



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

November 2021

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Do Unto Others

How One Veteran Feeds Our Community

November kicks off a season of gratitude. On Nov. 11, we commemorate Veterans Day and thank our nation's service members for the sacrifices they've made to keep us safe. That day is closely followed by Thanksgiving, which is a time to express gratitude for what we have and help those who happen to have less.

Reflecting on these two important holidays, I couldn't help but think of my good friend Tony Mansolillo. Tony is a disabled veteran I've known for a very long time. Last year, he realized that many of our neighbors in Naples were going without food, and he decided to do something about it.

His journey started small. Tony loves to cook and passed time during the early days of the pandemic by trading recipes online. He was chatting on Nextdoor when a neighbor commented that she could no longer cook for herself. "She told me she's in a wheelchair, and she can't reach the stove," he remembers, "and she said she only eats cereal. I thought that was awful, so I said I'd bring her something."

The neighbor enjoyed the food, and a few hours later, Tony got a call from her friend. She hoped that Tony might bring her a meal, too. A few days later, word had spread, and a 92-year-old World War II veteran called him and lamented, "I did everything for this country, but I can't get a meal." Tony made that meal happen, along with many others in the following weeks.

His organization Feed Thy Neighbor now serves about 400 people a day, five days a week. "It got really bad for people out there when COVID-19 hit," Tony says. "I thought it was a good thing to feed them, and so I did."

Many people think we don't have a hunger problem in Naples, but Tony tells me they're sadly mistaken — to find people in need, he says, you just need to know where to look. The people Feed Thy Neighbor serves come from all walks of life.

Some of the people he feeds are homeless veterans who suffer from PTSD. He also serves seniors who can't cook for themselves and people whose homes don't have electricity. Many are people who lost their jobs during the pandemic and are struggling to support their children. Whatever their circumstances, Tony will bring them a hot meal, free of judgment.



Tony uses his own recipes and still cooks out of his home kitchen, though he plans to move to a commercial space soon. From there, Tony hopes he can help even more people.

As for the food, Tony notes, "People don't get a ham sandwich." When I talked to him, he told me the day's menu was "Hispanic-style roasted chicken over saffron rice and peas, with vegetables and dessert." He adds, "We'll do meatballs and pasta, which people love, and every day, we do a fresh homemade soup." He's also extended his services beyond just food, often bringing toiletries and personal care items to people in need.

I think Tony's story is incredibly inspiring, and if you agree, there are ways you can help. Visit FeedThyNeighbor.us to learn more about the organization and how you can get involved. The organization always needs donations for food and

transportation as well as volunteers to help prepare and deliver meals. On Thanksgiving, Feed Thy Neighbor will serve about 400 meals, just like they do every day.

Tony's motto is "God don't make junk," and no matter what their circumstances, he treats every single person he meets with the same level of respect. I think we can all learn something from his incredible work and outlook on life — not just on Thanksgiving, but every day of the year.

Marc L. Shapiro



Have a Low-Stress Holiday

3 TIPS FOR A MERRIER TIME

The holidays are right around the corner, and while many people can't wait to eat turkey and swap presents, others only see stress on the horizon. Especially for those hosting parties, between decorations, big dinners, excited kids, and visiting family, it can all feel overwhelming. If celebrations are happening at your house this year, here are three tips to lessen the strain and keep up the holiday cheer.

RECHARGE FIRST

Ensure you're rested and recharged before the holidays by taking time to relax, getting enough sleep, and engaging in activities that make you feel good. When you're rushing to get everything done, it can be tempting to skip self-care routines, but that will cost you in the long run. Your daily exercise and other health activities keep you balanced and ready to face challenges head-on.

GET STARTED EARLY

Holidays always arrive faster than we expect, so begin preparing early. If shopping for presents is a pain point, don't wait until the last minute. Decorate earlier than you need to — or better yet, get the kids to do it for you. There's only so much cooking you can do ahead of time, but ensuring you have all of the equipment and nonperishable ingredients you need a few weeks in advance will reduce both your workload and anxiety.

DON'T EXPECT PERFECTION

The sooner you let go of the idea of a "perfect" holiday, the sooner you'll be able to have a happy one. Face it: Something will go wrong. Whether it's an overcooked dish, a child throwing a temper tantrum, or your uncle talking politics at the dinner table, nothing will ever go just how you planned. So, embrace the imperfections.

Whether you're celebrating this year with a group of two or 20, holidays can be a stressful time — but they don't have to be. With these tips, your festivities may not be picture-perfect, but they will be a lot of fun.



3 MISTAKES MEDICAL MALPRACTICE

How to Avoid Them

When a health care professional is negligent, the effects on their patient can be devastating. In fact, it's estimated that medical malpractice causes around 250,000 deaths each year in the U.S. Those who do survive medical negligence can face chronic pain or permanent disability.

When pursuing their cases, victims often make mistakes that hamper or destroy their chances at receiving the compensation they're owed. While we hope you never become the victim of medical malpractice, you should know what actions to take if you do. Here are the top three errors to avoid.

