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SOAK UP THE SUNSHINE VITAMIN



With spring on the horizon, we all will be able to get outdoors a little more and soak up some sun — and extra vitamin D! Bring on the picnics, pool days, hiking, sports activities, and leisurely walks through the park!

Let's take a look at the many benefits this vitamin provides for our bodies.

Health Benefits of Vitamin D

It boosts your immune system.

Vitamin D helps your body fight off sickness. In fact, it's been proven that deficiencies in vitamin D are connected to an increased possibility of developing infections and autoimmune diseases such as the flu, heart disease, and diabetes.

It counters osteoporosis.

Osteoporosis, a loss in bone mass, is common as we get older. However, vitamin D is one of the key players in helping to slow down bone loss and prevent or treat osteoporosis so we can maintain a healthy skeletal system.

It reduces the risks of depression.

Studies have shown that those who are deficient in vitamin D become more prone to mood disorders and depression. To ensure that you support your mental health, step outside and get some happy, feel-good rays!

It's possibly linked to weight loss.

While it's not fully proven that vitamin D helps with weight loss, many studies have found links between vitamin D supplements and shedding a few pounds. In one study, one group of people taking vitamin D and calcium supplements lost more weight than another group taking placebos.

It prevents and helps multiple sclerosis.

Not only is vitamin D proven to lower a person's chances of getting this horrible disease, but for those who already have it, it can also reduce symptoms or slow down the disease's progression.

This spring, be sure to get outdoors and soak up some vitamin D; however, don't forget to protect your skin, too! To avoid overexposure, only about 10–15 minutes a day of unprotected sun is recommended.



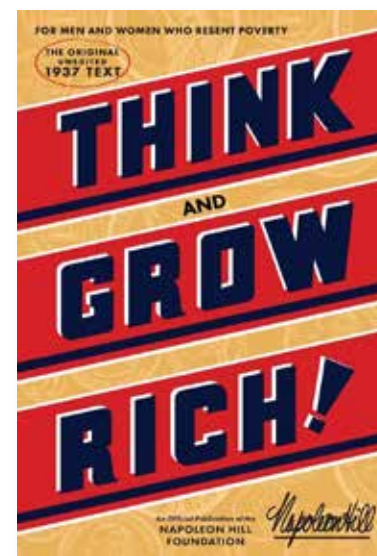
The Law Offices of
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THE KEY TO BEING SUCCESSFUL

Is All About Adjusting Your Mindset



Since law school, I've been busy reading law textbooks and other material. Every day at law school, you could find a stack of books on my desk or piled around my room. As soon as I finished one book, I had to start another. I was always reading, and it wasn't for leisure.

Today, I'm busy reading over court hearings, writing and reviewing documents, and searching through evidence to prepare for a case. Although I rarely have time to read for pleasure, you can find me listening to audiobooks!

Every day during my commute to and from work, I will put on my current “read” instead of listening to the radio. I mainly listen to self-help books because I am always trying to find new strategies to perfect my craft and improve my lifestyle. I've heard over a dozen books, but one stands out the most.

“Think and Grow Rich” by Napoleon Hill is one of the most influential books I've ever listened to. Although it was written in 1937, its information is timeless. You'd think it came out today if you didn't know when the book was published. If you've ever wondered what strategies to use in your everyday life as you pursue your dream, then “Think and Grow Rich” is a must-read.

Napoleon Hill spent over 20 years of his life interviewing and studying the most successful and well-known individuals of his time. His findings and analysis are based on his conversations with Andrew Carnegie, Thomas Edison, Henry Ford, and other millionaires. Think about the people we read about in history books — that's who Napoleon interviewed! After compiling all of his notes, he discovered 13 habits that everyone he conversed with had in common. After I listened to “Think and Grow Rich,” several traits stood out the most.

