



David Miyoshi

# The Attorney Next Door™

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Attorney  
David Miyoshi's  
Insider Tips For  
Healthy, Secure &  
Happy Living...

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## Caring for Aging Parents: A Few Simple Steps Now Could Save You Headaches & Money Later

Over 30 million Baby Boomers provide care for one or both of their aging parents, and it is estimated that over seven million of them are providing care long distance. The costs of this type of care can often exceed \$5,000 per month, not including lost wages when a caregiver leaves the workforce to provide this care.

Because these costs can add up, even for short-term care after an illness or injury, it makes sense to do some planning. Taking the time to set up a plan and discussing it with your elderly parent can not only save you money, but can reduce the stress each person will feel.

**The best thing to do is to simply start a conversation.** Explore the plans and thoughts your parent has on the issues of aging,

disability, and care. Come up with a plan that respects both parties. You may need to consult an attorney to draw up any appropriate legal documents. This is also a good time to talk about medical decisions.



**You don't have to go it alone**

Explore some of the resources in the community as well. This is especially helpful if you don't live close by your parents. Find out about senior centers, transportation services, and in-home help. There are also programs that provide meals and respite care. If you do live in another city, plan on taking some time at your next visit to identify some community resources for your parents. There are also many helpful online resources to help you.

[www.caring.com](http://www.caring.com) has resources for you on a local and national level, articles, tips and advice, plus a great social network so you can connect with others dealing with caring for aging parents.

Another online resource that might be of help to you is [www.agingcare.com](http://www.agingcare.com). This site allows you to get expert advice and gain access to resources based on your parents' health concerns and housing location, like assisted living, in home, nursing home, etc. Finally, look into ways to save money on care. There are discounts given by some states for some disability devices, including phones. You can also find programs that help with home improvements or even accessibility modifications.

## 7 Steps To Beat Morning Stress

You hit the snooze button three times, wake in a mad rush to shower, get the kids ready and out the door, everyone inhales a Pop-Tart in the car, sit in morning traffic and tip-toe into work hoping that your boss doesn't notice you are late AGAIN! Ahhhh, joys of the morning chaos.

Your morning can have a big impact on your entire day. If you are starting out your day rushed, harried, and stressed, it may be time to reevaluate your daybreak routines. Think about implementing these tips from [www.eHow](http://www.eHow) (and some of my nauseatingly organized friends) the next time you are scrambling to get out the door (I know I will).

**Step 1: Get enough sleep,** your efficiency the next day will make up for the extra time lost sleeping. This will allow you to be on the top of your game in the morning and not feel overly tired.

**Step 2: Figure out what you have to do each morning and make sure you allow enough time for it all.** You may have to get up a few minutes earlier and

stop hitting the snooze button so much, but the rewards are great when you have peace and control in the morning.

**Step 3: Start your day off a little bit before everyone in the house.** Take a moment to relax, maybe read the newspaper or drink a cup of coffee. You'll be in a better state of mind to rally the troops and make it on time and without stress.

**Step 4: Take time for a healthy breakfast.** Instead of grabbing coffee and a doughnut on the way out, try to get in something healthy. This will give you a good boost to your metabolism and make you feel better overall. Try a bowl of oatmeal, some yogurt, cheese, eggs, or whole wheat toast. Add in some fresh fruit and you'll get the energy you need to tackle the day.

**Step 5: Find a way to get in a little bit of exercise.** I know it seems a little impossible some days but exercise boosts energy levels and endorphins, leading to a jumpstart of your metabolism. If you can exercise outdoors, you'll also get the benefit of added sunshine. This can increase your vitamin D levels

and helps regulate the pineal gland, which controls melatonin levels. Exercise also has been shown to lower stress levels!



**Simple Way To De-stress, Save Time and Live Better To Boot!**

**Step 6: Make a list the night before** of tasks you have to complete before walking out the door in the morning. Include items you need to take with you and things you will be doing the next day. Knowing what to expect can help you feel less scattered in the morning.

**Step 7: Children can get in on the act too.** They should pick out their clothes the night before and place all essentials that need to be taken for the day by the entry door so nothing is forgotten. You can also pack lunches and set out the dishes for breakfast. I have a friend that actually makes a checklist for her kids to complete before and at bedtime. She swears it keeps the kids focused and on time. Plus, they get a reward if they keep up with their list each week. Great idea!

## Cool Stuff on the Internet

Want to add some fun to your online pictures? Go to [www.Blabberize.com](http://www.Blabberize.com) to find an easy way to create a talking picture. You simply upload a picture of a person or animal. You choose the part of the face you want to animate using simple-to-use tools. Then record your voice saying anything you'd like. Blabberize will synchronize your voice with the picture's movement. If you don't have a microphone attached to your computer, you can either upload a voice file or you can use your telephone to call in your message, which will be added to your picture. Once your talking photo is completed, you can email it or add it to your website or blog. Best of all, Blabberize is free.

## Here's What They're Saying...

"Thanks for helping us save huge taxes and time from dad's estate"

R. Townsend, Santa Ana CA

"Thanks for your legal advice-even in these hard times we made money on our real estate"

C. Breault, Sherman Oaks CA

If you have a legal need, or if you simply have a question, please feel free to call me anytime at 310-378-0615 or email me at [david@miyoshilaw.com](mailto:david@miyoshilaw.com). I'd be glad to help.

# Starting Your Own Business Successfully

There's no doubt that these are challenging times. Unemployment is high and many people are finding themselves discouraged and dissatisfied with their current jobs.

Many people dream of starting their own businesses but most never follow through. I have to admit, it can be a bit scary when you first dive in but sometimes a little risk and hard work can provide you with a rewarding business and lifestyle.

