

DeLoach Hofstra+Cavonis, PA NAVIGATOR

When you need help, showing you and your family the way.

Injury Law + Estate Planning + Elder Law + Real Estate & Association Law + Litigation + Probate

Paul's Legacy Lives On

It is with profound sadness that we share the passing of our beloved colleague and friend, Paul R. Cavonis—a devoted attorney, mentor, and integral part of the DeLoach, Hofstra & Cavonis, P.A. and Seminole Title Company family for over 30 years.

Paul passed away in late March 2025. While many of you may have already heard the news, we wanted to take a moment to honor his memory and reflect on his remarkable life and career.

We have been deeply moved by the outpouring of support from our community. On behalf of Paul's family and our firm, thank you for your kind messages, heartfelt cards, and thoughtful gestures. Your compassion has brought great comfort during this time of grief.

Paul was a formidable trial attorney whose preparation, tenacity, and unwavering commitment to justice earned him a stellar reputation in Injury Law. His courtroom excellence often meant cases never reached trial—because opposing counsel knew he was prepared to win.

But Paul was far more than a skilled litigator. He was a trusted mentor, a calm and steady leader, and a loyal friend. His integrity, humility, and care for others left an indelible mark on our firm and the people he served.



Outside the office, Paul found joy in motorsports. He loved high-performance cars, motorcycles, and the community he built through HelpForTheHurt Motorsports. Whether rebuilding engines or attending the 24 Hours of Le Mans, Paul relished the thrill of the track and the joy it brought to others—especially children.

Most of all, Paul was a devoted family man. He loved his family, and his legacy continues through them.

Firm founder Dennis R. DeLoach Jr. shared: "I watched Paul blossom into an excellent attorney, husband, father, grandfather, and businessman. He was my law partner, business associate, co-trustee, and trusted friend. Paul blessed so many clients with his sound advice, outstanding legal results, and common sense. I was proud to be associated with him all these years. He will be sorely missed."

Paul's legacy lives on—in his family, in the firm he helped shape, and in the hearts of all who knew him.

Making Space for Wellness & Healing

Since our founding in 1976 by Dennis R. DeLoach Jr., our firm has remained dedicated to both professional excellence and to fostering a culture of happiness, camaraderie, and well-being. While our formal wellness initiatives are more recent, the values behind them have always represented the heart of our workplace.

Mindful May

Each year, DeLoach, Hofstra & Cavonis, P.A. and Seminole Title Company proudly participate in *Mindful May*—a month-long commitment to promoting mental health, reducing stress, and encouraging mindfulness. This year, *Mindful May* was especially meaningful as we grieved the loss of our beloved colleague, Paul Cavonis. As part of our wellness response, we offered grief counseling and created space for healing. The experience reaffirmed the importance of caring for one another, especially in times of loss.

Here are a few of the ways we embraced wellness and healing over the past three months:



Wellness at Work: Lunch & Learn with Melissa Byers

We kicked off *Mindful May* with guest speaker Melissa Byers, Executive Director of the St. Petersburg Bar Association, for an inspiring and informative session on work-life balance and mental wellness. dhclaw.com/KickOff2025



Planting Joy: A Flowerpot Painting Experience

On Earth Day, team members took a mindful moment outdoors to paint flowerpots, blending creativity with connection to nature. Discover the benefits of creative expression and watch our highlight video: dhclaw.com/PlantingJoy



Whiskers at Work: Furry Friends for Mental Health

Our friends at SPCA Tampa Bay brought joy (and tail wags) to the office, reminding us of the powerful mental health benefits of the human-animal bond. dhclaw.com/WhiskersAtWork2025

Group Walk with Margaux



STC Closer Margaux Sbiroli led a post-lunchtime walk to promote movement, connection, and clarity during the workday.





Legal Beagles Coloring Contest

Creativity meets calm in our all-ages coloring contest featuring Bonnie Beagle, our firm mascot! Coloring is proven to reduce stress and anxiety—learn more, download your sheets, or stop by to view our coloring gallery: dhclaw.com/ColoringContest



Gratitude Wall

Our kitchen wall became a place to reflect on the small joys that make a big impact, fostering an attitude of gratitude among our team.



