



FROM THE DESK OF CHARLES D. HANKEY

Pool Safety for Summer 2014: Tips to Keep Your Family Safe



Swimming is a great recreational sport that can be enjoyed by people of all ages. But it's important to know how to be safe while you're in the water. Death by drowning is the leading cause of injury related death of children one to four years of age. That terrible statistic is one that every parent of a child should keep in mind each time they allow their child to swim.



In the spirit of summer safety, we'd like to offer the American Red Cross's swimming safety tips for this summer:

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- Maintain constant supervision.
- Make sure everyone in your family learns to swim well. Enroll in age-appropriate Red Cross water orientation and learn-to-swim courses.
- If you have a pool, secure it with appropriate barriers. Many

(continued on page 3)

A Dog Bit Me! Do I Have a Case?

By Attorney Jim DuBach



Being bitten by a dog is a terrifying experience, one that is not only painful but can leave permanent scars which are a reminder of this horrible experience. It is both understandable and appropriate to consider legal action after a loved one has suffered a dog bite.

Our office has successfully represented victims of dog bites many times. Here are the main questions to know whether a person who has suffered a dog bite has a case in which we can help:

1. How serious was the bite? (Was it a single bite? Were there bites in several different places? Was there significant bleeding? What type of medical care was required?)
2. Who owned the dog? (A family member? A stranger? An unknown owner?)
3. Where did the encounter with the dog occur? (On a public street? In someone's apartment, or on the premises of an apartment complex? In a private home or on the premises of a private home?)
4. Has the dog previously shown vicious tendencies? (Has it bitten a person or animal before?)
5. Has the bite, or bites, left permanent scars, or are the bites expected to leave scars? This is often the most important aspect of a dog-bite injury, especially if the scars are to the facial area.

(continued on page 3)

4TH ANNUAL WALK FOR SUICIDE PREVENTION IN COLUMBUS

By Attorney Stacy J. Crider



On May 17th, my family and I participated in the 4th Annual Columbus, Indiana Out of the Darkness Campus Walk for suicide prevention. We have participated each year and this event is very special to us. The organizer of the Columbus walk is Kisha Allman. Kisha and I grew up next door to each other and have been best friends since before we can remember.

Kisha's father, Johnnie Simpson, struggled with severe depression for several years before he lost his battle in 2008. He was a father of four, a grandfather of two, and loved by many.

Kisha felt she had to do something to make a difference, for her father's memory, for her little brothers and sister, for her children, for herself and for others who are going through what her family and her father went through. She reached out to the American Foundation for Suicide Prevention and developed Columbus, Indiana's first Out of the Darkness Campus Walk.



The money raised is used to form support groups, train first responders on how to deal with individuals in crisis, support for people struggling with depression and suicidal thoughts, conduct research on depression and mental illness, and to help bring awareness to this issue and help prevent future loss to suicide. This year, more than 300 walkers participated and over \$12,000 was raised. Donations are still being accepted until June 30, 2014. We are still hopeful to reach our goal of \$15,000 for this year. Over these four years, 800 people have participated and raised almost \$60,000!

The event not only raises money for this cause, it also provides healing for the participants. Many have lost someone to suicide. The day of the walk there are tears, hugs, and far too many loved ones missed. I saw a mother and father who lost their son to suicide. He was a kind, funny, intelligent man. I graduated high school with him and he was my friend. He struggled with mental illness for many years and I am very sad to say, he lost his battle with Schizophrenia in 2011. His family's shirts read, "Suicide does not end the chances of life getting worse. Suicide eliminates the possibility of it ever getting better."

Kisha's hope is that through things like this walk, there will be less stigma surrounding depression and suicide. Society should embrace and support people dealing with mental illness, the same as those dealing with physical illness. Even when things look their darkest, there is a way out. Suicide is never the answer.

If you or someone you love is having thoughts of suicide please reach out for help. Call 1-800-273-TALK (8255)

For more information on the American Foundation for Suicide Prevention or to find a walk in your area, visit: <http://www.afsp.org/>. For more information on the Columbus, Indiana Out of the Darkness Campus walk, please visit: <http://bit.ly/1kE4eK4>.

