

# KEEPING UP WITH KINNEY MASON

September 2020

Volume 2, Issue 3

## Coping with a “New Normal”

### National Days for September

- 9/1- *No Rhyme nor Reason Day*
- 9/4- *Wildlife Day*
- 9/5- *Cheese Pizza Day*
- 9/7- *Labor Day*
- 9/13- *Grandparent’s Day*
- 9/16- *Guacamole Day*
- 9/17- *Constitution Day*
- 9/18- *Hug your Boss Day*
- 9/22- *Girl’s Night Day*
- 9/26- *Pancake Day*
- 9/28- *Family Day*
- 9/29- *Coffee Day*
- 9/30- *Women’s Health and Fitness Day*

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The past few months have redefined what normal means, to say the least. From the uncertainty that comes with what feels like the ever-changing health and social regulations to the uptake social activism within our community and nationwide. Some of us have reconnected with old friends, spent quality time with loved ones, or picked up hobbies that we will not soon abandon. Others have overcome unbearable hardship and financial uncertainty, and many have experienced the entire spectrum of emotions. Yet, as we deal with this upset in the fabric we call our lives, time remains constant.

As we enter the end of summer and the beginning of a new season, it can be therapeutic to reflect on the progress of the last couple of months as we look forward to what will come. As we’ve learned to cope with the new version of normal, we’ve see children’s art adorning neighborhood windows and chalk art covering sidewalks. We’ve come together as a community to stand



up for what we believe in. We’ve found innovative ways to reconnect with loved ones and learned to celebrate the digital interactions we have available at our fingertips. We’ve learned a new way to express ourselves as we adorned our faces with creative masks for trips to the grocery store. While no one knows what the near future holds, we can take comfort knowing that over the past couple months our human spirit has been tested and we have triumphed. (continued on page 2)



(continued from page 1) If this time has taught us anything, it is that we should expect the unexpected. As we continue learning how to adjust our lives to the “new normal” we must remember to be patient with ourselves, and accepting of the fact that these are indeed, unprecedented times. However these times have affected you and your family, take comfort in knowing that you are not in this alone in overcoming what will inevitably go down as one of the weirdest years in history. Check in on yourself or a loved one, consider trying something new, and remember to always be kind to one another.



## Meet our new Team Members!

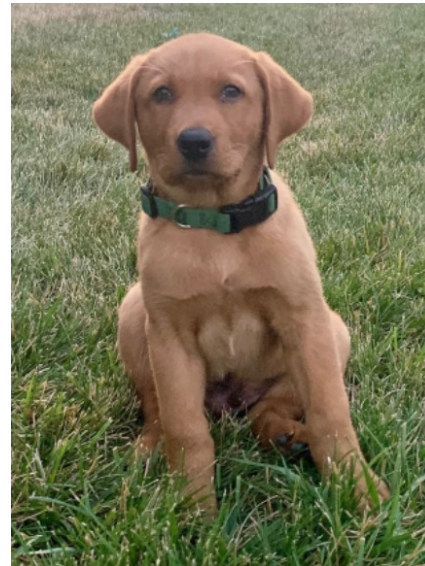


**Samantha Robb** is the newest associate at Kinney Mason, and she couldn't be more excited. She was born and raised here in Omaha. She graduated from the University of Nebraska – Omaha with a Bachelor of Science degree in Political Science (magna cum laude) in 2016. She also received her Juris Doctorate from Creighton University School of Law this past May. While at Creighton, she was involved in the Women's Law School Association, Public Interest Law Forum, and Moot Court Board. In her free time, you can catch her having fun with friends and family, reading a good book, or enjoying the outdoors. Welcome to our team, Sam!





**Sara Schell** began working as our law clerk at the end of May after finishing her 1L year at Creighton University. Sara is a member of the American Constitutional Society and Pro Bono Chair of the Health Law Association. Previously, Sara worked as a legal assistant in Dallas, Texas and has experience working in Estate Planning, Probate, and Corporate Law.



**Copper** joined John's family in early July and has quickly found his way into all our hearts. Copper is an energetic Fox Red Labrador who loves playing and chewing on anything he can get his teeth on. We are so excited to have a new furry friend around!

## In the Community



This month our team decided to do some fall cleaning and organize our closets at home! We chose to donate as much as possible to various non-profit organizations in the Omaha metro area.

These items consisted of work attire, kids clothing, shoes, kitchenware, toys, and household décor. We enjoy lending a helping hand to anyone in need and giving back to our community. We encourage you to take time to make a donation this month!

**\*We will be participating in the Food Bank for the Heartland's 1st Annual Food from the Bar Campaign October 1st – October 16th to distribute food to the growing number of individuals and families who need help during the COVID-19 pandemic\***



# Planning for the Inevitable, Estate Planning Tools to Help Get You There

During times of uncertainty, coping with the complicated emotions surrounding the death of a loved one can become almost unbearable. As a rather taboo topic, we tend to shy away from discussions about death and dying until we experience loss. Encountering death, especially unexpected death, can be challenging and tends to encompass a whirlwind of emotions. In the midst of grieving we are tasked with celebrating the deceased's life, honoring his or her last wishes, and coping with loss.

Although it is difficult to imagine our time on earth coming to an end, taking steps to plan for the inevitable can lessen the burden we leave behind for our loved ones upon departure from this life. Thoughtful Estate Planning helps individuals plan for their end of life experiences, protect their

assets, and ensure their last wishes are granted. Traditionally, people have relied solely on their Last Will and Testament to carry out final wishes; yet, because such documents only become effective upon death, they find themselves in a sort of limbo upon incapacitation or disability. Estate Planning today encompasses a wide variety of documents that can include instructions to physicians, appointment of financial agents, and burial and funeral wishes. Having difficult or uncomfortable conversations now can ensure you help alleviate some of the uncertainty and overwhelming feelings that accompany the death of a loved one.

## Awards and Recognition



**Congratulations to Jill Mason for being selected for membership into the  
Omaha Estate Planning Counsel!**



# Kinney's Kitchen

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Driven by our desire to serve,  
bound by innovation—not  
tradition

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## Everything But The Kitchen Sink Egg Bake

### Ingredients

- 1 Pound - Breakfast Sausage
- ½ Medium Onion, chopped
- 1 Cup Cheddar cheese, shredded
- 1 Medium Tomato, diced
- 6 Large Eggs
- ½ Cup Broccoli, rough chopped
- ½ Bell peppers, diced
- ½ cup Mushroom, diced
- 2 tbs. Butter
- ¼ cup Half and Half Cream

### Directions

- Brown sausage in a pan, drain grease
- Mix eggs and half and half in large bowl
- Add salt and pepper to taste
- Add sausage, vegetables, and egg mix to buttered baking dish
- Sprinkle cheese on top
- Cover dish with tin foil and bake at 350° for 25-30 minutes
- Slice and serve!

## Bloody Mary

### Ingredients

- 1 oz Vodka
- 1 tbsp. Worcestershire Sauce
- 1 tsp. Tabasco Sauce
- Celery Salt
- Fresh Cracked Black Pepper
- 1 tsp. Olive Juice
- 1 cup Clamato Tomato Juice
- Juice from ¼ Lime
- Spicy Green Bean
- 1 Stalk Celery
- Olives

### Directions

- Fill glass halfway with ice
- Add vodka, Worcestershire, tabasco, celery salt, pepper, olive juice, and lime juice
- Stir until ingredients combined
- Add optional: olive, celery stalk, spicy green bean, and squeezed lime to glass
- Fill to top with Clamato Juice
- Stir gently with celery stalk
- ENJOY!

