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BRIEF

MAY 2020

An Exclusive Publication from [FIRM NAME]

WORD SEARCH for May

H B C B T E K S A B T B Q L A I R O M E M C V
L T H X R M O O L B X L D A T A R G I P S I P
G C L D W A E L S H V U R D Y G E L A W E N R
E E W Y E C I X X Z L F O W P N M W A L H C E
N T H T S R E N I G F K W O S I E F T A C O B
E O I E N O A L M C Z N S R R N M R T T N E E
R R P F E N N G E E O A S K E I B E E I A G N
A P P A F O D N T B J H A S W A R E N G R D O
T S O S E H G I S R R T P H O R A D T I B E I
I K C P D S N L Y E H A J O L T N O I D Q L T
O I A E U E I E S H R C T P F K C M O T M W O
N L M A A O C V U T F V H I R I E W N Q Z O M
I L P C R R A A E O A L I Y O F A M I L Y N E
B I U E F E P R N M A Y A C L N N A Z F L K Y
C K S V D H S T L A G E L G E G N I V O L V J
H Q H C A E R B Y U M I L I T A R Y B I G T E

Find the following words in the puzzle.
Words are hidden ↑ ↓ → ← and ↘ .

ATTENTION
BASKET
BLOOM
BRAIN
BRANCHES
BREACH
CELEBRATION
CINCO
DATA
DEFENSE
DIGITAL

EMOTION
FAMILY
FLAG
FLOWERS
FRAUD
FREEDOM
GENERATION
HEROES
HIPPOCAMPUS
HONOR
KNOWLEDGE

LAW
LEGAL
LOVING
MAY
MEMORIAL
MEXICO
MILITARY
MOTHER
PASSWORD
PEACE
PROTECT

REMEMBRANCE
SAFETY
SERVICE
SKILL
SPACING
SYSTEM
THANKFUL
TRAINING
TRAVELING
WORKSHOP

ABOUT US



-- REPLACE IMAGE --

--ATTORNEY NAME--

--- A Description will go Here. ---

Respectfully,
--[Full Name]--

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WORD SEARCH CONTEST:

Complete the word search on the
back of this newsletter & mail it in
to our office to be entered into our
contest for a \$25 gift card!

See back page for word search puzzle.

FEATURED ARTICLE:
**USE THE
AGES MODEL**





USE THE AGES MODEL

Research from the NeuroLeadership Institute suggests that successful learning occurs when our brain's hippocampus is engaged. This is where new knowledge gets stored as long-term memory.

For the hippocampus to do this, a few conditions must first be met. In what is referred to as the AGES model, those conditions are defined as attention, generation, emotion, and spacing.

If you are scheduled to attend a workshop, facilitate a training, or learn a new skill, keep this information in mind:

- **Attention.** The best way for us to learn something requires a singular focus of about 20 minutes. Multi-tasking is discouraged during this time because it creates enough of a distraction to prevent the development of new memories. After 20 minutes it's best to take a break of a few minutes to ask questions or change tasks. This allows the hippocampus to recharge before it is ready to take in more.
- **Generation.** Making connections to or associations with things we already know is another way that our brain stores knowledge. Successful generation occurs when we are actively listening and making associations between what we are learning and our past experiences, thereby creating a more personal connection to the material. Another way to aid in

generation is actively listening with the intent of being able to explain what you are learning to someone else. The brain becomes more active in creating memories when a social component is involved.

- **Emotion.** Stimuli that generate an emotional response are easy to remember. Positive emotions that are fun and entertaining work best because they promote insight, creativity, and more social connections. In contrast, negative emotions such as anger or fear tend to shift the focus away from what you are learning or attempting to teach because they tend to trigger other physiological responses in us—fight, flight, or fright.
- **Spacing.** Retaining what you are learning happens with repeated exposure to the material. Rereading a training manual, reviewing your notes, and practicing the concepts you are learning assist the brain in storing that information as long-term memories. It's not necessary to review this material the same day you are exposed to it, but allowing yourself to revisit it at least three times over the course of a few days will help you develop the neural connections that will allow your brain to retain this new knowledge.

