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## Your 'Clean' Workout Routine

### Turn Household Chores Into Effective Exercise

Everyone knows how labor-intensive cleaning can be. A long day of scrubbing down your house is a great way to work your muscles and get your blood pumping, so crank up some tunes, grab a mop, and get ready to transform your cleaning routine into a great workout.

To get physical benefits from cleaning, you need to turn up the intensity of your methods. Exaggerate your motions, pick up your pace, and keep your abs tight and knees flexed. Nearly any chore can be turned into an exercise, but here are some ideas to get you started.

- **Vacuum:** Vacuum briskly nonstop for at least 20 minutes, switching arms as you go. For an added challenge, do lunges as you vacuum and remember to keep your toes pointed straight ahead and your knees bent at 90-degree angles.



- **Pick Up:** Instead of simply bending over to pick up toys or clothes, do a squat with every item you grab. Remember to use your legs, not your back. You can also do squats while unloading the dishwasher or with any other chore that involves repeated bending.

- **Wipe Down:** Whether you're wiping windows or scrubbing appliances, do big, exaggerated arm circles until your muscles start to burn and make sure you're switching arms as you go.

- **Cook:** It's not cleaning, but it's still a chore with useful downtime. While food is simmering or thawing in the microwave, do some pushups, situps, or planks to get your muscles moving.

You can implement dozens of exercises to turn mundane activities into beneficial workouts. Some chores will burn more calories than others, but every bit of activity helps. Now's the time to work your way to a cleaner house and a healthier you.



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## 'I Forgive You'

### Recognizing What We Can and Cannot Forgive

**W**hen we talk about forgiveness, we often have this idea of a truly selfless act, as if by forgiving someone, we have the power to forgive all the harm they have caused. This is a nice idea, but it is not what forgiveness truly is. Aug. 4 is International Forgiveness Day, and recently I have been reflecting on what it really means to forgive.

I have practiced law for more than 28 years. Over that time, I have encountered many cases where individuals had been deeply wronged by another person. I have worked with clients who suffered from life-altering injuries due to someone else's negligence, families devastated after a drunk driver killed their spouse or father, business disputes where an employee left and told lies about their former employer in order to steal their customers, cases of domestic abuse, and even clients whose loved one had been murdered. How can one possibly forgive someone for those things? For me, the answers can be found in religion and the law.

In both religion and the law, it's not about how you forgive but *why* you forgive. In Judaism, it is taught that a family can't forgive murderers because the family was not killed. They can only forgive the pain, anguish, and grief that the murderer has caused them. In other words, you have to compartmentalize your damage. Forgiveness is not about what happened to your parents or your child — forgiveness is about what happened to you. This is why justice often feels really cold for victims.

It's justice's job to assess what is owed. For example, the criminal justice system's job is to assess what is owed to

society, not to victims. It is up to us as individuals to clearly assess what we are owed. You can't forgive your father for beating your mother. You can only forgive him for how sad, alienated, and angry his actions made you feel. In a way, forgiveness is a selfish act, as we can only forgive the harm done to ourselves.

In personal injury cases, there is a special term for those who were not directly injured in the accident but nevertheless suffered damages. It is called "loss of consortium," and it often applies to spouses or minor children. For a spouse, these damages can include not being able to go to the movies or play tennis with their spouse. It can also involve needing to take on extra household chores and even the loss of sexual relations. For a child, the damages can mean not being able to play with their parents. Under loss of consortium, spouses or children cannot receive damages for the harm done to the victim, only for the harm they suffered personally.

Ultimately, forgiveness is about what happened to you specifically, not what happened to someone else. But what happens when you are the victim in the eyes of the law? Legally, you are entitled to compensation if you have been harmed by another person's actions, but what happens when compensation for an injury or a loss is not enough? For those who are seriously injured or wronged, money alone is almost never enough compensation. How do you forgive someone who has forever altered your life?

Forgiveness is truly about letting go for yourself. When you forgive someone, you are not erasing their crimes or actions. Rather, you are removing yourself from the ongoing narrative. When you say, "I forgive you," what you're really saying is, "I know what you did. It's not okay, but I recognize that you are more than that. I don't want to hold us captive to this thing anymore. I can heal myself, and I don't need anything from you."

After you say that, and you mean it, then it's just you. But to get free, you have to be super specific about what exactly it is you're forgiving. You cannot forgive something that didn't happen to you. Forgiveness can take time, and it is only right when waiting for what you're owed comes at too high a cost.

*"In both religion and the law, it's not about how you forgive but why you forgive."*

*-Marc L. Shapiro*





# Head Back to School Stress-Free

Turn Your Entryway Into a Command Center

“Has anyone seen my backpack?”

“Dad, did you sign my permission slip?”

“Mom, I can’t find my shoes!”

This is the household anthem heard on school mornings across the United States — a chaotic rush of tracking down shoes, throwing together lunches, and racing to the bus stop. What if there were a stress-free way to make sure everyone in your family had everything they needed to walk out the door each morning? Believe it or not, it’s possible! And it all starts with turning your home’s entryway into an organized command center.

## Get hooked on coat racks.

Building an entryway command center starts with coat racks. You should have enough hooks for every member of your family to hang their jackets, backpacks, and purses. It’s also good to have some extra hooks just in case. Get your family in the habit of hanging their belongings in the entryway rather than trailing them through the house.

