



Seufert Law Offices, PA

We'll Get You Through It

From the Captain's Log Chicago Here We Come



This summer's annual AAJ attorney convention was in Chicago. But this time 2700 of my closest lawyer friends throughout the world showed up, a record turnout. We had the usual Canadian attendees, but even some attendees from as far as New Zealand and Denmark, so took on a somewhat more international flare. I was not really a big fan of going to Chicago in the middle of the summer as I have heard of the stifling humidity, but other than 1-day of that weather, the remaining was low 80's with a slight Lake Michigan breeze that kept things comfortable. The committee rented out the Hyatt Regency in downtown Chicago, which while central to the city sights, was more of a glorified Hotel 6. The conference room layout needed a Google Maps to find oneself around the two towers that bookend the hotel, with window-less conference rooms below ground in both towers, the hotel rooms did not have any closets to hang your clothes, just a metal bar behind the door. The cups in the bathrooms were paper, so you drank your in-room coffee in a paper cup, you brushed your teeth from the paper cup, and then if you brought some fine whiskey to your room for a nightcap, you washed out your paper cup and drank your fine whiskey from that. I was not impressed. During the end of the convention a few of us decided to visit one of the old grande hotels in Chicago, the Drake Hotel a few blocks down, dating back to the 1920's, and thought this would have been a marvelous venue for our convention, but it only has 535 rooms so way too small, but we had a fine lunch at the Drake, and the cocktails, food, and waitstaff were amazing.



While Captain Chris usually teams up with Captain Mike from ME to charter a sailboat for the day and invite 10-15 of our friends, and had lined up a nice 48' sloop for Sunday, Captain Mike then got selected for a jury trial in ME and could not make the convention. Catering to 10-15 guests, and captaining a 48' sloop takes two captains, so we called this one off. However, AAJ chartered a mini-cruise ship to honor the retirement of Dick Durbin, the senior US Senator from IL, and 500+ of our group got on and had a nice dinner while underway on Lake Michigan, as well as a spectacular sunset upon arrival back in port, so all was not lost.

Will I go back to Chicago someday, hell yes, but I will be staying at the Drake Hotel. ●

August 2026 News





Scar Tissue Means Well

Scar tissue is a natural part of the body's healing process. When healthy tissue is damaged, tougher, fiber-like tissue grows in its place to shore things up — scar tissue. If the body's immune system produces it in excess, however, that complicates matters.

Excessive scar tissue can restrict movement, irritate neighboring nerves, impede circulation near the injured area, and cause stiffness, continual inflammation, and pain. Everyday activities like walking can become a chore; balance issues may pop up too. Common causes of scar tissue problems in feet and ankles include severe ankle sprains, fractures, surgery, infection, and prolonged immobilization.

In some cases, scar tissue development is spurred by a lengthy lack of joint activity due to injury or surgery. We can't stress it enough: Have significant foot and ankle injuries checked out and treated by a podiatrist, and diligently follow the specific rehab plan for your situation to improve your long-term outcome.

It's important to note that mild stiffness following foot or ankle surgery is common during the early recovery phase. However, if it doesn't improve over time, or worsens, excessive scar tissue may be the culprit. X-rays, an ultrasound, or an MRI will be necessary to rule out other sources of stiffness and pain, such as arthritis, cartilage injuries, loose bodies, or anterior ankle impingement.

The following options may be pursued to treat scar tissue discomfort:

- Physical therapy
- Compression stockings or wraps
- Massage therapy to improve circulation
- Corticosteroid or Botox injections to relax muscles and relieve discomfort and swelling
- Minimally invasive surgery if conservative measures fail

Persistent foot or ankle discomfort is your cue to contact our office. A thorough exam, accurate diagnosis, and effective treatment will improve your quality of life.. •



August 2026 Notable Dates

Aug. 1
Disc Golf Day

Aug. 7
Purple Heart Day

Aug. 8
NFL Hall of Fame
Enshrinement

Aug. 11
Presidential Joke Day

Aug. 15
Tomatoes Galore Day

Aug. 20
Radio Day

Insurance Company Delay and Deny Tactics

When you are injured in an accident or experience property damage, it can be stressful and sometimes downright traumatic. You don't need insurance companies piling on by employing deny, delay and defend (DDD).

