

LEGAL SMART

APRIL 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:

- > National Volunteer Month
- > Combating COVID-19
- > Fake News Advice
- and much more!



Inside this issue...

TIP OF THE MONTH



Be Wary of Fake News

April Fools is upon us, but note the trickery extends far beyond the first of the month for fishy, fake news sites. Beware of bogus stories and viral posts that circulate social media feeds. Always consider the source before opening a shared link and make yourself aware of the posting date.

Featured Story

April is National Volunteer Month

According to Project Helping, 94% of volunteers experience an emotional recharge known as a “helper’s high,” which improves individuals’ moods, boosts productivity, reduces stress and fosters a sense of purpose. A substantial number of U.S. employers even offer paid-time-off exclusively for volunteer work, allowing employees to invest hours in their non-profit of choice. In addition to the mental wellness payoff, volunteering can have a huge impact on your professional marketability. Volunteering is proven to:

1. Boost your resume, asserting you as a well-rounded applicant.
2. Build a unique skillset.
3. Improve physical health and ward off mental ailments such as dementia.
4. Foster community in new social settings.

Join the Giving Back movement by visiting [VolunteerMatch.org](https://www.volunteermatch.org) to discover opportunities nearest you.



#TrendingNow

Passing Time While Stuck at Home



Something Different

Getting Outside During the Work Day

#TrendingNow

Ways to Curb COVID-19 Boredom

Author Ryan Holiday says, "Never forget, within every obstacle is an opportunity to improve our condition." So, why not use the world's temporary quarantine as a means of self-advancement? Spend time with loved ones, tackle your reading list, try a new game or develop a new skill using online learning platforms. Trending topics include cooking, DIY projects, at-home workouts, and learning a new language.



SOMETHING DIFFERENT

5 Ways to Get Outside During the Workday

Spring is finally here, meaning many of us stare longingly through our office windows at the beaming sun and blooming petals. Having to work an eight-hour shift doesn't mean you can't take advantage of the warm weather, however. Here are some ways you can get out of the desk chair and into nature:

1. **Take a walk.** Whether your lunch break is 15 minutes or an hour, take this opportunity to catch some rays and stretch your legs. Grab a colleague for some company, too.
2. **Host an outdoor meeting.** Replace a simple face-to-face meeting in the conference room with an outdoor brainstorming session.
3. **Change your commute.** Save the environment and enjoy the outdoors by biking to work one to two days a week.
4. **Lunch in the park.** Get out of the company kitchen and enjoy your meal under local greenery.
5. **Run and recruit.** Know a fitness-savvy client prospect? Suggest a mid-day jogging meeting versus a sit down.

DID YOU KNOW ?...

Staying at home doesn't mean staying out of the loop. News outlets, local leaders and national industries are dedicated to providing accurate, up-to-date coverage on all things COVID-19 to ensure we are safe and informed. The following websites not only provide virus updates, but best practices for social distancing, remote working, and staying healthy amidst the outbreak.

[World Health Organization](#)

[The CDC](#)

[The New York Times](#)

CYBER CORNER

More than 3,000 veterans and military personnel were victimized by an identity breach last year that is known to be the largest criminal case involving identity theft of military personnel to date. Five people were indicted for acts of wire fraud, conspiracy, and aggravated identity theft that took place from 2014 to 2019. Millions of dollars were compromised, much of which were obtained through stolen disability benefits.

[<https://www.nytimes.com/2019/08/21/us/military-identity-theft-scheme.html>]



Frequently Asked Questions



Q: I signed up for Legal Resources with my Employer and I wanted to know if my immediate family is covered under my plan? I am looking for an appeal lawyer for my brother who is currently serving time.

A: Great question! Your brother is not covered. Legal Resources considers spouses, unmarried children under 19 who reside with you, and full-time students up to age 26 as qualifying dependents of your Legal Plan.

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800.728.5768



info@legalresources.com

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