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# Relax a Little

February is the month when many of us give up on New Year's resolutions. We lose motivation, or life simply gets in the way. If you find yourself sitting on the couch more than you did in January, when you may have been actively pursuing your fitness goals, consider this permission to sit a little while longer: Rest days are good for you! Here's why.



Your body *needs* to move. Exercise has many benefits, but from a survival standpoint, exercise and movement help your body perform daily functions with ease. But that's not when your body gets stronger. It's actually on the days you choose to rest that your muscles and joints improve as a result of your exercise.

Exercising creates tiny tears in your muscles. (Maybe that's why it burns so much!) In the regeneration process — aka your rest days — the muscle is built back stronger than it was before. That's why incorporating rest days into your workouts ensures you can climb up from 5 to 10 to 15 pounds for dumbbell curls or run more miles in a faster time than last week!

Beyond the improvement and fitness goals you have, rest days can also be essential to preventing injuries. Your body won't become overworked, and your muscles get the necessary respite

## Why Rest Days Are Good for You!

they need. Fatigue won't set in as quickly, and you will find that you can do more as you properly incorporate rest days into your schedule.

Fitting rest days into your daily routine is easier than you may think, but it sadly doesn't involve sitting on the couch for too long. You should always find a way to move at least once each day. If you want to try running, start out by running three days each week. On your "off" days, incorporate some yoga, go for a leisurely walk, or focus on your arms and shoulders. This gives your legs and core a break from running while you still get the benefits of movement. (Plus, on the days you run, you will get a break from yoga or weightlifting!)

It's okay if you haven't met your resolution goals just yet, but don't give up! Find a way to add more rest into your routine, and you just might be more invigorated than ever before.



# The Law Offices of Marc L. Shapiro, P.A.

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## We're All Going to Fall Getting Back Up Is What Matters

Are you familiar with the popular Japanese proverb, "Fall down seven times, get up eight"? What about the holiday National Get Up Day? I'm willing to bet you know the former better than the latter, but the two are closely related.

National Get Up Day was founded by U.S. Figure Skating as a way to celebrate one of the most important skills for figure skaters: getting up after a fall on the ice. But the organization had more in mind than just encouraging wobbly skaters. They wanted to use the holiday as a way to celebrate stories of perseverance.

*"Those who haven't gone through great struggles in their life may panic when difficulties arise, but I have a sense of peace because even if I lose everything, I remember that I have been in that position before and that things turned out okay."*

One person who's taught me a tremendous amount about persistence in my life is my son. I've talked about him a bit in the newsletter before, and you may recall that he has autism and lives with other disabilities as well. When my son was born, my wife and I searched for medical answers and specialists to treat him. Much of this wasn't covered by health insurance, but seeing him struggle broke our hearts, so we made huge financial sacrifices in hopes of helping him. There's literally nothing we wouldn't do for him.

We felt and continue to feel so much joy from our son, but by the end of the first few years of his life, we also felt like we'd been knocked down over and over again emotionally and financially. As I learned more about my son, I also learned that I'd have to adjust the vision of fatherhood I had before he was born. I had imagined taking him to Little League and soccer games and teaching him to golf with me, but those things just won't be possible for him.

As difficult as those initial years were — and as difficult as some days can be still! — we eventually settled into a rhythm as a family, rebuilt our savings, and learned to appreciate some of the simple joys that my son loves (car rides chief among them). My son has persevered through many medical treatments, and my wife and I have been at his side supporting him and learning from him.

Some of the greatest lessons of my life have come from these struggles. It taught me that even if the worst-case scenario happens, I can bounce back from it. Those who haven't gone through great struggles in their life may panic when difficulties arise, but I have a sense of peace because even if I lose everything, I remember that I have been in that position before and that things turned out okay.

This was particularly useful when the pandemic hit. I didn't panic. Things were uncertain for a time but I tried to keep a level head and stay committed to my staff, clients, and business. In addition to keeping everyone employed full time, we even found some unexpected opportunities because of the pandemic. I was able to acquire



some top-level talent to help grow my firm. This means *The Law Offices of Marc L. Shapiro, P.A.* will be able to help even more people this year. That wouldn't have happened if I hadn't learned to keep my composure and to trust that things would turn out — lessons my son taught me.

He has also helped me find my purpose — as a father, yes, but also as an attorney. I'd been in the same place professionally for well over a decade before my son was born. Dealing with the hardships of his disabilities has helped me better understand my clients. I understand the pain they are going through, how they may be struggling financially as a result of their injuries, and that they need help.

I'm proud that I'm able to provide that support to my clients, and I've committed myself and the firm to help as many people as deeply as we can. Sometimes I reflect on how many people I *wouldn't* have helped if I hadn't had my son who changed my life and helped me find my meaning. Even though I'd never imagined this version of fatherhood, family, or work, I'm so grateful for it.

If you fall down 100 times, it's just 100 lessons to be learned. Don't get discouraged. Just get up and try again.



*Marc L. Shapiro*



# 4 Life Skills You Can Teach Your Kids This Valentine's Day

Nothing says “I love you” more than equipping your children with important knowledge they’ll need for the rest of their adult lives. Even if they groan about it now, they’ll be grateful for the know-how when they’re on their own in the future.

