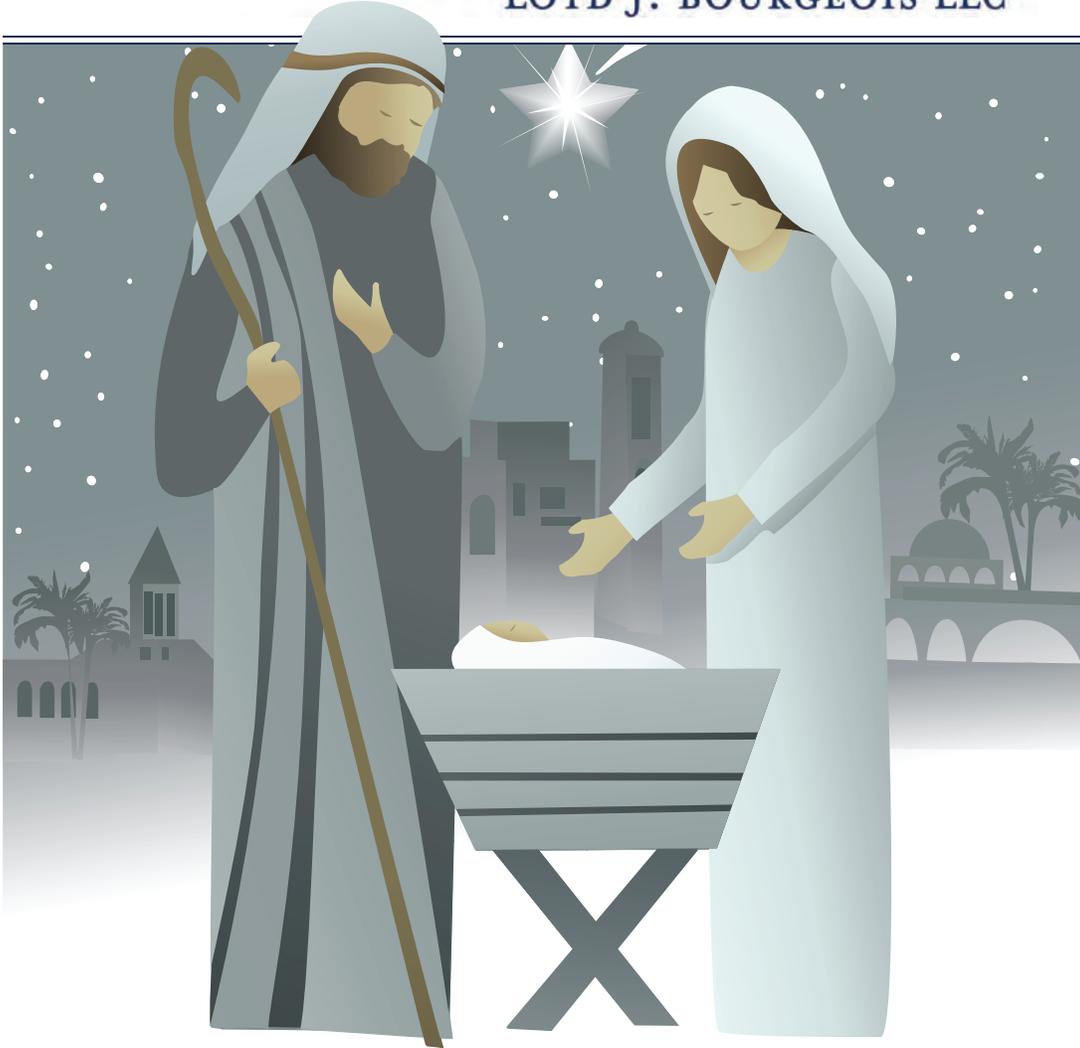


December 2019
Volume 3 Issue 9

THE Key Piece

A MONTHLY PUBLICATION OF
LOYD J. BOURGEOIS LLC



“The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.” – John 1:14



Loyd J. Bourgeois
Attorney-at-Law

OUR MISSION

We Help You Fight
Life's Legal Battles with
Compassion and Care!