Daily Breathing Breaks

Throughout May, staff received gentle reminders to pause and breathe. They were provided “Breathing Break—Do Not Disturb” signs for those who want to keep this daily habit going.



Everyday Wellness Habits

To encourage sustainable, everyday mindfulness, we promoted simple habits throughout May:



Count Your Steps

Set a personal goal or join a friendly team challenge—every step counts!

Stay Hydrated

Staff members received reusable tumblers to keep at their desks as a reminder to sip throughout the day.



Take the Stairs

Skip the elevator for an energizing way to stay active during the workday.

No Email After 5 PM

We support healthy boundaries and encourage our team to fully disconnect after hours.



Forest Bathing & Grounding

Weather permitting, we encourage bringing a brown-bag lunch to reconnect with nature at one of the local parks near our office.

Midday Meditation & Chair Yoga with Tammy

Estate Planning & Elder Law Paralegal Tammy Dina guided us through sessions focused on mindfulness, breathwork, and gentle movement to ease tension and reset focus.



We've compiled videos, links, and inspiration from this year's events in one convenient place:

dhclaw.com/MindfulMay

Although *Mindful May* has come to a close, its purpose endures. We encourage our team to revisit these resources throughout the year and continue the conversation around mental health. We also invite our readers to explore these practices and discover what resonates with them. We're always looking to grow, so if you have ideas, feedback, or a wellness story to share, we'd love to hear from you. Let's keep the inspiration—and the dialogue—going all year long.



DeLoach, Hofstra & Cavonis, P.A.
8640 Seminole Boulevard
Seminole, Florida 33772

dhclaw.com
727-308-5441 | 888-397-5571



PROUDLY A **PET-FRIENDLY OFFICE**

Special MESSAGE

#DHCkoozie Photo Contest



With summer travel ramping up, it's time to submit your koozie pics to marketing@dhclaw.com. We'll post your photo on our Facebook page. Whoever gets the most "Likes" will win a \$50 Amazon gift card! Contest closes Labor Day Weekend.

Visit dhclaw.com/DHCkoozie to learn more. No koozie? No problem! Pick one up at our office!

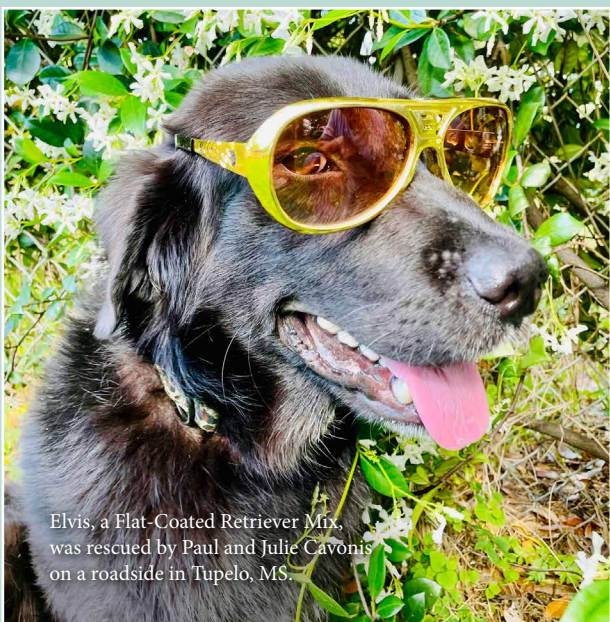
Cover masthead photo: Sunshine Mimosa, also called Powderpuff Mimosa (*Mimosa strigillosa*), is a low-growing Florida native plant that features eye-catching pink to purple pom-pom blooms.



A great alternative to turfgrass—it's drought-tolerant, low-maintenance, and handles foot traffic and mowing with ease.

To update your address preferences, add friends or family to our mailing list, or to be removed, please call Simone DeLoach at 727-308-5441 or email her at simone@dhclaw.com.

