

# FOULSTON

## TIMES ONLINE

April 17<sup>th</sup>, 2026



**Karl Hesse** April 20  
**Tony Rupp** April 26  
**April Lagnevall** April 26

### Staff Appreciation Week - 2026

Staff appreciation activities are scheduled for April 27<sup>th</sup> through May 1<sup>st</sup> this year!  
Please watch your email for invitations and announcements.

### Personnel

- **Jazmine Holder** has resigned her position to accept a paralegal role with another firm. Her last day will be April 24<sup>th</sup>. We wish her the very best in her new endeavor.
- **Ian Tennison's** last day was Wednesday, April 15<sup>th</sup>. We wish Ian the best in his future endeavors.
- **We are recruiting for the following positions:**
  - Legal Administrative Assistant in the Wichita Office
  - Litigation Paralegal in the Wichita Office

Please send all referrals to [Kimberly Lindenmuth](#).  
Find information about our employee referral incentives on the [Intranet](#).

# Wellness

## Financial Wellness with *My Milestones*

We recently hosted a Lunch & Learn on financial wellness, where our speaker, Stacy Knerschield from Commerce Bank, shared practical tips on budgeting, saving, and planning for the future. As part of that session, Stacy introduced us to My Milestones, a free online financial wellness tool available to everyone at Foulston.

### **What is My Milestones?**

My Milestones by Commerce Bank is a digital platform designed to help you set personal financial goals, create a plan to reach them, and track your progress over time. Whether you're working on building savings, paying down debt, or planning for a major life event, the tool provides step-by-step guidance and resources.

### **How do I access it?**

You can access My Milestones online through a secure website. <https://www.mymilestones.com/>  
This platform is free to all Foulston employees and partners.

### **How do I register?**

- Visit the My Milestones website
- Create a personal account using your email
- Enter Foulston Siefkin LLP in the “Select Affiliation Box”
- Set up your profile and begin selecting your financial goals

### **How do I use it?**

Once registered, you can:

- Create a budget and choose from common financial goals (like saving or reducing debt)
- Receive personalized action steps and recommendations
- Track progress towards your goals with easy-to-use tools and dashboards
- Access educational resources on a variety of financial topics (e.g. preparing for retirement, obtaining scholarships for college, etc.)

### **Your privacy matters:**

Your personal and financial information entered My Milestones is private. No person at Foulston will be able to view your information or receive any reports with consolidated information. This allows you to use the tool with confidence and focus on your personal financial goals.

# caribbean casserole

Prep time: 10 minutes

Cook time: 10 minutes

this tropical-inspired dish is gently spiced for a rich flavor

- 1 medium onion, chopped
- ½ green bell pepper, rinsed and diced
- 1 Tbsp canola oil
- 1 can (14½ oz) stewed tomatoes
- 1 can (15½ oz) low-sodium black beans (or beans of your choice), drained and rinsed
- 1 tsp dried oregano
- ½ tsp garlic powder
- 1½ C instant brown rice, uncooked

- 1 Sauté onion and green pepper in canola oil, in a large pan, until tender. Do not brown.
- 2 Add tomatoes and beans (including liquid from both), as well as oregano and garlic powder. Bring to a boil.
- 3 Stir in rice and cover. Reduce heat to simmer for 5 minutes. Remove from heat, and let stand for 5 minutes before serving.



#### yield:

10 servings

#### serving size:

1 C casserole

#### each serving provides:

calories	185	total fiber	7 g
total fat	1 g	protein	7 g
saturated fat	0 g	carbohydrates	37 g
cholesterol	0 mg	potassium	292 mg
sodium	297 mg		

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