If your dream in life is to have a small business of your own, you need some concrete strategies to make those dreams come true. One of the best ways to get started towards your goals is to simply begin thinking and talking about them. By sharing your vision with others, you will get advice, hear

about other's successes, and learn about the pitfalls to avoid. More importantly, you will gain a level of accountability. By sharing your progress with friends and family, you will find it easier to keep on track and maintain your motivation.

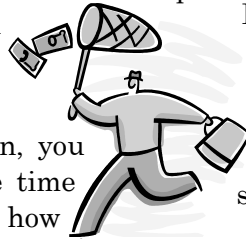
Once you've begun, you need to spend some time learning. Research how to start a business, what tax implications it may have, and how to protect your personal finances. You can contact the Small Business Administration (www.sba.gov) for advice and information. They have lists of winning business plans, tips for selecting a location, help with business structure, info on obtaining the necessary licenses

and permits, and much more.

Your local library also has books on entrepreneurship, business strategies, marketing, and organization.

Finally, turn your talk into something real. Set up a schedule that includes all the steps you need to meet your goal. Break it into small doable steps and organize those steps on a calendar. This will not only keep you on track, but can help you see what comes next in the process. You will also more easily identify roadblocks and can see where you will need help with financing.

By breaking it down into individual steps and spreading those steps out, you will end up with a great plan that leads to success. Go for it!



**Dreams can come true when you have plan!**

## "Who Else Wants to Win Movie Tickets For Two?"

*Your chances to win are better than you think!*

I had some fun answers last month, but the three lucky winners were: Dennis Fujita of Rolling Hills Estates, CA, Bob Tani of Encino CA and Wendy Hirano of Torrance CA.

They were the first three people to correctly call with the answer to...

**Robert Duvall has a memorable line in the movie "Apocalypse Now," saying "I love the smell of napalm in the morning." According to Duvall, it smelled like what?**

*Answer: Victory! (What a great movie)*

*Now for this month...*

**What current branch of the U.S. military was a corps of only 50 soldiers when World War I broke out?**

*The first 3 people to call me with the correct answer will win those movie tickets!*

Note: Movie tickets are only valid within the continental U.S. Those receiving newsletters by email need to state their name and the U.S. address where to mail the tickets.

## A Heartfelt Message To My Special Clients And Friends...

I would like to take a moment to acknowledge and thank a few of the special people in my life who've helped build my business with their enduring support and referrals. I couldn't do it without you!

**Sam Shimoguchi**

**Umeko Henle**

**Richard Yamauchi**

**Kaz Kishita**

## Word Of The Month...

Studies have shown that your income and wealth is directly related to the size and depth of your vocabulary. How fat is your bank account? Yea, me too. I think we had better get to this month's word...LOL....

**repartee** • \rep-er-TEE\ , *noun*: a : a quick and witty reply

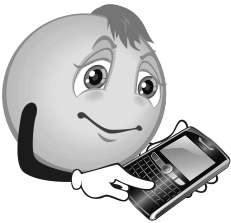
\* b : a succession or interchange of clever retorts : amusing and usually light sparring with words

**Example Sentence:** The talk show host is a skillful interviewer whose deft use of repartee and quick-witted banter keeps his show moving at a lively, almost manic, pace. (Merriam-Webster, online)

## Quick Tips of the Month

**HEALTHY LIVING** - If you are sick, it is better to skip your daily workout. Your body will use most of its resources to heal itself, rather than building muscle and endurance. Fever should be the limiting factor, as no exercise is safe when you have a fever. You can make an exception to this rule if you are only sick with a head cold (from the neck up), but you should still take it easy to give your body time to get well. (reference: ACE Fitness)

**ORGANIZATION**- Laundry is one of those chores that can seem never-ending. To make things easier, set up an area near your washer and dryer for organizing your clothes after they are clean. You can place a small basket for each family member on shelves. As you fold clothes, place each person's clothes in his or her basket. If you have each person put away their own basketful of clothes, you will have conquered this part of a daunting daily task.



Help at your fingertips!

**FOOD/TRAVEL** - Ever find yourself reading a menu and come across a foreign menu term or dish you just aren't sure what it is? Check out [www.pictranslator.com](http://www.pictranslator.com). All you have to do is take a cell phone snapshot of the term, or an entire menu, and in less than a minute you'll get the English translation. Plus you also get the option to hear it pronounced, so you can order with confidence. The app even translates signs and pictures, for only \$2 it's a great tool to have at your favorite foreign restaurant or when you travel.

**HOME** - Cushions on your sofas and chairs can get flattened over time. One cause may be excess moisture in the filling. To help dry out your cushions and plump them up, place them in the sun for a couple of hours. Do not leave them much longer than that, as the fabric could begin to fade. Flip the cushions halfway through to ensure even drying. They'll look fresh and new again.

### ENJOY THIS NEWSLETTER?

Let me send it to your family and friends! Simply send me an email to [david@miyoshilaw.com](mailto:david@miyoshilaw.com) with their email address and I'll make sure they get a subscription. Oh, and as always...It's totally free. It's That Easy!



"She always said looks didn't count and then she dumps me for a guy with two eyebrows."

## Quotes to Live By...

"The few who do are the envy of the many who only watch and want." ~**Jim Rohn**

"Have a heart that never hardens, a temper that never tires, and a touch that never hurts." ~**Charles Dickens**

"I'm a great believer in luck, and I find the harder I work the more I have of it ~ **Thomas Jefferson**

"It is better to offer no excuse than a bad one ~ **George Washington**

*David Miyoshi*

**The Attorney Next Door®**

Whether you need legal advice, or if you simply want to say "hello", that would be great too. Please contact me anytime, I'd love to hear from you!

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