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## How to Live to 99

### BETTY WHITE'S SECRETS OF LONGEVITY



Beloved "Golden Girls" actress Betty White is still enjoying her golden years. The famed actress celebrated her 99th birthday this January. While she told People magazine that she's "blessed with good health, so turning 99 is no different than turning 98," she also had a few tips for folks looking to make it to their centennial birthday.

#### Keep Laughing

"Don't take yourself too seriously," White says. "You can lie to others — not that I would — but you cannot lie to yourself." White has undoubtedly provided many laughs to viewers over the years, but she's not just playing it up for the camera. Laughter is part of what keeps her young.

#### Be Optimistic

White says a good sense of humor also helps her keep a good attitude and look for the positive rather than "dwelling on the downside." Avoiding negativity also gives her energy. "It takes up too much energy being negative," she told People magazine.

#### Stay Busy

With nearly eight decades of acting under her belt, six Emmys on her shelf, and over 120 screen credits to her name, White is no stranger to hard

work. As she told Parade in 2018, "I just love to work, so I'll keep working until they stop asking."

#### Exercise Your Mind

In addition to her busy work schedule, what keeps Betty White sharp? Crossword puzzles! She told Katie Couric in an interview, "I'm addicted. An admitted addict. I just can't put 'em down."

#### Find a Cause

White is a lifelong animal lover. She calls her golden retriever, Pontiac, "the star of the house." While pet ownership itself comes with proven health benefits, White has channeled her love for animals in bigger causes. She's been a trustee and board member of the Greater Los Angeles Zoo Association for over 40 years and has done work to help protect endangered species in the wild. Funds raised from White's official fan club, Bet's Pets, all go to support animal charities.

#### Embrace Your Vices

White told Parade she loves vodka and hot dogs "probably in that order," which just goes to show that you don't have to forgo your treats to live to 99.



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

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720 Goodlette Rd. N, Suite 304, Naples, FL 34102 • www.AttorneyShapiro.com

## Let's Ride

### Marc's Experience With Road Biking



May is National Bike Month and National Physical Fitness and Sports Month. Whoever is creating these holidays seems to want to make sure people get moving in May! I have an interesting relationship to exercise — many of you can probably relate. I don't enjoy exercising just for the sake of it. I'm not the kind of guy who can get on a treadmill and run for half an hour. What I do like are activities with an element of competition, ones that are more than just a means to an end. That's why I've gotten really into cycling and doing group rides with other Naples cyclists in the last year.

I have some friends in the local cycling community, and that's what got me interested initially. They encouraged me to get a good road bike and come on a group ride. Luckily, I bought my road bike before the pandemic set in. It's a Pinarello, a light carbon-fiber Italian bike that's built for racing, and it's fun to ride. I rode around the neighborhood to get used to it before I went on an "easy" group ride.

Let me tell you: It wasn't easy! I was struggling to keep up. My neighborhood rides weren't enough to get in the kind of shape I needed to be in to keep up with the group. If I wasn't falling behind, I was struggling to keep the right pace and not brake in a way that threw the other riders off. There's a certain etiquette to riding with a group, and that was a steep learning curve for me.

After that first ride, I began to think maybe this wasn't the sport for me after all. But a guy in the group who was a great rider told me to stick with it. The key, he said, is to keep showing up. He had struggled at first too, but through consistent practice and persistence, he'd gotten into better shape, learned the etiquette of riding, and came to really enjoy the community and the exercise.

Partly because of this advice, and partly because of my own competitive nature, I kept showing up. I'm still a novice, but I've improved a lot since I began. More than that, getting out for a ride gets my competitive juices flowing and helps me to exercise without feeling like I'm exercising. I can focus on keeping pace or training for a race. I'm not thinking about losing weight or getting in better shape, but both of those things

happen as a result of riding and training.

Perhaps because this has all transpired during the last year, I've also noticed that cycling has many lessons that can be applied to life. For one thing, riding with others has its benefits. Similarly, riding out a pandemic is easier to do if you're not alone. Cycling in a group creates a draft, which allows riders in the pack to pedal faster and up to 30% more efficiently. If you ride alone, you lose that efficiency and the task becomes harder. The same is true for dealing with difficult times. It's easy to do when there are others alongside you to share in both the burden and the experience.

One other lesson I've learned is one I already mentioned: Be consistent and persistent. We all have to find some tenacity to keep pushing through the difficult days. I can kind of trick my mind into doing what might otherwise feel like a tedious task by focusing on other aspects of it, like sticking to a training schedule or making sure I show up for those who are expecting me. That's a useful trick outside the cycling world too. Sometimes, I just have to focus on the next ride and nothing else. Some days in life are like that too.

If you haven't been on two wheels in a while, let National Bike Month be the reason you air up those tires and take your bike for a spin. Whether you're pedaling solo, racing with other cyclists, or enjoying a slow ride with the family, biking is a great way to get moving.

*Marc L. Shapiro*





## Get Fit With Your Family

### 5 EASY WAYS TO GET EVERYONE MOVING

May is National Physical Fitness and Sports Month. As a parent, you probably know exercise is important for your children's physical development. It helps build healthy bones, muscles, and joints and reduces the risk of developing diabetes and other diseases later in life.

But did you know that physical activity also has many mental and behavioral health benefits? It's been shown to improve children's cognitive skills and concentration, boost their self-esteem, and reduce symptoms of stress, anxiety, and depression.

