

## The Man Papa Was

### Remembering My Grandfather Before Alzheimer's

If you're a regular reader of my newsletter cover letters, then you know how much of an influence my grandfather had on my life. He was a family man from top to bottom who would do anything for his family, and he adored his community.

If there's one thing about my grandfather that sticks out to me, it's how dutifully he played the role of Papa. He was a strict father with his own children, but when it came to his grandchildren, we could do no wrong. He didn't even flinch when my cousin and I tore up his back lawn just days after it was laid! Then, there were the moments that he would surprise us. He would sneak out of the house around midnight during one of our classic sleepovers and bring back junk food and pizza. As a kid, there was no better moment than when Papa walked through the door with a treat.

And if his grandchildren could do no wrong, his great-grandchildren were saints to Papa. Even as he got older, he would sit down on the floor next to Gabby and play with her for as long as she wanted. He was always making time to see Gabby dance or watch Mikey play. (I think he was also happy to finally have another athlete in the family!) He would spend time listening to Mikey talk about baseball, and I can only imagine how proud he was as a former high school umpire and referee.

I'm regaling you with these memories and stories because this is how



I choose to remember my grandfather — not as the man Alzheimer's made him become. This month, we recognize National Alzheimer's Awareness Month.

The experiences my family had with my grandfather taught me many things, and one of those is just how valuable it is to prepare for what could be. If clients come to see me and my team early enough, we can provide a safety net to protect them and their families before Alzheimer's or another chronic illness takes over. No family should have to stress about the financial needs of their loved one when they are battling a chronic disease. Our goal is to help you prepare now so that you can continue to be that spouse, grandparent, sibling, or friend to your loved one.

The second lesson I learned watching my grandfather die of Alzheimer's is that he was not his disease. His body was here, but my grandfather was not the man Alzheimer's made him become. And he fought to let the man he was appear when he could, right up until his last day.

I'll never forget the day I told him about Mikey's first home run. He had been having more bad days than good at that point, but when he heard Mikey had hit his first home run, the distant glaze over his eyes disappeared. He was asking me all sorts of questions about the hit. He had the biggest smile on his face, and for just a few moments, my Papa was back.

That was one of the last lucid conversations I had with him.

One morning, the nurses at his assisted living facility came to get my grandmother. Papa had been asking for her all morning in a rare moment of clarity. That day, they spent hours together, laughing and talking. Nanny had her husband back.



My Papa died the next day. Ultimately, it was a blessing because he wasn't the same man we knew and loved by that point.

As a family, we choose to hold onto those memories — the moments when he was back in our lives, asking about baseball or dance, laughing with Nanny, or causing his children's jaws to drop by forgiving his grandchildren for breaking another thing in his house. We will never forget the man who adored his family, volunteered for his community, raised strong children, and taught his grandchildren and great grandchildren how to have fun.

If we can help you prepare for the future and preserve your legacy and family's memory, please contact our team today. You can learn more about Alzheimer's, prevention, and research on the Alzheimer's Association's website, [Alz.org](http://Alz.org).

*Michael Monteforte Jr.*

# ICE, ICE, LAWSUIT

## Woman Sues Starbucks Over 'Too Much Ice'



Sometimes, there is such a thing as "too much ice." You're sipping your cold beverage when suddenly, it's gone far quicker than you expected. All you're left with is a cup full of ice. It's disappointing, for sure, but is it so disappointing that you would want to file a lawsuit against the company that supplied the beverage?

That's exactly what Stacy Pincus did in 2016. She ordered an iced coffee from Starbucks, only to find "too much ice" in her drink. The lawsuit, filed in Chicago, alleged that the drink was advertised as a 24-ounce beverage, but once the ice was factored in, Pincus and her lawyers claimed the drink was really only "14 fluid ounces."



"Starbucks' advertising practices are clearly meant to mislead consumers when combined with the standard practice of filling a cold drink cup with far less liquid than the cup can hold," the suit claimed. NBC News reported that Pincus sought damages to the tune of \$5 million against the coffee chain.

"The plaintiff would not have paid as much," her lawyers stated in a court document, "if anything, for the cold drinks had she known that they contained less, and in many cases, nearly half as many, fluid ounces than claimed by Starbucks. As a result, the plaintiff suffered injury in fact and lost money or property."

Starbucks' response: "Our customers understand and expect that ice is an essential component of any 'iced' beverage. If a customer is not satisfied with their beverage preparation, we will gladly remake it." The company also reaffirmed that you can order any iced beverage with "light ice" and receive half the ice normally included.

Interestingly, a *second* lawsuit against Starbucks popped up in Los Angeles a few months later, but both cases were thrown out. Pincus never saw a cent of that \$5 million, nor did she recoup her attorneys' fees. The case went on to be called "one of the most frivolous lawsuits of 2016."

# Election!

## The Presidential Election of 1828 Turned Politics Personal

It's election season! But don't worry, we're not here to talk about *this* election season, a season full of emotion, strong feelings, and plenty of mudslinging. Rather, this is a look back at one presidential election that upset an entire country — an election that makes 2020 look tame!

### 1828: Andrew Jackson vs. John Quincy Adams (Incumbent)

Two new political parties entered the scene: the Democratic Party and the National Republican Party. These parties were established following the dissolution of the Federalist Party and the Democratic-Republican Party just a few years prior.

Both Andrew Jackson and John Quincy Adams were formerly of the Democratic-Republican Party. However, Jackson joined the new Democratic Party, while Adams joined the National Republicans. After the split, historians note a newfound level of

polarization in national politics. Politics had always been polarizing, but in 1828, things *really* heated up.

