

LEGAL SMART

MAY 2020 EDITION

The mission of Legal Resources is to provide superior legal services to our members, enabling them to lead active, healthy and worry-free lives, free of major legal expenses.

This Month's Edition includes:

- > Centennial of the 19th Amendment
- > Navigating COVID Ceremonies
- > Saving Tips
- and much more!



Inside this issue...

TIP OF THE MONTH



Save Now, Spend Later

Furloughs, layoffs and pay cuts create a daunting financial

landscape, but adopting smart saving habits can alleviate stress. Reevaluate your budget and properly allocate funds to necessities like groceries, gas and bills. Place the remainder of your earnings into savings, or invest in low-risk money markets, bonds and stocks to earn while you save.



#TrendingNow

COVID-19 Impact on Weddings



Something Different

How to Exercise Your Mind

Featured Story

Law Day: 19th Amendment Turns 100

May 1 is Law Day, a national day that educates Americans on the legal profession and celebrates the role of law in protecting our freedom and achieving justice for all. Law Day was established by President Dwight D. Eisenhower in 1958, and every year since 1969 has recognized a specific area of law and its impact on society.

This year's theme is Your Vote, Your Voice, Our Democracy: The 19th Amendment at 100, in which the American Bar Association commemorates the centennial of the women's suffrage movement. The addition of the 19th Amendment to the United States Constitution in August 1920 not only empowered women and established citizens' right to vote, but inspired a number of legal reforms throughout the 20th century.

Find out more here:

https://www.americanbar.org/groups/public_education/law-day/

#TrendingNow

Trouble at the Altar

Love is in the air, but unfortunately, so is #COVID19. Thousands of engaged couples have postponed or even cancelled ceremonies due to social distancing protocols. As a result, wedding vendors now face unemployment, loss of revenue, and gaping holes in their typically busy spring season. While the \$54 billion industry is projected to suffer greatly this year, flexibility in rescheduling will allow for a prosperous wedding season in 2021.



SOMETHING DIFFERENT

Ways to Keep the Mind Sharp

Just like biceps and quadriceps, the brain is a muscle that requires regular exercise. It is especially important to train and stimulate the mind in situations like today's mandated isolation. A healthy brain allows for better communication, faster problem solving, greater attention to detail, and an improved emotional state. Try these at-home exercises to keep your mind sharp.

- 1. Start a puzzle.** Jigsaw puzzles are scientifically proven to improve short-term memory and engage both sides of your brain. They make for a great family-bonding activity, too.
- 2. Read a book.** Reading is an Olympic brain workout. Cracking open a book not only increases intelligence, but combats Alzheimer's disease, increases empathy and can reduce cognitive decline by 32%.
- 3. Try to Tango.** Learning new dances moves accelerates the brain's memory and processing speed. Plus, busting a move can help you break a sweat.
- 4. Change your route.** Whether you run, walk, bike, or drive, designing a different course challenges your brain to navigate the new path.

DID YOU KNOW ?...

Despite the global lockdown and courtroom closures, Legal Resources is here for you 24/7. Our Member Services Team is conducting business as usual and our network attorneys are working hard to facilitate legal proceedings via phone and e-mail. Our certified staff of paralegals are ready to field your questions and match your legal needs with the best equipped attorneys in our nationwide network. Have a question about your plan? Our website is another great resource for coverage information.

CYBER CORNER

Scammers often take advantage of global crises to coerce personal information out of credit card users, online shoppers, digital subscribers and more. We recommend remaining particularly vigilant of expenses and online activity to ensure you have not fallen victim to identity fraud. Be wary of today's most common schemes:

- Phony stimulus checks
- Fake vaccinations and at-home test kits for COVID-19
- “Free” item deals from Amazon Marketplace and other popular retailers

USA Today



Frequently Asked Questions



- Q:** I'm worried about a security breach. How can I use my Identity Theft Protection Plan to monitor my risk level?
- A:** Your online dashboard provides an in-depth overview of identity monitoring. Review usage of personal credit cards, addresses, insurance cards, bank accounts, e-mail address, social media handles, and much more. You can also call our Certified Identity Restoration Specialists at 800-728-5768.

Want to keep with Legal Resources on Social Media? Click the buttons below to follow us on LinkedIn, Facebook, and Twitter!



LinkedIn



Facebook



Twitter



800.728.5768



info@legalresources.com

*LegalSmart is presented by Legal Resources for educational purposes only.

Please review the Legal Resources Master Plan Contract for a complete description of plan benefits. Due to regulatory requirements, benefits and rates may vary by state.