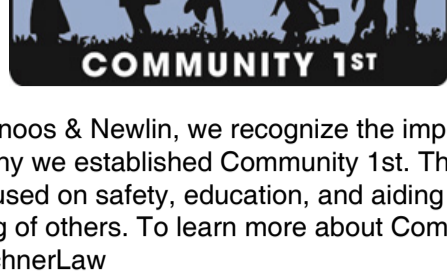


FSTN News

#FSTNGivesBack



At Fleschner, Stark, Tanoos & Newlin, we recognize the importance of giving back to our community. That is why we established Community 1st. This all-encompassing charitable program is focused on safety, education, and aiding organizations committed to improving the wellbeing of others. To learn more about Community 1st, visit www.facebook.com/FleschnerLaw

Update from FSTN on our COVID-19 Procedures

Dear Clients and Friends,

At Fleschner, Stark, Tanoos & Newlin, the health of our clients and our staff is our top priority. As we continue to closely monitor the coronavirus (COVID-19) situation, we are taking enhanced safety measures to prevent the spread of the virus.

These measures include:

- Frequent, extensive cleaning of our offices
- A reduction in face-to-face meetings
- Telework for most of our team members
- Requesting hearing postponements or telephonic hearings for all clients.
- Working more diligently to submit all evidentiary items electronically.

As of this writing, all Social Security hearings are being postponed or held telephonically. Under normal circumstances we prefer that our clients have in-person hearings; however, in these uncertain times we are recommending that in-person hearings request to have telephonic hearings as we have no way of knowing when in-person hearings will begin again. We are working on contacting all those individuals who have hearings scheduled in March and April so expect a call from us in the very near future if you fall into that category. We are in a wait and see pattern for those hearings scheduled in May and beyond.

Instead of visiting our office, consider requesting to meet by video or teleconference. We continue to plan for the safety of our clients and our Fleschner, Stark, Tanoos & Newlin family. We are taking the recommendations of the local, state and Federal health officials very seriously. In the event of a shut-down of our offices, we are prepared to continue to work for our clients from our homes. Our systems will allow us to continue to communicate with you and to receive and transmit information pertinent to your claim. Our teams will continue to speak daily to ensure we meet the needs of all our clients and continue to provide you with the very best legal representation.

As the news about COVID-19 reverberates throughout the world, our thoughts are with those impacted globally and in the United States, as well as our local community. Please do not hesitate to contact us if you have any questions or concerns about your case or how we will be able to assist you.

Very truly yours,

Tom Newlin
Managing Partner

Why the Military Just Got More Mindful

The Benefits of Mindfulness



These days, the term mindfulness is more likely to conjure thoughts of smartphone apps than rooms wafting with nagchampa. Business guru Tim Ferris and journalist Dan Rather profess an almost cult-like devotion to the practice, and multinationals like Goldman Sachs, Google, and Bank of America all offer mindfulness training to their employees. Recently, another large organization has jumped on the bandwagon: the United States military. So, what's all the fuss about?

For years, mindfulness devotees professed that cultivating it as a practice could alleviate the symptoms of myriad conditions, from high blood pressure to anxiety. Historically though, critics were dismissive, claiming studies on mindfulness and meditation weren't rigorous enough, because they didn't include a placebo. Unlike participants in traditional studies, where half the group believes they are being treated but are only taking the equivalent of a sugar pill, participants in meditation studies usually know whether or not they are meditating.

One researcher changed that in 2016. Neuroscientist Dr. Amishi Jha conducted a study where students at the University of Miami were split into two groups and then put through a series of cognitive tests. One group received mindfulness training and practiced it for a combined one hour a week, over a period of nine weeks. The other group of students received instruction about escaping worries and fake stress relief strategies.

Evidence already supports that stressful environments reduce cognitive function and memory, and during the course of the study, all the students experienced an increase in external stressors — midterms and finals. When Jha retested the students at the end of the study, she found that the control group of students, when retested, did significantly worse on the tests later in the term. Stress had eroded their cognitive function. The group of students who received mindfulness training, however, became more accurate and focused. Jha's findings suggest that not only is meditation a way to improve performance, but it is also a way to inoculate yourself against the effects of stressful situations.

Dr. Jha continued to study the effects of mindfulness and meditation, and in 2019 she published a second study that examined its effects on a different group: soldiers in a special operations unit. This time, Dr. Jha found that not only were soldiers trained in mindfulness better able to discern important information in a chaotic environment, but they also saw gains in their working memory.

Thanks in part to Dr. Jha's research, mindfulness is edging its way into the United States military. Army infantry soldiers in Hawaii began using mindfulness this winter, for example, to improve their shooting skills and reduce the risk of civilian harm. The idea is that by strengthening working memory through mindfulness, soldiers will be less likely to make impulsive decisions.

