



Greetings from Renee

Doug and I and our whole team, send heartfelt wishes for a joyful holiday season and a happy and healthy new year! This newsletter is our little way of reconnecting with all of you who have touched our lives over the years and sharing some valuable information offering legal insight, community hope, personal healing, and a bit of holiday cheer! A little about us...I just turned 60 in October and Doug turned 65 in September, so we now consider ourselves "seasoned" (pun intended)! We are savoring family milestones such as the upcoming marriage of our son who lives in Irvine, spending the holidays in Arizona with our adult children and three grandchildren (ages 6, 8 and 11), seeing our son who lives in Washington State, and entering the exciting tween years with our twin 12-year-old girls. We realize personally and professionally that no matter what life brings – from its blessings to its challenges – being grateful is the key. We are grateful for each of you. We'd love to hear from you so please say hello and let us know what you're up to! Until then, wishing you all the very best during the holidays and throughout the new year!

Staying Safe While Staying Warm

Carbon Monoxide Poisoning Is a Silent and Serious Danger

As personal injury lawyers, we see a lot of situations that could be avoided or minimized had people been aware of lurking dangers. Wintertime brings to mind one of our current cases involving an elderly couple who were trying to stay warm by using a gas wall furnace at a hotel when they suffered carbon monoxide (CO) poisoning while they slept. When they awoke in the morning, she was vomiting, listless, and in and out of consciousness. He was weak, nauseous and had a severe headache. These symptoms of CO poisoning were due to a defective wall furnace. This is not an isolated incident; hundreds of people die every year from CO poisoning and thousands become ill. This odorless, colorless, poison gas is produced by many common household items including gas

and oil-burning furnaces, portable generators, and charcoal grills.

About 20 years ago I tried a case for a woman who turned on her wall furnace to stay warm in her apartment. Over the next few days she had headaches, body aches, and vomiting; she assumed she had the flu. When she became disoriented her daughter figured it out and turned off the furnace. NordstrandBlack was able to hold the landlord liable for her injuries based on the lease, because the landlord was supposed to clean the wall heater and did not. Sadly, all three clients suffered brain damage due to CO poisoning.

In the event you suffer CO poisoning seek immediate hyperbaric chamber treatment, which can be helpful to minimize brain damage.

Follow these important steps to keep you and your family safe.



INSTALL AND MAINTAIN CO DETECTORS

- Install battery-operated or battery back-up CO detectors near every sleeping area in your home.
- Check CO detectors regularly to be sure they are functioning properly.

INSPECT OIL AND GAS FURNACES

- Have your furnace inspected annually.

PROPER PORTABLE GENERATOR USE

- Never use a generator inside your home or garage, even if doors and windows are open.
- Only use generators outside, more than 20 feet away from your home, doors, and windows.

Cottage Rehabilitation Hospital Is Making an Exciting Move

Same Wonderful Care on an Exceptional New Campus

As chair of the Foundation Board for Cottage Rehabilitation Hospital, I am pleased to share that this leading facility is the process of moving from its current De la Vina Street location to state-of-the-

art space on the vibrant growing campus of the Cottage Goleta Valley Hospital. Nationally recognized for quality and compassionate care, Cottage Rehabili-

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Keeping you informed on how the law can work for you and sharing important legal news and events happening throughout the beautiful state of California.

Cottage Rehabilitation Hospital (continued)

tation Hospital (CRH) provides comprehensive medical rehabilitation services – both inpatient and outpatient – that empower those with disabilities to achieve and enjoy optimum quality of life. CRH is the Central Coast's premier provider of medical rehabilitation services, serving Santa Barbara, Ventura, and San Luis Obispo counties for over 60 years. CRH serves people with brain and spinal cord injury, stroke and stroke-related disorders, musculoskeletal dysfunction, chronic pain, and other neurological and complex orthopedic conditions. Many of our clients have been treated as an inpatient in and/or have received outpatient rehab services at this hospital!

Some of the new features to enhance patient care will include:

- spacious, private rooms for comfort and healing
- expanded inpatient and outpatient therapy areas
- new outdoor aquatic therapy center
- therapeutic and healing gardens

A major campaign, Renew & Rebuild, is underway to support this important project and generous community participation will be essential. To learn more please don't hesitate to contact me, visit renewcrh.org or call 805.660.2496.



Movement Heals IYENGAR YOGA

When involved in a traumatic accident, it is crucial to heal the body, mind, soul, and spirit. As most of you know, I was involved in a serious skiing accident when I was 17 years old and had multiple serious injuries. I lived in pain for about 30 years due to a spinal compression fracture and tried many paths to healing. Only one brought me relief – Iyengar yoga. A form of Hatha (gentle) yoga, Iyengar yoga focuses on performing each asana (or posture) with attention to all the small details of proper form, alignment and breath control. After many months of practice, when the body becomes balanced, the mind follows, which promotes relaxation and stress relief. Extremely effective, yet gentle in all aspects, Iyengar yoga focuses on the student working to the best of their ability by using props to make it accessible to all levels.

If you are local and interested in taking classes, I recommend Vanessa Bacher and Sarah Tuttle at Santa Barbara Yoga Center (805) 965-6045 and Richard at Iyengar Yoga Studio of Santa Barbara at (805) 680-2864. Iyengar Yoga Institute of Los Angeles (310) 558-8212 offers online classes.

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Favorite Recipes:



Oatmeal, Cranberry & Chocolate
Chunk Cookies

BY GIADA DE LAURENTIIS FROM THE FOOD NETWORK

INGREDIENTS:

- 1 cup all-purpose flour
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon fine sea salt
- 1 stick unsalted butter, at room temperature
- 1/2 cup light brown sugar
- 1/2 cup sugar
- 1 large egg, at room temperature
- 1/2 teaspoon pure vanilla extract
- 2 cups old fashioned oats
- 1 cup dried cranberries
- 1 (4-ounce) 60 percent cacao bittersweet chocolate bar (recommended: Ghirardelli), chopped into 1/4-inch chunks

DIRECTIONS: Put an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Line 2 baking sheets with parchment paper. Set aside. In a medium bowl, whisk together the flour, cinnamon, baking powder, baking soda, and salt. In a stand mixer fitted with a paddle attachment, beat the butter and sugars together until light and fluffy, about 1 minute. Add the egg and vanilla and beat until smooth. With the machine running, gradually add the flour mixture. Add the oats, cranberries and chocolate chunks. Mix until just incorporated (dough will be stiff). Using a 4-ounce cookie scoop, scoop slightly rounded mounds of the dough into 12 (2-inch-diameter) balls. Arrange 6 balls of dough, spaced evenly apart, on each baking sheet. Using the back of a spoon, flatten the tops slightly and bake until the cookies are slightly golden on the edges, about 13 to 15 minutes. Allow the cookies to cool on the baking sheet for 20 minutes before serving.

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