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1.800.756.5596

SEPTEMBER 2019 ISSUE

[Our Firm](#)[Resources](#)[Seminars](#)[FAQs](#)[Contact Us](#)**IN THIS ISSUE****MAIN ARTICLE:**[Tips for Choosing a Senior Living Community](#)**SECOND ARTICLE:**[Should You Sell Your Life Insurance Policy?](#)[Living Trust Seminar](#)[Client Review Seminar](#)[Recipe of the Month](#)[Office Locations](#)**LIVING TRUST SEMINAR**

For the public and also for our existing clients who want to bring family or friends!

Thursday, September 5th
Torrance Main Office
 9:30am - 11:30am
 (Check in at 9:15am)
 990 W. 190th Street, Suite 500
 Light Refreshments

REGISTER**TIPS FOR CHOOSING A SENIOR LIVING COMMUNITY**

Contributed by
Belmont Village Senior Living

Choosing a Senior Living community is a big step that many wait until after a life-altering event has occurred to make, but that's not the best time to start looking. Research shows an active lifestyle, with regular physical and mental exercise, social interaction, and the right diet, are essential to good health. The best choice will offer those options, and will also be able to accommodate any changes that occur down the road. [READ ON...](#)

Should You Sell Your Life Insurance Policy?

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9:00am - 11:30am
 (Check in at 8:45am)
 3635 Fashion Way
 Full Breakfast

REGISTER**Tuesday, September 17th****Torrance Main Office**

9:30am - 11:30am
 (Check in at 9:15am)
 990 W. 190th Street
 Suite 500
 Light Refreshments

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**CLIENT REVIEW
SEMINAR**

For our existing clients who
 want to know why it is important to
 review their trust every 3 years!

Tuesday, September 24th**Torrance Main Office**

9:30am - 11:30am
 (Check in at 9:15am)
 990 W. 190th Street
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We often have clients who no longer feel they need an old life insurance policy or simply don't want to pay the premium anymore. Unfortunately, they just let the policy lapse and receive little to nothing back, when there is another alternative...

[READ ON](#)

THANK YOU!



We want to thank all of our clients who have referred family and friends this past month. It's easy! Just forward along this newsletter to them or [invite them to come to one of our free seminars!](#)

(We also appreciate [Facebook](#) and [Yelp!](#) reviews!)

RECIPE OF THE MONTH

Shrimp & Grits

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Ingredients:**

- 1 cup coarsely ground grits
- 3 cups water
- 2 teaspoons salt
- 2 cups half-and-half
- 2 pounds uncooked shrimp, peeled and deveined
- salt to taste
- 1 pinch cayenne pepper, or to taste
- 1 lemon, juiced
- 1 pound andouille sausage, cut into 1/4-inch slices
- 5 slices bacon
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 cup chopped onion
- 1 teaspoon minced garlic
- 1/4 cup butter
- 1/4 cup all-purpose flour
- 1 cup chicken broth
- 1 tablespoon Worcestershire sauce
- 1 cup shredded sharp Cheddar cheese

Directions:

1. Bring water, grits, and salt to a boil in a heavy saucepan with a lid. Stir in half-and-half and simmer until grits are thickened and tender, 15 to 20 minutes. Set aside and keep warm.
2. Sprinkle shrimp with salt and cayenne pepper; drizzle with lemon juice. Set aside in a bowl.
3. Place andouille sausage slices in a large skillet over medium heat; fry sausage until browned, 5 to 8 minutes. Remove skillet from heat.
4. Cook bacon in a large skillet over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Retain bacon drippings in skillet. Transfer bacon slices to paper towels, let cool, and crumble.
5. Cook and stir green, red, and yellow bell peppers, onion, and garlic in the bacon drippings until the onion is translucent, about 8 minutes.
6. Stir shrimp and cooked vegetables into the andouille sausage and mix to combine.
7. Melt butter in a saucepan over medium heat; stir in flour to make a smooth paste. Turn heat to low and cook, stirring constantly, until the mixture is medium brown in color, 8 to 10 minutes. Watch carefully, mixture burns easily.
8. Pour the butter-flour mixture into the skillet with andouille sausage, shrimp, and vegetables. Place the skillet over medium heat and pour in chicken broth, bacon and Worcestershire sauce, cooking and stirring until the sauce thickens and the shrimp become opaque and bright pink, about 8 minutes.
9. Just before serving, mix sharp Cheddar cheese into grits until melted and grits are creamy and light yellow. Serve shrimp mixture over cheese grits.

[Courtesy of AllRecipes.com](#)

QUOTE OF THE MONTH

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**"To know how much there is to know is the beginning of learning to live."
- Dorothy West**

OFFICE LOCATIONS

For your convenience, we have multiple office locations throughout Southern California.

MAIN OFFICE TORRANCE

990 W. 190th Street, Suite 500
Torrance, CA 90502

TELEPHONE NUMBER 1.800.756.5596

OTHER LOCAL OFFICES PASADENA

790 E. Colorado Blvd., 9th Floor
Pasadena, CA 91101

ORANGE

333 City Drive West, 17th Floor
Orange, CA 92868

WOODLAND HILLS

5850 Canoga Avenue, 4th Floor
Woodland Hills, CA 91367

NEWPORT BEACH

5000 Birch Street, Suite 8000
Newport Beach, CA 92660



The testimonial in this newsletter and throughout our website were provided by actual clients. To maintain their privacy, their names may be abbreviated and their photos are not shown. Please note that testimonials do not warrant, guarantee or predict your particular results. Actual client testimonial letters may be viewed by you in several "Thank You" books, proudly displayed at our main office lobby.

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