MOTHER'S DAY: A LONG HISTORY OF LOVE

The second Sunday in May was officially proclaimed "Mother's Day" by President Woodrow Wilson in 1914, but it had a long history before then.

The ancient Greeks held a festival for Cybele, the mythical mother of many Greek gods, during the spring. The Romans dedicated a holiday called Matronalia to the goddess Juno, mother of Mars, Minerva, and Vulcan. Gifts to one's real mother were common that day.

"Mothering Sunday" in Europe and the British Isles honored mothers and motherhood on a specific Sunday. The Catholic liturgical calendar marked the fourth Sunday of Lent to honor the Virgin Mary and "mother church," and families offered token gifts and took charge of traditionally female tasks such as cooking and cleaning for the day.

In the United States, Anna Reeves Jarvis organized Mother's Work Day in the 19th century. Her goal was to heighten awareness of local sanitation issues in her home



state of West Virginia. Julia Ward Howe, author of the lyrics to "The Battle Hymn of the Republic," promoted a "Mother's Day for Peace" in 1872.

In 1908, Anna Marie Jarvis (daughter of Anna Reeves Jarvis) organized a celebration of motherhood at her church in Grafton, West Virginia; more than 400 children and their mothers participated. After that, Jarvis proposed a national day of recognition for mothers. West Virginia recognized Mother's Day first, in 1912. President Wilson's proclamation came in 1914.

Today Mother's Day is a big business. Greeting cards, flowers, perfume, jewelry, and dining out are all a big part of how we express appreciation to the women who raised us.

PROTECT YOUR DATA WITH THESE SAFETY TIPS

Physical safety is important in the workplace, but so is digital safety. These days hackers look for every loophole to gain access to confidential data. The Firefox Monitor website offers this advice for keeping your data and network safe:

- **Passwords.** Choose a password that's strong. Avoid "123456" or "password." Don't use your local sports team's name, or your favorite performer. Make your password more than one word, interspersed with numbers and punctuation—but remember that just putting a punctuation mark at the end of a single word doesn't make it stronger. Use different passwords for every account.
- **Breaches.** If you're notified of a possible security breach, read the information carefully to determine whether your data has been compromised. Remember that the breach may have happened months or even years ago, before the organization ever found out—or made it public.
- **Follow the company's instructions for reporting problems.** And change your password immediately.
- **Fraud.** Contact your bank to let it know what's happened. Check your credit card statements thoroughly, and double-check your credit report. Look for purchases, loans, credit card applications, and other suspicious activity that you don't recognize.



¡FELIZ MAYO!

This traditional Mexican recipe can be used for any special occasion; from Cinco de Mayo to Mother's Day to Birthdays! This recipe is brought to you by [Tasteofhome.com](https://www.tasteofhome.com)

SHORTCUT TRES LECHES CAKE



Prep 20 min + Chilling • Cook 30 min + Cooling • Serves 20

INGREDIENTS

CAKE	TOPPING
1 package of butter recipe golden cake or yellow cake mix (regular size)	1 can (14 oz), sweetened condensed milk
3 large eggs, room temperature	1 can (12 oz), evaporated milk
2/3 cup, 2% milk	1 cup, heavy whipping cream
1/2 cup butter, softened	WHIPPED CREAM
1 teaspoon vanilla extract	1 cup, heavy whipping cream
	3 tablespoons confectioners' sugar
	1 teaspoon vanilla extract

DIRECTIONS

- Preheat oven to 350°. Grease a 13x9-in. baking pan.
 - In a large bowl, combine cake mix, eggs, milk, softened butter and vanilla; beat on low speed 30 seconds. Beat on medium 2 minutes. Transfer to prepared pan. Bake 30-35 minutes or until a toothpick inserted in center comes out clean. Cool in pan on a wire rack 20 minutes.
 - In a 4-cup measuring cup, whisk topping ingredients until blended. Using a skewer, generously poke holes in top of warm cake. Pour milk mixture slowly over cake, filling holes. Cool 30 minutes longer. **Refrigerate, covered, at least 4 hours or overnight.**
 - In a bowl, beat cream until it begins to thicken. Add confectioners' sugar and vanilla; beat until soft peaks form. Spread over cake.
- Notes: If you're not allergic, sprinkle cinnamon on top as a garnish.*