well-being, and independence – a good defense against abuse.