Large organizations have the resources to carefully vet the training and benefits they provide to their employees, and on the topic of mindfulness, Google, Bank of America, and the U.S. military all agree: Mindfulness works. If you're looking for improved cognition and focus, you need to look no further than your own breath, an instructional app on your smartphone, and one hour of practice a week.

4 Rainy Day Activities for Spring



As the weather warms up, the urge to get out of the house becomes stronger. However, any plans you might have can be abruptly canceled due to rain. If you find yourself stuck inside for the day, here are a few activities to keep you occupied.

Get Bakin'

A wet and chilly day is an excellent opportunity to warm yourself up with some baked goods. Bake your favorite snickerdoodle cookies or fudge brownies, and pour yourself a mug full of hot chocolate or cider to get through the stormy day.

Read a Book

If you have a bookshelf full of novels you've not cracked open, a rainy day is the perfect time to jump in. Settle down on the sofa with a cuddly blanket and enjoy some uninterrupted reading. The rain smattering against your windows creates the perfect background noise to delve into the pages of a new adventure.

Create Your Own Film Festival

Having a movie or TV series marathon is another great way to pass the time. You can watch some of the classics, like "Forrest Gump" or "Singing in the Rain," fill the day with "The Lord of the Rings" series, or start a new Netflix show. If you want to involve your kids in the binge-watching, you can let them pick out one of their favorite movies too.

Piece Together a Puzzle

A rainy day is a great opportunity to pull out a puzzle. You can also grab your friends or family members and make the puzzle to a team activity. With the whole day ahead of you, you'll have several hours to devote to one of your favorite hobbies.

Don't let the rain keep you down! Instead, take advantage of the weather and enjoy a cozy day at home.

Employee of the Month

Congratulations to our March Employee of the Month, Josh Cronkhite



Congratulations to our Employee of the Month, Josh Cronkhite! Josh has been a valued employee with the office for six and a half years. Josh is a Training Administrator where he helps spread education throughout the land. Whether it's job training, Social Security Disability training, or teach how to set up computers, he is there to help everyone. His favorite thing about working at FSTN is getting the chance to know people in all departments of the firm.

People who voted for Josh said this, "Josh has been a big help this month with all of the moving and rearranging that has taken place in the Duke Building."

Recipe of the Month
Stephanie's Oatmeal Raisin Cookies



Stephanie Bartlett has been a part of the FSTN family for almost 20 years. We love it when she brings in cookies, particularly when they're oatmeal raisin. They are the best.

Ingredients

- 2 sticks (1/2 pound) margarine or butter, softened
- 1 cup firmly packed brown sugar
- 1/2 cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon salt (optional)
- 3 cups oats
- 1 cup raisins

Directions

1. Heat oven to 350 F.
2. Beat together margarine and sugars until creamy.
3. Add eggs and vanilla; beat well.
4. Add combined flour, baking soda, cinnamon, and salt; mix well.
5. Stir in oats and raisins; mix well.
6. Drop rounded tablespoons of dough onto ungreased cookie sheet.
7. Bake 10–12 minutes or until golden brown.
8. Cool 1 minute on cookie sheet; remove to wire rack.

Check Out Our Website!

Click on the following link to easily access the Fleschner, Stark, Tanoos & Newlin website. We have a lot of important information on our website, including active Mass Tort Claims we are handling, updates at our law firm, blogs, Attorney bios, and much more. The main page is also where you will find a link (green box) in the top left corner to quickly and easily access your FSTN Client Portal. Have you joined the Portal yet? Ask your Case Manager how you can join today!

www.FleschnerLaw.com

Real Client Reviews

"Very experienced team of lawyers! Less than one year after hiring them, I was awarded my Social Security disability. They will be the only lawyers I ever hire!"

-Rannie L.

"I was mentally tired and frustrated when I spoke to them. They handled everything. They always took my calls and walked me through the process. They are well-worth their weight in gold."

-Matthew B.

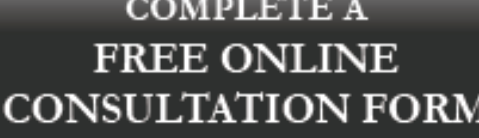
Case Types We Handle

Did You Know We Handle All of These Types of Cases?

- Bicycle crashes
- Car accidents
- Pedestrian injuries
- Slips, trips, and falls
- Brain injuries
- Medical malpractice
- Wrongful death
- Social Security disability
- Family law
- Real Estate Law
- Wills & Estate Planning

Whether you were injured in a car crash or disabled due to a medical condition, you deserve experienced attorneys fighting for you. At Fleschner, Stark, Tanoos & Newlin, our firm's success depends on getting results for you. Contact us at 1-800-618-4878 or www.fleschnerlaw.com.

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