



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

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A FATHER'S FLAWS

WHAT I'VE LEARNED ABOUT BEING A DAD

Father's Day has taken on a new meaning for me this year because it will be the first since my dad passed away in January. Honestly, Dad and I didn't always have the best relationship. When I was growing up, he worked a lot, and he could be stubborn, strict, and maddeningly thrifty.

But that all began to change once my brother and I had children. I think he gained a new perspective, and he began to realize just how important family is. He loosened up and even became a bit goofy with his grandchildren. They all miss him terribly, as do I.

Now that Dad is gone, it doesn't matter that we didn't always get along. I mostly remember the good things. And while he made his share of mistakes as a father, I do my best to learn from them and be better for my children. My experiences as a kid taught me the dangers of getting too caught up in work and money. There's nothing wrong with having your work be important to you, but you can't lose sight of your family — putting them first matters most.

I've still learned my share of lessons since having kids. No matter how prepared we think we are to be parents, I think we all face a rude awakening or two. I used to play Little League as a kid, and I have fond memories of pitching. When I found out I was having a baby boy, I envisioned playing catch with him as many fathers do. But Nathan has several medical conditions, including autism, and he needs around-the-clock care. Little League was never going to happen.

I quickly learned that being a dad wasn't about what I wanted; it was about what was best for my child. Life doesn't always work out like you'd planned, so you have to adjust to your situation. While my experience is somewhat uncommon, I think every parent has to face that realization. Even Arina, who is neurotypical, isn't how I imagined she'd be before birth. In fact, she can sometimes be the more difficult one to parent.

My kids aren't always easy or what I expected, but they're good kids. I love them, enjoy their company, and am proud to be their dad. I've learned that one of the most important skills to have as a parent is adaptability. We have no idea what our children will be like before they are born. Our job as parents is to provide the independence and resources they need to become their own person, unencumbered by our baggage or expectations.

One of the things my parents taught me was how much children need the freedom to fail. Kids need to try new things and make their own mistakes. I always had that, and I knew that my parents would still love me and support me no matter what. If I tried something and found out it wasn't for me, they would never ridicule me or utter the dreaded "I told you so." Later, it gave me the confidence to start my own business. Even if I was unsuccessful, I knew my family would be there for me.

Now, I encourage Arina to try many different things because she's 10, and few kids know what they do and don't like at that age.

But I never try to force her into anything. She has done horseback riding, dancing, running, karate, and gymnastics. Eventually, she'll find what she's passionate about because she made her own decisions. I'm glad I learned that lesson early in life.

Even though he wasn't perfect, I'm grateful to my father for all the good. For better or worse, he taught me a lot about the type of father I did and didn't want to be. Dad had his flaws, just as I have mine. What matters, in the end, is that we loved each other. That's what I choose to remember, and I'll never stop missing him.



Marc L. Shapiro

It's Dad's Day! 6 GIFTS DAD IS SURE TO LOVE

Dad is a very important person in your life! Every year when Father's Day rolls around, it can be tough to come up with the perfect gift, whether it be for your dad, a new father, your grandfather, or a father figure. Getting creative can be tricky, but this list is sure to help you with an idea or two for all different price ranges!

Wallet

Why not go really classic and opt for a thoughtful and practical gift? Most men's wallets see a lot of wear and tear. After all, they're sat on, toted around in pockets all day long, and sometimes forgotten about and sent through the wash. A new one just may be in order!

Massage Gun

Massage guns are rising in popularity. To help Dad recover from soreness and injury or just a tough workout, a massage gun will do the trick! The best part is that they range in price, and you can even purchase one on Amazon!

Apple Watch Strap

Does the dad you're celebrating own an Apple Watch? If so, help him customize it with a new Apple Watch strap. You can choose from

many materials, colors, and designs so he can blend in or stand out as much as he wants.

A New Cooler

Men love their coolers — it's a foolproof Father's Day gift! Whether Dad loves to camp, fish, tailgate, go to the beach, or barbecue in the backyard, he's sure to appreciate a new way to store ice, drinks, food, or bait!

Tool Bucket Organizer

Is your dad a bit of a handyman? Help him get organized and never lose track of his tools again. Tool bucket organizers come in many forms and, again, can be purchased right online, making your shopping easy!

Bluetooth Headphones or Speakers

If your father doesn't have Bluetooth headphones or speakers yet, he's missing out. The opportunity to jam out wirelessly while working out, cutting the grass, doing hobby work, or just relaxing is effortless with this thoughtful gift.



Just What the Doctor Ordered

HOW MISSED MEDICAL APPOINTMENTS HURT YOUR CASE

Between wait times, medical bills, and the poking and prodding, we all know going to the doctor can be a hassle. But we still schedule and attend our doctor's appointments because it's the best thing to do for our health. At least, we do most of the time. If you've ever felt inclined to skip a doctor's visit, you should know that the middle of a personal injury lawsuit is one of the worst times to do so.