PAWS for the LAWS



Elvis, a Flat-Coated Retriever Mix, was rescued by Paul and Julie Cavonis on a roadside in Tupelo, MS.

Celebrating Our Eckerd College Interns



A heartfelt thank-you to Eckerd College seniors Julie and Kaitlin for their outstanding work and contributions to the Marketing Department. Julie brought creativity to our social media and market research efforts, while Kaitlin shared her talents behind the camera as a gifted videographer. Together, they played a key role in supporting several firm initiatives, including our Green Team sustainability efforts and *Mindful May* mental health and wellness programming. Their dedication and creativity have made a lasting impact, and we're so proud of all they've accomplished. Congratulations on your graduation, Kaitlin and Julie! We know you'll go far in whatever path you pursue. *Go Tritons!* To learn more about our internship program and watch a video on their experience, visit dhclaw.com/internships.



When you need help.

DeLoach Hofstra
+ Cavonis, PA
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Connect With Us!



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FREE WEBINARS



Your Guide to Florida Long-Term Care Medicaid

PRESENTED BY ATTORNEY REP DELOACH

- ▶ *Income and Asset Rules*
- ▶ *Healthcare Crisis Management*
- ▶ *Irrevocable Trust Planning*
- ▶ *VA Benefits*

Estate Planning Essentials

PRESENTED BY ATTORNEY MICHELLE LIANZO

- ▶ *Wills vs. Trusts*
- ▶ *Probate and Probate Avoidance*
- ▶ *Asset Protection Strategies*
- ▶ *Incapacity Planning*

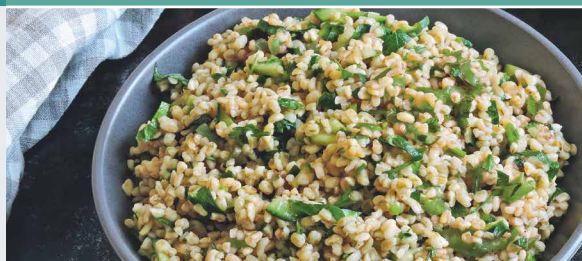
Estate and Pet Planning

PRESENTED BY ATTORNEY REP DELOACH

- ▶ *Pet Planning and Pet Trusts*
- ▶ *Incapacity Planning: Who Should You Name?*
- ▶ *Wills, Trusts, and Probate*
- ▶ *Charitable Gift Planning*

For questions or assistance, contact Ashleigh Fisichella at 727-308-5441 or ashleigh@dhclaw.com.

Our Favorite RECIPES



Chef Alan's Kale & Quinoa Salad with Mango Vinaigrette

This nutrient-rich salad combines whole grains, hearty greens, and a tangy mango vinaigrette for a refreshing and satisfying dish. (serves 6–8)

- ▶ ½ cup brown rice
- ▶ ½ cup white rice
- ▶ ½ cup black barley
- ▶ ½ cup red quinoa
- ▶ 1 cup fresh kale, finely minced
- ▶ 2–3 cloves garlic, minced
- ▶ Cracked black pepper to taste
- ▶ Himalayan pink sea salt to taste
- ▶ ¼–½ cup mango vinaigrette dressing (to taste)
- ▶ 1 tbsp robust virgin olive oil (for sautéing)

Cook brown rice, white rice, black barley, and red quinoa separately according to their package instructions. Each grain has its own cooking time and water ratio, so be sure not to combine them in this step. In a large skillet, heat the olive oil over medium heat. Add the minced kale and sauté until softened and slightly wilted, about 3–5 minutes. Stir in the minced garlic and cook for 1–2 more minutes until fragrant. Remove from heat. In a large mixing bowl, combine the warm cooked grains with the sautéed kale and garlic. Add cracked black pepper and a pinch of pink Himalayan sea salt to taste. Gently fold in mango vinaigrette dressing until lightly coated. Cover and refrigerate for at least 30 minutes. Before serving, toss again and add more dressing if desired for an extra burst of flavor and moisture. *Note:* No vinaigrette recipe included—feel free to use store-bought or search online for a simple version with mango, vinegar, oil, and lime.