One of the best ways to encourage healthy behaviors in your children is by modeling them yourself. Studies have found that more than 80% of adolescents and adults are not getting enough aerobic activity, showing that children often follow in their parents' footsteps and that exercising together can benefit everyone.

You may be thinking it's hard enough just to get yourself to the gym, but Stephen Virgilio, author of "Active Start for Healthy Kids," encourages parents not to limit themselves to traditional forms of exercise. Instead, think of exercise more broadly as "leading an active lifestyle." And remember that exercise can be fun and a great way to get in more family time.

Here are five easy ways to incorporate more movement into your family's day.

- 1. Create a walking ritual.** Start walking around the neighborhood before or after dinner each night. Aim for a 20-minute stroll.
- 2. Have a dance party.** Clear some space in the living room, make a playlist with everyone's favorite tunes, and boogie down for as long as you have the energy.
- 3. Turn chores into games.** Dirt has invaded from outer space and must be eliminated. Set the scene with your kids, grab your tools, and get to work removing the enemy while having fun.
- 4. Incorporate simple exercises into screen time.** Start by making up fun names for exercises like situps or jumping jacks. Then, challenge each other to see who can do the most during your favorite show's commercial breaks.
- 5. Get fit in the great outdoors.** Cleaning up the yard, planting and maintaining a garden, or just running around outside are all great ways to get in more movement.

## WRONGFUL DEATH CLAIMS

### What They Are and Who Can File Them

Experiencing the death of a loved one is always difficult. In addition to grieving, you may find yourself responsible for dealing with your loved one's estate or involved with the logistics of a funeral. And when a loved one passes tragically due to someone else's negligence, you may also find yourself confused about who is responsible for filing a claim on the deceased's behalf.

#### What is wrongful death?

Florida law defines wrongful death as a type of death caused by another person's negligence. It occurs when someone breaches their duty of care, such as a doctor in the case of medical malpractice or an at-fault driver in the case of a motor vehicle accident. A wrongful death may also occur after an animal attack, a construction incident, or the use of a defective product.

#### Who can file a wrongful death claim?

This can be a point of confusion for many. In Florida, only the personal representative of the decedent's estate may file a wrongful death claim. If the decedent had a will, a personal representative will be named in

the document. If they did not, a Florida court will appoint one. This is in contrast to other state laws that permit any dependent family member of a deceased individual to file a wrongful death suit.



#### Who can recover damages in a wrongful death claim?

While the decedent's personal representative is charged with filing a wrongful death claim to get justice and compensation on the deceased's behalf, several family members may be entitled to recover damages for pain and suffering, lost income, and funeral and medical expenses in such claims. The representative filing the claim will list all surviving family members who have an interest in the case, including a spouse, children, parents, and any other partially or wholly dependent adoptive or blood relatives. Under Florida law, minor children are defined as any child under the age of 25 in matters of wrongful death claims.

If your family has experienced a tragic wrongful death, the attorneys at *The Law Offices of Marc L. Shapiro, P.A.* can help you file a claim and obtain fair compensation. Call us at (239) 649-8050 or visit our blog at [AttorneyShapiro.com/blog](https://AttorneyShapiro.com/blog) to learn how we can help.

## Shaved Asparagus Salad



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

*Tangy citrus and salty Parmesan cheese complement earthy, fresh asparagus, a favorite spring vegetable with a short growing season.*

#### Ingredients

- 1 lb asparagus spears
- 1/2 tsp kosher salt
- 1 tbsp lemon juice
- 1/8 tsp red pepper flakes
- 1 tsp Dijon mustard
- Freshly ground black pepper, to taste
- 3 tbsp extra-virgin olive oil
- 3/4 cup Parmesan cheese, grated

#### Directions

1. With a vegetable peeler, shave each asparagus spear from tip to base. This is easiest to do if the asparagus is on a flat surface.
2. Place shaved asparagus in a bowl and blot off excess moisture with a paper towel.
3. In a separate bowl, make a vinaigrette by whisking together lemon juice, Dijon mustard, and olive oil.
4. Pour vinaigrette over shaved asparagus and add Parmesan cheese, salt, red pepper flakes, and black pepper. Toss to combine. Taste and adjust seasonings.

## AMAZING EXPERIENCE' Hear From a Satisfied Client

"I've worked with several attorneys, including Marc Shapiro and Laurie Anton, over the years. They are a rare breed of attorneys who genuinely care about their clients and go the extra mile. I never feel rushed or 'on the clock' with them. Their billing is fair, and they're not the type of law firm to burn through expensive retainers, which is common, or bill for every little thing.

Most recently, I worked with Laurie Anton for the second time. (She helped negotiate a potentially multimillion-dollar partnership agreement for us in the past). This time, it was for a relatively small matter, but we were able to win a \$3,000 settlement with a customer who owed us \$5,000.

I've been very happy with my dealings with them, so I'm also letting them handle my asset protection/estate planning as well as a new business matter I just sent them today because I trust them.

Highly recommend!"

-Brett F.



#### 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](https://Facebook.com/AttorneyShapiroLaw). Your support empowers us in our mission to help as many people as possible.*

## Word Search

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BLOOM  
CINCO  
COMIC  
DERBY  
EMERALD  
GEMINI  
GRADUATION  
LILY  
MEMORIAL  
MOTHER  
PARANORMAL  
VETERANS