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 or emails. This makes him 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.

DISCLAIMER: *This publication is intended to educate our clients, referral sources and others in our network about disability denials and disabling personal injury claims. This 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.*

Loyd J. Bourgeois LLC
13755 River Road Ste. A, Luling, LA 70070 • (985) 240-9773 • LJBlegal.com

LJB's Cookin' Corner

CHRISTMAS RICE DRESSING

Lindy loves a good rice dressing, and her favorite comes over the holiday season.

INGREDIENTS

- 1 pound chicken livers
- 1 pound chicken gizzards
- 1 tablespoon canola oil
- 1 pound lean ground pork
- 1 tablespoon butter
- 2 medium onions, chopped
- 3 stalks celery, chopped
- 1 bell pepper, seeded and chopped
- 3 cloves garlic, minced
- 5 cups water, divided
- 3 teaspoons salt, divided
- 2 cups long-grain white rice
- 1 teaspoon ground black pepper
- 1/4 teaspoon cayenne pepper
- Garnish: Sliced green onion tops and chopped parsley

PREPARATION

1. In the work bowl of a food processor, add chicken livers and gizzards; pulse until ground and set aside.
2. Heat a large Dutch oven over medium heat; add canola oil. Add liver mixture and ground pork, and cook until browned. Pour off excess oil, and add butter.
3. Add onion, celery, bell pepper and garlic, and cook 5 minutes. Add 1 cup water and simmer, covered, 5 minutes more. Uncover and continue cooking until water evaporates.
4. Add 2 teaspoons salt and remaining 4 cups water, and bring to a boil over high heat. Add rice; stir, and return to a boil. Simmer, covered, for 15 minutes. Fold rice mixture from bottom to top, cover, and cook until rice is tender and liquid is absorbed, 5 to 10 minutes more. Season with remaining 1 teaspoon salt, black pepper and cayenne. Serve hot, garnished with green onions and parsley, if desired.

Say hello when you get a chance!

We are so excited to welcome Indya Major to our team!

Indya is a recent graduate of Southeastern Louisiana University (Go Lions!) majoring in criminal justice.

She joins us as our receptionist and

intake specialist. She will be the first point of contact for our callers and brings a bright smile to our front office.

Indya is a Hahnville High School graduate and hopes to attend law school in the future.

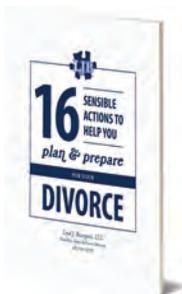
CHRISTMAS JOKES

- Who is Santa's favorite singer? Elf-is Presley!
- What's Santa's favorite type of potato chips? Crisp Pringles!
- What does Frosty the Snowman call his kids? Chill-ren!

GET OUR BOOKS!

We are here to help you understand your legal situation so you can make the best decisions about your case and your life as possible. Grab your copy of our FREE Guides today at www.LJBGuides.com:

16 Sensible Actions to Help You Plan & Prepare for Your Divorce



Quick Guide to Louisiana Accident and Injury Claims



9 Mistakes That Can Disable Your Social Security Disability Claim



A helpful holiday mantra: Let it go!

Traditionally, the holiday season is one of cozy togetherness and happy reunions. But for many, these occasions bring to the forefront long-held grudges punctuated by passive-aggressive compliments encouraged by Christmas “cheer!” And it can take a serious toll on all involved, both mentally and physically.

Research has found those holding grudges and other resentments face increased sweating, higher blood pressure and a suppressed immune system.

Another study from 2016 found people who reported a higher tendency to forgive had a much lower incidence of mental illness and stress induced ailments. And in one recent study, participants asked to think about a time they forgave someone were able to jump to higher heights than those asked to think about not forgiving or nothing at all.

So what you are holding in – maybe literally holding you down? During this holiday season, I encourage you to give yourself a gift that’s priceless in nature and free to you... the gift of Let. It. Go! Let go of the grudge; of the hatred; of the stress; of the physical impacts; of its control over you. **Let. It. Go!**

FUN STUFF: SUDOKU

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Find the answer key on page 4. (It’s upside-down!)