- 1. You must have an unshakable belief in yourself.**
What are your dreams and aspirations in life? If you could do or be anyone, what would it be? Once you answer that, you then want to ask yourself what steps you would take to make those dreams a reality. For example, if you wanted to be a wealthy business owner, what would you wear and have for breakfast? How would you run a company? Napoleon states that you must embody your dream in everything you do and conduct yourself that way. You have to find out your desire — your “why” — and live life through that perspective.
- 2. Stick to your decisions.**
Have you ever wondered if you made the right decision? Do you question yourself? It's a common habit most of us have. However, Napoleon found that everyone he interviewed stuck to every decision they made and never questioned it. Whether they thought it was right or wrong, they stuck to their conclusion and moved forward in that direction.
- 3. Collaboration is key.**
Napoleon called this trait “masterminding” because groups of people in the same profession or with the same goals would come together and brainstorm ways to develop solutions. Each individual shares their strategies and experiences, and then they run ideas by one another. Doing this allows you to see other perspectives and come together to overcome problems.

“Think and Grow Rich” impacted me because I didn't realize that being successful was primarily about adjusting your mindset. While law school taught me everything about the law and provided me with the necessary skills, it didn't teach me how to run a business. I often reference this book and relate the 13 habits to my personal life and how I can implement those traits.

No matter what your desires are, “Think and Grow Rich” can provide you with the tools you need to reach your goals and succeed. It's a great read, and I implore you to pick up the latest version when you have a chance.

-Marc L. Shapiro



THE SWEET SCENTS OF SPRING

3 Potpourri Mixtures You Need to Try

Many have heard about using a stovetop potpourri to simmer oranges, apples, and cinnamon to make your home smell like Christmas. But you can also fill your home with fresh scents that remind you of spring. The best part is that you probably have most of the ingredients you need at home or in your garden!

But first, what is potpourri?

Potpourri combines fruits, spices, herbs, and other edible ingredients to make rich scents that spread throughout your home. It's one of the most natural and cheapest ways to freshen the air you breathe. Here are three stovetop potpourris to make your home smell like springtime.

Lemon, Rosemary, and Vanilla

Making this sweet-smelling scent is easy! Just add 2 sliced lemons, a handful of fresh rosemary, and 1 tablespoon of vanilla extract to a large pot filled with water. Bring the mixture to a simmer and enjoy the fresh and clean scent!

Lime, Mint, Ginger, and Thyme

Add 3 sliced limes, a handful of fresh mint and thyme, and finely sliced ginger to a pot for this mixture. When the ingredients come to a simmer, you'll immediately smell a citrus-mint aroma that will spread throughout your home.



Lemon, Cinnamon, Mint, and Thyme

This mixture is perfect if you want to add a hint of spice and warmth to your fresh spring scent. Combine 2 sliced lemons, a handful of fresh mint and thyme, and 2 cinnamon sticks in a pot before bringing the water to a simmer.

One of the best things about potpourri is that the mixture will last a couple of days. Once you turn off your stove and drain the water, you can keep the ingredients in the pot and reuse them. All you have to do is add more water and bring it to a simmer again. Alternatively, you can prep your ingredients in advance, store them in an airtight container like a mason jar, and refrigerate them until you're ready to use them.

So, fill your home with sweet fragrances to usher in a joyous spring!

EVEN IF YOU DIDN'T HIT YOUR HEAD



Have you ever wondered why EMS and health care professionals check your head for any trauma or damage after an accident? They do it because you may have injured your brain even if you don't hit your head during the collision. For example, if you were in a car accident driving at 45 mph, coming to a dead stop due to impact can push your brain against your skull.

Brain injuries are the leading cause of death and permanent disability in the U.S. According to the Centers for Disease Control and Prevention (CDC), 1.5 million people in

You Could Still Experience a Brain Injury

the U.S. sustain brain injuries. Over 60,000 people die because of it annually. In Florida, thousands of people are living with brain injuries today.

Unfortunately, brain injuries cost thousands of dollars for treatment, screenings, and other complications. Fortunately, you may have the legal right to recover compensation in a brain injury claim.

When can you file a brain injury claim?