Jackson had already lost to Adams in 1824. That election ended with no candidate winning the majority of the electoral vote. As a result, Speaker of the House Henry Clay had to cast a tie-breaking vote. (Clay had also been a candidate for president in the 1824 election.) Clay sided with Adams. And then Adams appointed Clay his secretary of state. Naturally, Jackson was not happy and accused the two of corrupt bargaining.

Even Thomas Jefferson remarked on the events of 1824, writing that he was disappointed in the results. (He had supported William H. Crawford.) Even though Jefferson died in 1826, the Jackson and Adams campaigns used Jefferson's words both to attack one other and praise themselves in the 1828 election.

Mudslinging defined the 1828 election with both Jackson and Adams making it personal. They started going after one another's wives and families, which the newspapers at the time loved. The Cincinnati Gazette called Jackson's wife, Rachel, a "convicted adulteress." She was in the process of getting a divorce when she married Jackson; however, the divorce had not been finalized when the marriage took place in 1794. This became a talking point for the opposition.

It got to the point where Jackson gave up on talking about the issues and moved personal attacks to center stage. Adams tried to stick to the issues, more or less. However, the public sided with Jackson and Adams lost. But the drama didn't end there. Days after the election, Rachel Jackson died. President-elect Jackson blamed her death on the mudslingers, saying, "May God Almighty forgive her murderers as I know she forgave them. I never can."



# TAKE A BREAK



## MEDITATION ALTERNATIVES

*For People Who Don't Like to Meditate*

Meditation is lauded for its health benefits and is often suggested as an effective way to clear the mind, organize thoughts, and reduce stress. Realistically, however, it's not for everyone. In fact, some people don't experience any benefits at all from meditating.

In a recent study published in *New Scientist* about the effectiveness of meditation, researchers confirmed that some people do not benefit from meditation and that about 8% of people who try meditation experience an "unwanted effect," such as an increase in anxiety.

If you're not interested in meditation, or it just doesn't work for you, here are some alternative ways to clear your mind and reduce stress.

**Get serious about physical activity.** Aerobic exercises — like walking, jogging, running, cycling, and swimming — are great for clearing your mind and getting your body moving. Really, any exercise that gets the heart pumping and increases your respiratory rate will do. Research supports that aerobic exercise is a great alternative to meditation that yields many of the same benefits.

Exercising outdoors or in nature — especially in new places — enhances these benefits. Because your surroundings are going to be unfamiliar, your mind is more focused, which can help if you're searching for clarity.



**Stay mentally engaged.** Many people achieve clarity, focus, and stress reduction through simple but engaging tasks, such as immersing themselves in an adult coloring book, doing brain teasers, or assembling LEGO sets, which proves they can be effective therapeutic tools or alternatives to meditation. The LEGO Company has actually been developing more products for adults with this sort of research in mind.

But why LEGO products specifically? In addition to being objects you touch and push together, LEGO products come with clear, step-by-step instructions, which make them easy to put together and allow you to focus more on the task at hand. Even if you don't complete the piece in one sitting, working on a project a few minutes a day can be a beneficial way to find a little clarity.

## CINNAMON-SPICED CANDIED SWEET POTATOES

*Inspired by FoodAndWine.com*

*These candied sweet potatoes will make your family beg for more!*

### Ingredients

- 4 lbs orange-fleshed sweet potatoes, peeled and cut crosswise into 2-inch pieces, then cut lengthwise into 1-inch wedges
- 1 cup light brown sugar, packed
- 1 tbsp kosher salt
- 1/4 tsp ground cloves
- 1/4 cup unsalted butter, cubed
- 4 (2-inch) cinnamon sticks

### Directions

1. Preheat oven to 350 F.
2. Place sweet potato wedges in a 4-quart baking dish.
3. Sprinkle sugar, salt, and cloves over sweet potatoes.
4. Dot with butter and place cinnamon sticks around sweet potatoes.
5. Bake, turning every 15 minutes, until sweet potatoes are tender and the liquid is syrupy, about 1 hour and 15 minutes.
6. Remove from the oven and let stand for 10 minutes.
7. Discard cinnamon sticks and serve.



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## THE 11TH HOUR OF THE 11TH DAY OF THE 11TH MONTH

### Why Veterans Day and the Number 11 Go Hand in Hand

Veterans Day comes every Nov. 11. It's a national holiday that recognizes veterans who served in the United States Armed Forces and honors those both living and deceased. Historically, the day marks Armistice Day and the end of the Great War: World War I. But what is the significance of the number 11?

The armistice was signed at 5:45 a.m. in France, but it took effect at 11 a.m. that same morning — which happened to be Nov. 11, 1918. The armistice originally lasted 36 days but was extended month after month. This led to the signing of the Treaty of Versailles on June 28, 1919, when peace was officially declared.

Later that year, President Woodrow Wilson proclaimed that Nov. 11 would be known as Armistice Day to honor those who fought in the Great War. This lasted until 1954, when President Dwight Eisenhower

signed a proclamation turning Armistice Day into Veterans Day.

The change was made in order to recognize *all* veterans who had honorably served their country. By 1954, the U.S. had fought in more wars — specifically World War II and the Korean War — and hundreds of thousands more Americans had served.

Unsurprisingly, there was some political drama surrounding the day. In 1968, Congress made Veterans Day a federal holiday under the Uniform Holiday Bill. The idea was to increase the number of three-day weekends in the year. Veterans Day became a holiday that would fall on the fourth Monday of October, a far cry from Nov. 11.

However, in 1978, Veterans Day was restored to its original Nov. 11 date. But why?



The answer is simple. It's a number that sticks with you. When the clock strikes 11:11, you *always* take notice. By that same notion, we all remember the 11th hour of the 11th day of the 11th month. Because of this, we'll never forget the end of the Great War, nor will we forget those who served.