

THE Key Piece

A MONTHLY PUBLICATION OF
LOYD J. BOURGEOIS LLC



THE GIFT OF PRESENCE

For most of us, the holiday season brings thoughts of presents to give and receive. And in those moments, give your best gift – presence!

Human interaction is a more significant expression of love than receiving material items. Yet during the holidays, these interactions with our friends and family can feel overwhelming rather than fulfilling. The stress of the perfect holiday can lead to strained relationships and cause us to withdraw.

The magic of the holidays comes from the small moments – the long-awaited hug from a grandparent, the shared laughter at the annual ugly Christmas sweater party, or the sensation of a warm drink in your hand.

When your mind is in overdrive, you can miss these moments. Being present during the holidays means you're aware of the details of the moment and are sharing them with those around you. That is the best gift you can give yourself and others.

So how do you do it? How can you be more present? Here are some tips.

1. GET ENOUGH REST AND SLEEP.

Lack of energy, fatigue – sounds like a typical holiday, right? We are often hard-pressed to be present because we are focused on ourselves and not the

moment. So, sleep, or take a nap, and get ready for the day ahead.

2. LIMIT VIDEOING THE MOMENT.

We get it. We want to save these moments to cherish later. But in doing so, we often forget to cherish the moment in the actual moment. Plus, when videoing, others often limit true reactions and emotion because of how it will look on video, and the moment is not as great as it could have been. When is the last time you went back and looked at those videos?

3. REMEMBER TO BREATHE!

Yes, deep breaths are important. But often more important is regular, plain old breathing. When we get tense, anxious, or overstimulated, we often slow down our breathing pattern, causing our own bodies to get more stressed.

4. NO SOCIAL MEDIA OR TEXTING!

This one is easy! It's hard to be present in the moment when you are scrolling social media, texting others, and not paying attention.

So this holiday season, remember to be *present* as you give and receive your *presents*.



Lloyd J. Bourgeois
Attorney-at-Law



GET YOUR FREE COPY!

Injury Victim's Diary

I created this workbook for you to document all the evidence you need to obtain a fair settlement from the insurance company after getting hurt in a wreck; things you may forget with time, like:

- The accident details.
- Witness information.
- The progression of your pain and symptoms.
- History of missed work and wages.
- Names of doctors and dates of visits.
- And more!

If you'd like a copy of this resource or know someone else who may need one, give our office a call at (985) 240-9773 or visit LJBGuides.com. We'd be happy to send you a free copy.

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LJB's Cookin' Corner

CRACK TOFFEE CANDY

This issue's recipe comes from our Client Onboarding Specialist Emma. Emma brought a big tray of this Crack Toffee Candy to the office after Thanksgiving, and it was gone in no time.

INGREDIENTS

- 2 sticks butter
- 1 cup brown sugar
- 1 large bag chocolate chips
- Saltine crackers or graham crackers
- Sprinkles to decorate the top

INSTRUCTIONS

1. Heat and boil butter and brown sugar for exactly 3 minutes.
2. Line a cookie sheet with foil and

- spread with crackers.
3. Pour hot mixture over crackers and spread.
4. Bake in oven at 350 degrees for 10 minutes or until bubbly.
5. Take out of oven and pour chocolate chips over crackers while still hot.
6. After a few minutes, spread melted chips over the crackers.
7. Sprinkle to decorate.
8. Place in refrigerator to harden.
9. Break into pieces when hard and cooled.



EMMA



Enjoy!



NEW ORLEANS MAGAZINE NAMES TOP LAWYERS

Loyd was named New Orleans Magazine's 2023 list of Top Lawyers in New Orleans. What an honor! We thank our fellow attorneys for their votes of confidence in our work.

FUN STUFF: SUDOKU

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Find the answer at tinyurl.com/ljbsudoku.

Reminder About Our Firm's COMMUNICATION POLICY

Our promise to you is that while we are working on YOUR case – we are WORKING ON YOUR case. And this goes for each and every one of our clients. This means that our focus and attention are squarely on your case and not anything else. Because of this, Loyd Bourgeois DOES NOT take unscheduled phone calls, emails, or walk-ins. This makes all of us more productive, efficient, and knowledgeable about YOUR case. It may help get your issue resolved faster. You can always call the office at (985) 240-9773 and schedule a phone appointment or in-person visit.

THE LJB LEGAL DIFFERENCE

- We listen with empathy, and WE CALL PEOPLE BACK!
- We are working-class LSU fans. We never thought we'd have to sue people either, but no one should have to fight insurance companies and government bureaucracy alone.
- No charges unless we win. Nothing. ZERO. Until you win.

THE LJB GUARANTEE

If you're not completely satisfied with your experience after 30 days, we'll give you your entire file and charge you nothing!



LJB LEGAL VIP PERKS

Our attorneys are all notaries. Notary services are a courtesy we offer to our clients for free (if we don't have to prepare the document). Just send us an email at info@ljblegal.com, and we're happy to help you.