The personal injury claim process is a contentious one, and the insurance company almost always tries to find holes in the plaintiff's story or another excuse not to payout. Failing to attend all of your medical appointments gives them something to latch onto as a defense, and the strategy is often very successful.

No one *wants* to go to the doctor, but an injured person *needs* to. When you miss your medical appointments, it can hurt your credibility. The insurance company will use your absence to suggest that you're not as injured as you claim, and this argument can result in lesser compensation — or no compensation at all.

Further, your doctor's appointments are one of the best opportunities to gather evidence. Your doctor's records are a crucial part of your case,

and their notes help the courts determine the severity of your injuries, your ability to work, and how long your condition will likely last. The more appointments you attend, the more information you'll have proving your claim.

It's similarly crucial to follow your doctor's medical advice after your visits. If you don't, the defense will again attempt to use this as evidence that your injuries are not as severe as you claim. Further, you may have a duty to mitigate damages, meaning that even when someone else was negligent, you're still responsible for not making the situation worse. When ignoring medical advice results in a worsening condition, it may be interpreted as a failure to mitigate damages and therefore hurt your case.

Life happens, so we understand that you may occasionally need to reschedule an appointment. Always explain the reason behind your missed visit and ask the doctor to add it to your notes. Then, reschedule as soon as possible. It's the best way to protect your case — and your health.





'Always in Contact'

WHAT OUR CLIENTS ARE SAYING

"Mr. Shapiro's office is very welcoming with knowledgeable staff. When they say they will do something, they do it. Most importantly, they are always in contact, which creates a client relationship. I would urge anyone looking for guidance after an accident to seek the professional knowledge of Mr. Shapiro. He will help you during your difficult time."

-Kevin H.

When you recommend our services to others, it'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. Your comments empower us, make us better, and allow us to help others.



VEGAN CHOCOLATE CHIA PUDDING

Inspired by BBCGoodFood.com

Ingredients

- 1/2 cup chia seeds
- 14 oz unsweetened almond milk or hazelnut milk
- 3 tbsp cacao powder
- 2 tbsp maple syrup
- 1/2 tsp vanilla extract
- Cacao nibs
- Frozen berries of your choice

Directions

1. In a bowl, mix all ingredients except cacao nibs and frozen berries.
2. Whisk to combine.
3. Cover and refrigerate for 4 hours or overnight until thickened.
4. Spoon pudding into glasses and top with cacao nibs and frozen berries.

Word Search



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|----------|-----------|------------|
| AQUARIUM | FATHER | PRIDE |
| BALLOON | FLAG | ROSE |
| BICYCLE | GRILL | WATERMELON |
| CHILDREN | MOONSTONE | WEDDING |



Inside

Marc Reflects on Fatherhood
Page 1

Father's Day Gift Guide

Why You Shouldn't Skip Doctor's
Appointments
Page 2

What Our Clients Are Saying

Vegan Chocolate Chia Pudding
Page 3

Summer Skin Protection
Page 4



Time for Safe Summer Fun

3 WAYS TO PROTECT YOUR SKIN FROM THE SUN

It's time for fun in the sun! Whether you're heading out to the beach or lake, catching a ballgame, hosting a barbecue, or taking a boat tour, it's important to protect your skin to avoid sun damage.

According to the Skin Cancer Foundation, 1 in 5 Americans develops

skin cancer by the time they are 70 years old, and every hour, two people die of skin cancer nationally. The risk of skin cancer is severe — it's not just one sunburn. Having five or more sunburns in your lifetime can double your risk of developing skin cancer.

Here are some surefire ways to avoid a pesky, painful, and potentially harmful sunburn.

Always check: Did you apply (and reapply) sunscreen?

Apply sunscreen, and then reapply after going in the water or a few hours later. According to the National Cancer Institute, only

about 30% of women and less than 15% of men regularly apply sunscreen, which leaves them vulnerable to the sun's harmful UV rays. The National Cancer Institute recommends using an SPF of at least 15 and reminds everyone to remember their feet if they are exposed!

Seek out the shade.

No matter the activity, try to limit your exposure to the sun — you'll be cooler, too! Look for trees, pavilions, and shelters. When these options aren't available, create your own shade by wearing a hat and toting along an umbrella.

Wear protective clothing.

Whenever possible, wear long-sleeved shirts and pants. UV protective clothing is best for maximum protection. Don't forget about your eyes — UV sunglasses are important for your eyes and the delicate skin around them. Just because sunglasses appear dark does not mean they protect against UV rays!

This summer, be sure to have fun but don't forget to protect your skin from sunburns, possible skin cancer, and early signs of aging due to damage from sun exposure! Lather up!