Keep in mind that your home classroom doesn’t have to mimic a school classroom. Research from the University of Utah shows that kids learn best through hands-on activities and play. Have fun while teaching these life skills, and you’ll earn thank-yous for decades to come.

## Clean the House

Were you ever surprised by how often you have to clean your kitchen? Your child may be too. Although your 10-year-old won’t have to worry about cleaning the stove today, they will need to know how when they move out, so find ways to incentivize cleaning and make it more fun. You can have your kids collect “chore points” that add up to a prize, like an extra hour of playing video games!

## Develop Cooking Skills

You may be hesitant to have a little chef in the house, but if you’re teaching them how to clean up and stay safe while making some easy dishes, there’s no reason to worry! Even if you’re not a great cook yourself, it’s fun to prepare simple recipes as a family. Plus, your kids will get used to the idea of cooking for themselves, which is both healthy and cost-effective.

## Learn to Garden

What’s a better way to get outdoors with your child than to garden together? From using tools like shovels and rakes to nurturing another living organism, gardening provides plenty of rich life lessons, such as patience.

## Understand Household Maintenance

Whether they’re learning how to use an electric breaker, unclog a drain, or clean out the washer or dryer, your kids can get started learning household maintenance skills with just a little guidance. Who knows, maybe they will be their dorm’s future superhero!

There are many lessons you can teach your child at any age, so don’t limit yourself! Be creative with the lessons you pass on, and there’s a chance they’ll never forget them!

Wearing a seat belt is required by Florida state law. In fact, this simple technology is one of any vehicle’s best safety features. Buckling up can help you avoid sustaining severe injuries by ensuring you’re not completely ejected or thrown against other parts of the vehicle during an accident. However, like all safety features, it won’t work unless you use it.

Much of this is common sense, but what you may not know is that wearing a seat belt is one of the best ways to ensure you do not jeopardize your personal injury case if you’re involved in an accident.

## Can I still file a personal injury claim if I wasn’t wearing a seat belt?

The short answer is yes. However, this is likely to impact how the court perceives negligence, or who is to blame, in the accident. Florida state law requires you to prove that the other party’s negligence led to the accident, and if you weren’t wearing a seat belt at the time of the accident, the court may determine that you share the blame with the defendant. This can result in a lower settlement amount than you would have received if you did not share the blame.

# How Buckling Up (or Not) Affects Your Case

## Not wearing a seat belt didn’t cause my accident, so why does the court consider this factor?

The court will be looking at what injuries you sustained as a result of the accident as well as determining who is at fault. If the court determines that your failure to buckle up contributed to or increased the severity of your injuries, they can choose to decrease your compensation amount.

## Can an attorney still help me?

Absolutely! The experienced attorneys at *The Law Offices of Marc L. Shapiro, P.A.* can help you and your family receive the compensation you deserve. While the defense will try to prove that your injuries were a result of your failure to buckle up, we will bring in medical experts to prove that your injuries would have occurred whether or not you were wearing a seat belt. If you find yourself in this situation, our experienced attorneys can help. Call us at (239) 649-8050.

Find more information on this and other personal injury topics on our blog at [AttorneyShapiro.com/blog](https://AttorneyShapiro.com/blog).

# Butter and Herb Baked Oysters



Inspired by [TheSpruceEats.com](https://TheSpruceEats.com)

## Ingredients

- Rock salt or uncooked rice (to coat your baking sheet)
- 1 dozen fresh oysters, scrubbed and shucked
- 1 stick butter, softened and divided into 8 tbsp
- 3/4 cup panko breadcrumbs
- 2 tbsp fresh chives, chopped
- 1 tbsp lemon juice
- 1 tsp lemon zest
- Lemon wedges and chopped parsley for garnish

## Directions

1. Preheat oven to 425 F.
2. On a rimmed baking sheet, spread out a layer of rock salt or uncooked rice.
3. Arrange oysters on the baking sheet, meat side up.
4. In a skillet over medium heat, melt half of the butter. Add breadcrumbs and sauté until brown.
5. In a small bowl, combine remaining butter, chives, lemon juice, and zest.
6. Top each oyster with a teaspoon of chive mixture and a sprinkle of sautéed breadcrumbs.
7. Bake for 8–10 minutes and serve garnished with lemon wedges and chopped parsley.

# Making the Process Easier

## A SATISFIED CLIENT SHARES HIS STORY

“Not all cases are the same and certainly not all lawyers are either, which is why my family was so fortunate to have found attorney Randall Austin at *The Law Offices of Marc L. Shapiro, P.A.* Last year, my mother had a bad fall and broke her hip, which led us to hold the establishment where it happened responsible. With the rest of the family spread out all over the country, Randall and his team took the time, energy, and patience to include everyone and explain every step of the journey, and ultimately, we prevailed with a settlement that made everyone happy. Randall kept our expectations in check and was always available to answer any questions we had. And all of this was done during COVID-19 — no easy feat. It was a process, no doubt, but a process made easier by Randall and his team.”

—Marc S.



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