THE ABC'S OF SELF-MANAGING YOUR DIABETES

Diabetes is a complex disease that requires lifestyle changes including healthy eating and regular physical activity. You may also need to take medications to manage your blood sugar. It is important to talk with your doctor or health care team to make sure you are getting recommended tests—blood pressure and weight, foot and oral exams, blood fats, eye and teeth exams, kidney exams, blood sugar, and more.

The Marion County Public Health Department is holding a series of classes to help those with diabetes self-manage the disease. The ABC's of Diabetes program is a four-part series with instruction on medication, nutrition, exercise, monitoring and complications.

Class members will participate in individual consultations with a registered dietician, registered nurse, and health educators free of charge. Anyone with diabetes or pre-diabetes and their family and friends are invited to participate.

The ABC's of Diabetes stand for:

- A – The A1c Test, which shows what your blood glucose levels have been for the past three months
- B – Blood Pressure, which should, ideally, be 130/80 or less for most people
- C – Cholesterol, which should be less than 200 total with LDL levels less than 100

In June, classes will be held Mondays from 5:30-7:30 p.m. at the Marion County Public Health Department (3838 N. Rural Street, Indianapolis). July classes will be at the Nora library branch on Mondays and the Warren library branch on Tuesdays.

For more information on the program and full schedule details including other class dates, visit www.mchd.com/diabetes or call 317-221-2094.

THE HANKEY LAW PUZZLER

See if you can figure out the summer Word Search. Words can go up, down, forward, backwards and diagonally. Good luck!

baseball	garden	suntan
boating	hammock	swimming
cookouts	lemonade	vacation
fireworks	picnic	watermelon

C Z C W I P M T V D S U M M E R
 O C R L E M O N A D E A L I D W
 O O P S K H P D L H G M A F E W
 K C D V B F G S K R O W E R I F
 O I F X U F N O L E M R E T A W
 U N S W I M M I N G C M A W T M
 T C G H L U K H Z H A M M O C K
 S I K S F N G A R D E N C X L H
 Z P T C I L K R F P S U N T A N
 A Z B G K F G N I T A O B Q O X
 K H K I O B A S E B A L L B F S
 K D A R O G N O I T A C A V P M

Pool Safety for Summer... (continued from page 1)

children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.

- Avoid distractions when supervising children around water.
- If a child is missing, check the water first. Seconds count in preventing death or disability.
- Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
- Know how and when to call 9-1-1 or the local emergency number.
- Enroll in Red Cross home pool safety, water safety, first aid and CPR/AED courses to learn how to prevent and respond to emergencies.
- Protect your skin. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15.
- Drink plenty of water regularly, even if you're not thirsty. Avoid drinks with alcohol or caffeine in them.

A Dog Bit Me... (continued from page 1)

6. Does the owner of the dog, or the owner of the premises where the attack occurred, have insurance?

The insurance question is very important and, sometimes, a lawsuit must be filed to determine whether insurance coverage is available. Unfortunately, in many cases there is no insurance available and as a result it is unwise to proceed with a claim because it is not only a financial waste of time, but a source of unnecessary emotional stress as it becomes an ongoing reminder of the upsetting attack and injury.



Many insurance companies specifically exclude from coverage particular breeds of dogs that have a proven history of being "biters".

This list includes: Pitbulls, pitbull mixes, Rottweiler, German Shepherd. Pitbulls have the worst statistics: in 2011 they were responsible for 68 deaths! Particularly frightening is the fact that 94% of Pitbull attacks were completely unprovoked, and that they tend to attack young children and small animals. Pitbulls and Rottweilers are banned in many countries due to the number of deaths they caused.

Owning these dangerous breeds, or being in the presence of these types of dogs, increases the chances of being seriously injured or sued. Furthermore, because insurance policies exclude these dogs, a victim of an attack is less likely to have a successful claim for injuries.

Be sure to contact our office immediately in the event of suffering a dog bite so that important evidence is not lost, decreasing your chances of being compensated for your injuries.

CLIP & SAVE: Helpful Contacts

Charles D. Hankey Law Office P.C.