REVIEW ROUNDUP

AMAZING STAFF

Loyd and his staff are amazing! They go above and beyond for their clients! From day one, I was informed of the long, tedious process of my case. I was constantly updated with emails and received literature with the steps and anticipated progression. I was reminded consistently to keep them updated on my medical treatment and even received personal messages of concern when a difficult prognosis was anticipated. Loyd cares deeply for his clients, and you can see and feel it as he fights for what’s right and fair and deserved. He’s not just your attorney, he is a friend, and he is your confidante. Very professional and responsive, but caring and concerned. I would (and have) recommend Loyd to anyone looking for a caring, sympathetic, professional, experienced, honest, available and hands-on attorney! He is the kind of attorney you want fighting with you and for you in difficult times – somebody you can rely on and trust and that takes time to really listen and help, even when it’s just a shoulder to cry on. HE CARES! Thank you Loyd for all you have done for me on this rough journey!

– Wendy

GOING ABOVE & BEYOND

The office of Loyd J Bourgeois, LLC went above and beyond on my disability case. They are team-driven and motivated. They kept me informed of the process and educated me on the steps my claim would go through. Initially, I submitted a disability application on my own, and I was denied. Seeking the help of Loyd J Bourgeois, LLC, I immediately felt at ease and comfortable knowing they would give my case the attention it needed. Mrs. Christy Crotwell worked diligently on my case, and she constantly kept me in the loop, always answering my phone calls and emails. The amount of personable service and time that is spent on cases are outstanding. I definitely felt like my case was important and mattered. The whole staff was incredible, I highly recommend this team!!!!

– Carrie

Loyd’s response – Carrie and Wendy, your kind words really brighten up our team and motivate us to continue the work we do! We are grateful you chose us and let us into your life. We really enjoyed getting to know you both and wish you nothing but the best as you continue on your journey! Search for us on Google, AVVO or Facebook – Loyd J. Bourgeois, LLC. Let us know how we are doing!

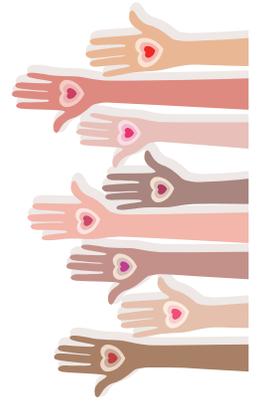
Thanks for your recent referrals!

M. Salles
M. Grimmer
L. Licciardi
L. Billiot
Gulf Coast Sport & Spine –
Dr. Michael LeBourgeois
Morrison Law Group

We welcome AND appreciate your referrals! Please make sure if you refer someone to make sure they tell us about YOU!

We accept referrals in disability, injury and divorce cases.

Do this gratitude challenge...



Starting each day with a focus on gratitude can help sharpen your focus, keep you motivated, and – best of all – remind you of the blessings you have in your life. Here’s a simple 30-day challenge for you:

First thing in the morning when you wake, find a quiet place free of distraction and do the following breathing exercise: Inhale for six seconds, hold for six seconds and exhale for eight seconds. Do this six times.

Next, sit quietly and breathe normally for six minutes and just observe and acknowledge your thoughts and feelings. In a notebook or writing pad, do the following:

1. Write the date.
2. Write an intention for the day; maybe a goal, a mood or a thought pattern you want to have or avoid for the day.

Here’s to starting the new decade off with a thankful you!

3. Write down three things you are grateful for in your life. You can say why, but just expressing the gratitude is enough.

4. Write down what you believe will make today great for you.

5. Write an affirmation that resonates with you and makes you feel good.

6. Write down your current

happiness level on a scale of 1 (low) to 10 (high).

7. Do this for 30 days in a row.

That’s it! By acknowledging the great things you have in your life, you will find you become happier, more focused and more motivated.

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4	1	9	6	3	5	7	8	2
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3	6	5	2	7	8	1	4	9
1	7	4	8	5	9	2	3	6
6	8	3	7	4	2	9	1	5
9	5	2	1	6	3	4	7	8

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