## Create a clever shoe solution.

Keeping your shoes by the door ensures that on busy mornings, the left shoe isn’t in the bedroom while the right shoe somehow ended up in the playroom. However, shoes can quickly pile up into a mess of their own. If there’s space in your entryway, cubbies or labeled storage bins are a great solution to make sure each kid has a designated spot for their shoes. If you don’t have storage space by the door, a wall-mounted coat rack is a great workaround. Install the rack close to the floor and have your kids hang their shoes on the hooks when they come in.



## To your battle stations, everyone!

Make sure each member of your family has a designated spot to put their belongings in the command center, including you. Sure, you might not have homework to keep track of, but what about your keys? Your parent battle station can include a bowl for keys, a tray for new mail, and a calendar to help you monitor your weekly schedule at a glance.

Organizing your entryway won’t magically make school mornings stress-free unless you consistently utilize the system. Kids will need to build the habits of leaving their shoes by the door and returning their backpacks to the hooks after they do their homework. So stick to the plan, be patient, and take it one day at a time.



# When Can You Sue Your Financial Advisor for Malpractice?

When you hire a financial advisor, you are trusting that they will use their knowledge and experience to point you in the right direction. In investments, no outcome is guaranteed, but you should be confident that your advisor always provides you with sound, reasonable advice. Unfortunately, the volatile market created by the COVID-19 pandemic has proven that this is not always the case. Many investors lost a great deal in the market downturn because their financial advisors defied industry standards and caused large losses.

It’s not enough for advisors to be familiar with the products and investments they recommend. They must also be familiar enough with their clients so they can make reasonable recommendations that match their needs. Every person’s situation and financial goals are unique, so advisors should not be making

blanket recommendations for each client. That said, there are common sense “rules” of investing that advisors should stick to.

- **Balanced portfolios** — Advisors should be recommending clients spread out their investments across different areas, depending on their needs and goals. A balanced portfolio may have investments in the stock market, real estate properties, and fixed indexed annuities. If the stock market goes down dramatically, as we’ve seen recently, the rest of your portfolio should be able to weather the hit. If your advisor has recommended that all of your investments be put in one area, this could be considered negligence or malpractice on their part, as the risks of such a recommendation can rarely be justified.
- **Risk tolerance** — Age is a common factor in risk tolerance. Someone who is in retirement, or less than 10 years from retiring, has far less risk tolerance than someone in their 20s or 30s. While the loss associated with a market crash is always rough, a younger person will have a lot more time to build back what they lost. If an older person sustained that same level of loss, their retirement plans could be devastated. If an advisor is not recommending their older clients move from risky investments to safer options, then this could be a sign of negligence or malpractice.

If you are an investor who lost a great deal due to the “corona market” and believe your advisor led you astray, you **can** file a claim against your advisor. Call (239) 649-8050 now. We can help you differentiate what is a normal loss and what is negligent advice from a financial expert. If negligence is to blame, we can help you to file a claim to receive compensation for your losses.

# Peach and Arugula Pasta Salad

*Nothing says summer like a pasta salad filled with your favorite fresh fruits and vegetables, and this combination is the perfect way to cap off a warm summer day!*

## Ingredients

- 8 oz penne or fusilli pasta
- 1/2 medium red onion, thinly sliced
- 2 tbsp olive oil
- 1 pint heirloom cherry tomatoes, halved
- 1/4 tsp red pepper flakes
- 1 cup corn
- 1/2 tsp sea salt
- 6 cups arugula, packed
- Pepper, to taste
- 2 tbsp lemon juice
- 3/4 cup crumbled feta cheese
- 2 large fresh peaches, diced or sliced

Inspired by [AmbitiousKitchen.com](#)



## Directions

1. In a large pot of boiling water, cook pasta for approximately 9 minutes or until al dente. Drain pasta and place in a separate bowl.
2. In a small bowl, whisk together olive oil, red pepper flakes, salt, pepper, and lemon juice. Drizzle the dressing over the pasta and toss with the feta cheese.
3. Add peaches, red onions, tomatoes, corn, and arugula to the pasta mixture. Lightly toss to mix well. Add more olive oil, lemon juice, salt, and pepper to taste.

# ‘Marc L. Shapiro Gave Me Everything I Needed’

What Are Our Clients Saying?

“Marc has handled several legal matters on our behalf. He and his staff have always been professional and quick to respond.”

—Andre Proulx



“Personally, I had a wonderful experience with the lawyers at The Law Offices of Marc L. Shapiro. Not only did they meet my expectations, but they also went above and beyond. My lawyer was very knowledgeable throughout the process and always kept me informed. I had a very difficult case after I was involved in a terrible car accident. They made sure that I received the best medical treatment possible. The process was fast, and they took care of everything in less than a year. I was very satisfied with the results, and I would recommend them in the blink of an eye. If you are looking for a fantastic attorney for your case, look no further. Marc L. Shapiro gave me everything I needed. I am very, very satisfied with their services, and I greatly appreciate their help.”

—Neida Jean



## How Are We Doing?

Feedback from our clients lets us know how we’re doing. Please tell us about your experiences by leaving a review on Google or on our Facebook page at [Facebook.com/AttorneyShapiroLaw](#). Your support empowers us in our mission to help as many people as possible.

# Word Search

C T H U N D E R S T O R M T  
S A E L O V S C H E L M A P  
W F M P R A E M J O Q O Z E  
I A R P O I R O K N U H K S  
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C W J C R N G Y K U O E V A  
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CAMPING  
FAIR  
FRIENDSHIP  
FIREPIT  
PERIDOT  
POPPY  
RAFTING  
SCHOOL  
SUNDAE  
THUNDERSTORM  
VIRGO  
WATERMELON