Lockerbie Square, 434 East New York Street, Indianapolis, IN 46202
Office: 317-634-8565 | Toll Free: 800-520-3633 | Fax: 317-634-9818
www.hankeylaw.com

Contact us if:

- You moved to a new address or changed your phone number
- You received a denial letter
- You went to see a new doctor
- You have been admitted to the hospital
- Your doctor has diagnosed you with a new medical condition
- You had a new test/MRI/X-ray

Additional Resources

Information Referral Network – 317-926-HELP

Crisis Line – 317-251-7575

Center Township Trustees (can assist with rent, utilities, takes applications for Food Stamps, TANF, and Medicaid)

863 Massachusetts Avenue – 317-633-3610

Healthy Indiana Plan: low cost insurance for Indiana Families – 877-438-4479 | www.hip.in.gov

RX for Indiana: assistance with prescription drug cost – 877-793-0765 | www.rxforindiana.org

Advantage Program: health care program for uninsured, low-income Marion County residents – 317-221-2000 | www.hhcorp.org/adv.htm

Div. of Disability & Rehabilitative Services (DDRS) – 800-545-7763
www.in.gov/fssa/ddrs/4938.htm

Damien Center: help for those afflicted by HIV/AIDS – 317-632-0123 | 800-213-1163 | www.damien.org

Indiana Free Clinic Information: low cost or free health care for low-income or uninsured – www.freeclinicdirectory.org/indiana_care.html

Housing Help:

Indianapolis Resource Center for Independent Living – 317-926-1660

Colonial Park (chronic homeless program) – 317-353-6784

Indianapolis Public Housing Agency (section 8) – 317-261-7200

Barton Center (sleeping rooms - \$278, 2 bedrooms \$500-613) – 317-423-2575

You can apply for Social Security disability benefits by calling 1-800-772-1213, online at www.ssa.gov, or in person at your local office

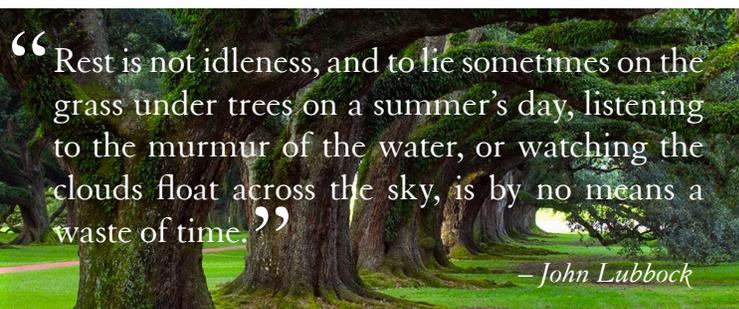
Indianapolis Area Local Social Security Office Addresses*:

West Side: 6745 Network Place – 866-218-2309

Downtown: 575 N. Pennsylvania, Suite 685 – 866-931-7057

East Side: 5515 N. Post Rd. – 866-220-7899

*If you live outside of the Indianapolis area, please ask a Case Administrator for the address and phone number to your local social security office.



“Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.”

– John Lubbock



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WITH 80 YEARS OF COMBINED EXPERIENCE, BOTH IN AND OUT OF THE COURTROOM, THE LEGAL PROFESSIONALS OF THE CHARLES D. HANKEY LAW OFFICE CAN RESOLVE CASES INVOLVING:

- PERSONAL INJURY
- AIRPLANE ACCIDENTS
- DOG BITES/ANIMAL ATTACKS
- CAR ACCIDENTS
- HIGHWAY DEFECTS
- CHILD INJURIES
- TRUCK ACCIDENTS
- WORKERS' COMPENSATION
- CONSTRUCTION ACCIDENTS
- MOTORCYCLE ACCIDENTS
- PREMISES LIABILITY
- BURN INJURIES
- BICYCLE ACCIDENTS
- PRODUCT LIABILITY
- DROWNING
- RAILROAD CROSSING/
TRAIN ACCIDENTS
- BRAIN/HEAD INJURIES
- SPINAL INJURIES

WE'LL COME TO YOU

At the Hankey Law Office, we recognize that many of our clients may not be in a position to visit us in our office to begin the intake process. As a result, Jamie, our full-time Field Intake Specialist, will come to you.

To set up an appointment, please call Jamie at (317) 554-5906.



Past results afford no guarantee of future results. Every case is different and must be judged on its own merits. The contents of this newsletter do not constitute legal advice.

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