



November 2020

CANNON LEGAL FIRM

~LOCAL EVENTS~

~VIRTUAL TURKEY TROT - LONG BEACH~

Support charity work in Long Beach, registration includes shirt/bib. You can run, walk, bike, skate, wheel, (or, sleep in!), any distance (i.e. 1-mile, 5K, 10K, half marathon or marathon) you'd like on Thanksgiving day, week or weekend -- all from the location of your choice. All ages welcome.

For more information or to register see <https://justinrudd.com/trot.html>

~YOGA ON THE BLUFF~

Hosted by Yogalution, as service to the community, to make sure everyone has access to yoga regardless of their financial situation.

Daily free classes from 11a.m. – 12 p.m. 7 days a week and year-round.

Located on the corner of Ocean and Junipero, overlooking the Pacific Ocean.

“Be thankful for what you have. Your life, no matter how bad you think it is, is someone else’s fairy tale.” – Wale Ayeni



For many of us, life has essentially been on hold for the past 8 months. As we enter the holiday season, it may be inconceivable that we miss out on the festivities with family and friends. While most government officials, health care experts and the CDC would recommend that we continue to quarantine as much as possible, the CDC has issued guidelines for those planning on hosting or attending a holiday event. To summarize, they are essentially: wear a mask; use hand sanitizer; wash your hands and if possible, all attendees self-isolate for 14 days prior to the event. For the full list, see: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>

If you are planning on travelling, the tech minds at Dragon Slayers have created a website/app designed to make travelling during COVID-19 a little easier: “Using our proprietary analytics, we rank all 50 states and 124 countries with SAFE-T (SMART ANALYTICS FOR EDUCATING TRAVELERS) and customize it to any particular risk tolerance with our unique filtering options... With a quick glance, you can identify which destinations still require quarantine and learn more about their local conditions upon arrival.” See <https://dragonslayertravel.com/index.html> for more information and instructions for obtaining the app.

Of course, the now ubiquitous Zoom meeting is another option for those with high risk family members to attend the family gathering virtually. See <https://zoom.us/>.

Whatever your holiday plans, **CANNON LEGAL FIRM** wishes you a safe and healthy holiday start to your holiday season.

~SOME PUP FRIENDLY
UPCOMING EVENTS ~

~9th INVITATIONAL GOLF
TOURNAMENT ~ 11/16/20
Fairbanks Ranch Country
Club. Players enjoy a day of
golf with their furry friends
with dinner & awards. See:
[https://face4pets.org/event/9th-
invitational-dog-friendly-golf-
tournament/](https://face4pets.org/event/9th-invitational-dog-friendly-golf-tournament/)

~DOGGIE STREET FESTIVAL
~ PET CELEBRATION &
ADOPT-A-THON ~ 11/20/20
2455 Cushing Rd, San
Diego. For more details:
[https://www.doggiestreetfestiva
l.org/san-diego](https://www.doggiestreetfestival.org/san-diego)

~OPERATION SANTA PAWS ~
Shelters and rescue groups
all over the country need
help for lost, abused or
abandoned pets this season.
For more information:
[https://www.hautedogs.org/s
antapaws.html](https://www.hautedogs.org/santapaws.html)

WHAT IS ELDER ABUSE?

California Welfare & Institutions Code § 15610.07 defines Elder Abuse as: “Abuse of an elder or a dependent adult” means either of the following: (a) Physical abuse, neglect, financial abuse, abandonment, isolation, abduction, or other treatment with resulting physical harm or pain or mental suffering. (b) The deprivation by a care custodian of goods or services that are necessary to avoid physical harm or mental suffering.

If you know an elderly person who is being cared for by professional in an inpatient facility; by a licensed caregiver; by a family member; or by someone else, there are some signs of potential elder abuse to consider when visiting with the elderly person:

Physical Abuse - Unexplained old or new cuts, bruises, abrasions, burn marks, restraint marks, broken bones, fractures or dislocations. Signs of over-medicating, such as decreased mobility, blank stares, drowsiness and excessive sleeping. ~

Neglect - Poor hygiene, bedsores. Unsafe living conditions. Person left unattended. Unexplained weight loss and/or dehydration. Missing dentures, glasses, aids or mobility aides. ~

Emotional Abuse - Unexplained change in sleeping or eating habits; confusion or disorientation. Changes in behavior, such as anxiety; sadness; depression; agitation; fear of talking openly; or being untruthful when questioned about circumstances. Caregiver will not allow you to speak to alone or at all; or elder fears being left alone with certain people. Changes to a long-standing estate plan.

While we hope you will never need this information, there are resources for reporting Elder Abuse. We can help. If you believe your loved one is or was a victim of Elder Abuse, contact **CANNON LEGAL FIRM** for a free consultation or additional public and/or private resources for reporting abuse. Dana@CannonLegalFirm.com ~ (562) 543-4529 ~ WWW.CANNONLEGALFIRM.COM

NOVEMBER

	B	R	S	T	N	J	D	P	Z	O
PUMPKIN	R	Z	Z	Q	I	H	Y	F	Y	L
PIE	E	I	P	W	K	X	E	O	I	W
PARADE	D	A	N	P	P	O	K	O	I	R
FOOTBALL	A	G	S	C	M	L	R	T	I	J
TURKEY	R	Y	M	D	U	B	U	B	X	Y
	A	J	V	Q	P	L	T	A	Q	S
	P	M	K	U	S	K	B	L	E	Z
	B	Q	E	J	K	D	H	L	G	N
	J	K	O	Z	L	M	S	C	X	G