NOT HIRING AN ATTORNEY IMMEDIATELY

We probably seem biased, but hiring an experienced medical malpractice attorney as soon as possible is one of the best things you can do to help your claim. Evidence can disappear quickly, so you need an attorney who knows how to find it. If you wait too long to hire an attorney — or hire an attorney who does not have experience in medical malpractice — you risk your case evaporating right in front of you.

FAILING TO OBTAIN MEDICAL RECORDS

Medical professionals and institutions want to avoid being held liable for malpractice. So, while it's unfortunate, it's not unheard of for medical records to be tampered with in the event of a lawsuit. That's why it's important to obtain your medical records immediately after you first learn

Baked Cornbread and Chorizo Stuffing

Spicy, savory, and sweet, this unique stuffing will level up your Thanksgiving table.



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malpractice might be involved. This will prevent alterations in your records that could later cost you the compensation you deserve.

SUING THE WRONG PARTIES

Health care systems in the U.S. are extremely complicated, and you may have seen many medical providers throughout the course of your treatment. So, it can be difficult to determine which one is at fault. If you sue the wrong party, statutes of limitations can run out before you discover your error, effectively barring you from receiving compensation. An experienced attorney will review the evidence and determine the correct parties to file a claim against.

If you or someone you love has been the victim of medical malpractice, contact the *Law Offices of Marc L. Shapiro* today for help. The sooner a qualified attorney can review your case, the better your outcome will be.

Ingredients

- 1 lb Mexican chorizo
- 1 white onion, chopped
- 1 carrot, chopped
- 1 celery rib, chopped
- 3 garlic cloves, chopped
- 2 cups premade cornbread, crumbled
- 1/4 cup cilantro, chopped
- 1/2 cup chicken stock
- 1 tbsp unsalted butter, for greasing
- Cilantro, for garnish
- Cotija cheese, for garnish

Directions

1. Preheat your oven to 350 F.
2. In a large skillet over medium heat, cook the chorizo for 5 minutes. Add the onion, carrot, celery, and garlic. Cook for 10 additional minutes. Stir in the cornbread and cilantro.
3. While stirring, slowly add the chicken stock. Stir until absorbed.
4. Butter a small casserole dish, then add the stuffing in an even layer. Bake for 20 minutes, garnish as desired, and serve!

WHAT OUR CLIENTS ARE SAYING

Remarkable Dedication and Professionalism

“What a great experience it was to have Randall Austin as my attorney! His professionalism and dedication to my case were quite remarkable. His negotiating skills were outstanding, and he always kept me well informed. I am extremely grateful for the outcome, and I would highly recommend Randall to anyone needing an attorney.”

-Cindy E.



How Are We Doing?

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Word Search

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CIDER
 CORNUCOPIA
 FEAST
 GALES
 GATHERING
 PIES
 PILGRIMS
 SCORPIO
 STUFFING
 THANKFUL
 TRADITION
 VETERANS

Inside ⇐⇒

How One Veteran Keeps Naples Fed
Page 1

Lowering Holiday Stress

Medical Malpractice Victim? Avoid
These Mistakes.

Baked Cornbread and Chorizo Stuffing
Page 2

What Our Clients Are Saying
Page 3

Do Customizable Vitamins Work?
Page 4



Can Vitamins Be Customized?



Everyone knows it's important to get their vitamins. But do people need the same amount of certain vitamins, or does it vary? Some researchers say it varies, so vitamin supplement companies, like monthly vitamin subscription service Care/of, customize their pill offers based on your personal health and/or goals.

But do these services actually work? Since supplements aren't regulated by the Food and Drug Administration, how do we know whether their packages contain the vitamins and minerals promised?

VITAMINS MAY NOT HELP AS MUCH AS YOU THINK.

Johns Hopkins researchers found that for many illnesses (especially heart-related), taking supplements didn't make a big difference. One study involving 450,000 people found that multivitamins did not reduce risk for heart disease or cancer. Another study tracking the mental functioning and multivitamin use of 5,947 men for 12 years found that multivitamins didn't reduce risk for mental decline such as memory loss or slowed-down thinking, either.

The only exception? Young women. Larry Appel, M.D., director of Johns Hopkins Welch Center for Prevention, Epidemiology and Clinical Research, says that supplemental folic acid for women of reproductive age may be helpful. "Folic acid prevents neural tube defects in babies when women take it before and during early pregnancy. That's why multivitamins are recommended for young women." The Centers for Disease Control and Prevention recommends women of reproductive age to intake 400 micrograms of folic acid daily, and the amount of iron in a multivitamin may be also beneficial.

BUT CAN CUSTOMIZED VITAMINS MAKE A DIFFERENCE?

If you're a young woman, or you have a doctor's orders to get a multivitamin for certain conditions or treatments, the bad news is that right now, hardly any customizable vitamins have a third-party certification for quality and accuracy. If the vitamin or brand doesn't have ConsumerLab.com, NSF International, or U.S. Pharmacopeia certification, you simply can't know what you're getting.

So, the best multivitamin is the one designed for your age group with third-party certification. Even if it's a \$10 bottle from Target, it's likely more effective than what's trending online.