While insurance companies are required to thoroughly investigate, negotiate, and settle claims in good faith, and they don't always do what is right.

To pay as little as possible, some insurance companies utilize the following bad-faith tactics:

Unreasonable delays. Sometimes insurance companies will drag out the process, hoping that a claimant eventually gives up. Most states have established deadlines of 15–60 days for denying or accepting a claim, NH falls in the middle, (30) days or a letter to the claimant and/or policy holder as to why it will take longer.

Not 100% forthcoming. You might be unaware of a facet of your coverage. The insurance company is completely aware, yet they may not alert you. They might also choose not to notify you of important deadlines, or benefits under the policy. or provide the necessary guidance to complete your claim on time.

Incomplete investigation. If the insurance company does not look at all the evidence or fails to conduct a personal inspection, they haven't been thorough.

Lowballing. Offering less money than a claim is worth in the hopes you will take a quick settlement.

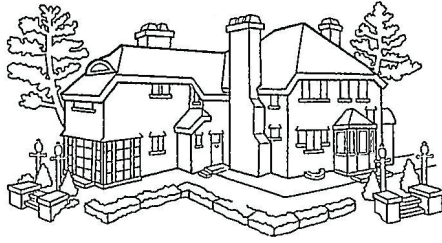
Refusal to pay a valid claim. When insurers deny claims that are clearly covered by their policies, it's evident that policyholders' interests come in a distant second to profits.

Twisting language. An insurance company making insurance policies language way too complicated.

Threats. Some insurance companies threaten harsh legal action against a potential claimant—or imply it.

If you have been the victim of any of the above insurance practices, contact an experienced insurance-law attorney to protect your rights. •

Seufert Law Offices, PA
Attorneys At Law



59 Central Street, Franklin, NH 03235
(603) 934-9837
www.seufertlaw.com

Protect Your Family, Protect Your Rights



Chicago
Here We Come
SEE PAGE ONE

This publication is intended to educate the general public about personal injury, medical malpractice, and other issues. It is for information purposes only and is not intended to be legal advice. Prior to acting on any information contained here, you should seek and retain competent counsel. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety.

Auto Accidents and Spinal Cord Injuries



The spinal cord is the central support for the body's muscular system and relays the messages from the brain to the rest of the body, like a telephone line from the brain to your body. Any injury to, or along, this vital body part can be devastating.

The number one cause of spinal cord injuries, accounting for more than 40 percent, is motor vehicle accidents. Crashes, even though they seem minor, can fracture, dislocate, crush, or compress one or more of the vertebrae of the spinal cord. When bits of bone tear into the tissue embedded in the spine, the nerves are damaged. If your body is turned at the time of a crash, such as looking to the left or right, the spine is not made to move in that awkward position so injuries can be worse, often called "shearing injuries".

This damage may lead to full or partial paralysis, respiratory difficulty, circulation problems, muscle tone deficiency, problems with bladder or bowel control, poor sexual health, and greatly diminished skin sensation. Chronic muscle and joint pain, as well as depression, may also result.

Sadly, many of these injuries will need to be dealt with every day for the rest of a person's life. Round-the-clock care for a stretch of time – if not permanently – is necessary for some. Surgeries, rehab, and medication may disrupt one's life, too. Everyday activities prior to the accident may now be impossible or greatly complicated.

It goes without saying that immediate and long-term loss of earnings is a distinct possibility. Don't let financial worries exacerbate an already challenging situation. If you are the victim of a spinal cord injury via an auto accident that was the fault of another, contact an experienced auto accident attorney to safeguard your rights. Your attorney can file an injury claim to alleviate your financial concerns and also compensate you for mental and emotional suffering, enabling you to focus on what's most important—your health. ●