You can recover compensation against another party's negligence by filing a claim if you've experienced a motor vehicle, slip and fall, motorcycle, pedestrian, or bicycle accident and received head trauma. Unfortunately, many people don't file these claims because they don't think they suffered any head trauma due to the accident. But a seasoned attorney will look at all your options and suggest different tests and screenings that can help your case.

What damages can you recover?

Not only can you seek compensation for your medical bills and pain, but your settlement can also recover expenses for lost wages, property damage, emotional distress, future medical bills, and loss of enjoyment in life. Depending on your case, not only can you receive compensation for economic and non-economic damages, but you may also be able to recover punitive damages.

While no amount of money can eliminate the challenges you experience due to an injury, it can help with the struggles you may face. Therefore, it's crucial that you begin to take steps to start filing your brain injury claim so you can recover the compensation you deserve. At the Law Offices of Marc L. Shapiro, we are always attending brain injury workshops to provide you with the best possible service. Please don't hesitate to call us — we're here to help you in any way we can.



EXCEEDING YOUR EXPECTATIONS

What Our Clients Are Saying

"My experience working with attorney Laurie and paralegal Shawn at **The Law Offices of Marc L. Shapiro** has exceeded all my expectations. Shawn was able to answer any questions I had immediately, even if it was after business hours. From start to finish, I felt protected and well-represented. They set up everything for me: initial doctor visits, MRIs, physical therapy, and surgery. They fought stubborn insurance adjusters and opposing attorneys to settle my case and get the money I deserved for my accident in a very timely manner. I was amazed because Laurie and Shawn were able to double what I initially thought I would receive in compensation.

"All in all, I felt as if I was being treated as family during the process and had absolutely zero complaints. In the past, I've used a larger firm for an unrelated incident and was very disappointed. It seems like larger firms will promise the world, but at the end of the day, you're treated as a dollar sign. That is not the case here. I would highly recommend **The Law Offices of Marc L. Shapiro** to anyone looking for honest, hardworking attorneys devoted to your best interest and physical recovery. My shoulder is back to 100%, and my bank account is smiling. Huge thanks to this amazing firm, especially Shawn and Laurie."

—Anthony G.

Your reviews offer us valuable feedback, but when you recommend our services to others, that's the ultimate form of praise! Please share your experiences with the Law Offices of Marc L. Shapiro, P.A. on Google or on [Facebook.com/AttorneyShapiroLaw](https://www.facebook.com/AttorneyShapiroLaw). Your comments empower us, make us better, and allow us to help others.



APPLE TART WITH ROSEMARY AND HONEY SYRUP

Level up your dessert game with this unique apple tart! Covered in rosemary-infused honey, this recipe combines the sweet flavors of pink lady apples and the peppery depth of rosemary, all atop a flaky crust.

Ingredients

- Frozen puff pastry, thawed
- 3 1/2 tbsp unsalted butter, softened
- 1 egg yolk
- 1/3 cup almond meal
- 1 tsp vanilla bean paste
- 3/4 cup runny honey, divided
- 2 pink lady apples, very thinly sliced
- 1 rosemary sprig, leaves picked

Directions

- Preheat oven to 400 F.
- Roll pastry to a 12-inch-diameter circle, 1/8 inch thick. Place on a tray lined with baking paper.
- In a bowl, place butter, egg yolk, almond meal, vanilla, and 1/4 cup honey. Beat with a wooden spoon until smooth.
- Spread over pastry and arrange apple slices on top. Drizzle with 1/4 cup honey. Bake for 20 minutes, until golden and crisp.
- In a pan over low heat, place rosemary and remaining 1/4 cup honey. Swirl to melt honey. Pour over tart, and enjoy!

Word Search

L	K	B	S	C	V	Y	K	I	Q	B	O	H	I	J
U	L	V	A	E	L	C	F	D	B	G	E	X	S	N
N	T	A	B	Y	O	R	L	I	R	A	L	P	P	E
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BASKETBALL
BOOKS
DAFFODIL
DAYLIGHT

GUINNESS
IDITAROD
LEPRECHAUN
POPCORN

RAINY
SHAMROCK
SUFFRAGE
WINDY