DISCLAIMER

This publication is intended to educate our clients, referral sources, and others in our network. It is not intended to be legal advice. Each case is different. You can pass this information along to your family and friends as long as the newsletter is copied in its entirety.

Merry Christmas from Team LJB!

LJB LEGAL STAFF NEWS: WELCOME MARIE!

Please join us in welcoming Marie to the LJB Legal team as our medical records specialist!

Medical records play a highly crucial role in personal injury and disability claims. They can detail the cause, severity, and prognosis of your injury or disease.

In a disability case, your medical history is important to show the progression of a disease, attempts at treatment, and the limitations that it causes. Personal injury claims are essentially about showing how and how much you were injured by the fault of someone else. The severity of your injury, along with the amount of your medical bills, are going to factor heavily in the value of your claim.

Marie is dedicated to obtaining medical records for our clients by:

- Creating medical record request letters for facilities and individual specialists.
- Determining which facilities or medical specialists have records that must be requested.
- Sending letters to each facility and professional.
- Following up to ensure each facility and individual received the request letters.
- Tracking responses, or lack thereof, from each facility or individual.
- Processing and organizing each record as it is returned.

Marie has a Bachelor of Science in Hotel, Resort, and Restaurant Management and many years of experience as a highly-skilled customer service representative.

Marie's extensive customer service history



MARIE

is an asset in her role as a Medical Records Specialist. Her dedication to client satisfaction enables her to effectively interact with medical facilities and specialists to request and track important records for personal injury lawsuits and disability claims.

Her experience managing complex tasks ensures we receive the critical information needed to support our clients' cases.

"When I was younger, it was my father's dream for me to become a lawyer, but I went in a different direction. Never would I have anticipated the opportunity to work alongside one of the leading lawyers for personal injury. At LJB Legal, it is true — especially in light of my lack of legal background — that the team is exceptionally compassionate and dedicated to helping. Their treatment of me is a reflection of their treatment of our clients. It's truly gratifying to know that my support in managing medical records not only lightens their workload but also allows them to dedicate more focus to aiding clients. I genuinely enjoy working here and wouldn't trade it for anything."

Family is very important to Marie. She enjoys spending time with her mother Emilia, her husband Vincent, and their two kids, Lexine, and Mavee.

While not at work, she enjoys eating out and traveling. She treasures the time she gets to spend with family and friends and likes baking pastries from time to time, which she periodically shares with our community.

Welcome, Marie! We love having you as part of the team.

REVIEW ROUNDUP



"It has taken a while to settle our case, but the length of time it took was not due to the persistent effort of the team we had at the Bourgeois office. We are so happy they gave my case the time and the effort needed for it to be resolved! I recommend this law office to those who need help."

— *Karen Adams*



"Absolutely the best at what they do. If anyone needs good people working on their behalf, this is the law firm to depend on. The staff and everyone associated with this firm is very knowledgeable and experienced in what they do. Can't say enough good things about Loyd J. Bourgeois law firm."

— *Charlene Pierson*

WE Referrals

- Kena Stipe
- Adele Dauphin
- Stephanie Miller
- Debra Koontz
- Rivertown Law Center
- Anne White
- Attorney, Grady Flattmann
- Chermol & Fishman Disability Law Firm
- Attorney, Jake Lemmon
- Racheal Tate
- Osterhout Berger Disability Law
- Morris Bart Attorneys At Law
- Attorney, Charles K. Chauvin
- Detillier Financial Advisors, LLC
- Mary Vedros
- Stacy Spurlock
- Melissa Bourgeois
- Keltrick Locket
- Joseph Hines
- Shantelle Rogers
- Chuck Thomas

REID'S JOKE CORNER



How does Santa keep track of all the fireplaces he's visited? **He keeps a "log!"**

Why did Santa go to music school? **To improve his "wrap" skills!**

What do you call a snowman with a six-pack? **An abdominal snowman!**



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LOYD J. BOURGEOIS
ATTORNEY-AT-LAW

To be removed from our mailing list, call (888) 552-4773.

How We Help:

We Fight For the Injured and Disabled with Compassion and Care!

- ✓ Car Accidents
- ✓ Personal Injury
- ✓ Social Security Disability
- ✓ Long-Term Disability

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Loyd, Makayla, and Megan at Vista University's educational experience.

Our Personal Injury crew just wrapped up a great three-day experience at Vista University designed for plaintiff law firms. We believe in leveling up as a TEAM. This conference wasn't just about the firm leaders or the attorneys; it was about each team member, from intake to case management, soaking in the knowledge pool. In our world, success isn't a solo journey, it's a collective effort. Everyone, from the first "hello" to the final resolution, plays a crucial role. So, why should only the leaders attend conferences? We're all about empowering every team member with the latest strategies and insights.

PICTURE THIS: A team that's not just knowledgeable but cohesive, on which each role understands the bigger picture. Our team returned with fresh perspectives, refined strategies, and a renewed dedication to securing the best possible outcomes for our clients.



TEAM TRAINING FOR LJB LEGAL