

LIVELIFEBIG™

NEWSLETTER

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Virginia Attorney
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This newsletter is for informational purposes only and no legal advice is intended.

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FOOD for OTHERS

Flights for Food

Every January, we all declare ambitious resolutions for the New Year: get organized, cut out sugar entirely, spend less, exercise seven days a week. We promise that, this year, we'll make major improvements in our lives. But have you ever considered that you could make a New Year's resolution to improve the community in which you live?

In 2020, we hope that you will resolve to fight hunger in our community by getting involved with Food for Others, the largest provider of free groceries in Northern Virginia.

In Fairfax County alone, more than 60,000 people do not have enough food to eat. For many of us, that number may seem unbelievable – especially because Fairfax County is consistently one of the wealthiest counties in the United States. And while that's true, the high cost of living in this area leaves thousands of people struggling to make ends meet.

Food for Others exists so these people don't have to sacrifice feeding their children full, healthy meals in order to pay rent or purchase gas for their cars.

"I am here because I lost my job," said our client, Mas. "I drive for Uber and Lyft but was in an accident and can't drive right now.

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FREE INSTANT DOWNLOAD

FIVE DEADLY SINS THAT CAN WRECK YOUR INJURY CLAIM

Discover the secrets insurance companies don't want you to know.

Get Ben's book *The Ultimate Guide to Accident Cases in Virginia: Five Deadly Sins That can Wreck Your Injury Claim.*



Go to VirginiaAccidentBook.com to get your free download now or call 703.544.7876 to have a copy mailed to you.

ALLSUP? IS IT A GOOD DEAL FOR LONG-TERM DISABILITY CLAIMANTS?

When you file a long-term disability insurance claim, the company will often require you also to file a social security disability claim, even if you do not have a disability that would entitle you to social security disability benefits.

Often, you will be referred to an outside social security claim vendor, such as Allsup, for filing that claim.

Allsup (or the disability insurance company) may tell you the following:



The disability company reviewed your file and has indicated that you may be eligible for Social Security disability benefits.



Allsup is an expert vendor in the field of Social Security Disability Insurance representation.



Allsup believes you may be eligible to receive a Social Security award and this award is very important financially for you and your family.

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Allsup is successful in 97% of the cases it handles.



Allsup's service is designed to assist you from the comfort of your own home.



The insurance company has agreed to pay all of your fees, and therefore Allsup's services are totally free for you.

Our Opinion & Recommendation



Find a good social security disability lawyer in your home town, one that you can meet face to face. The real reason the insurance company wants you to pursue social security benefits is because if you get them, it reduces what the disability insurance company owes you.

Our experience is that no matter who you use the disability company will pay that attorney fee, by reducing the amount that you will owe the insurance company if you win Social Security Benefits. So they are all FREE.

Use Allsup When:

When you have no chance of getting Social Security benefits.

Many times you have a disability that qualifies you for benefits under your insurance policy but would not qualify you for benefits under Social Security law. The disability insurance company will still force you to apply to Social Security - a waste of your time and the government's resources! Since no private Social Security attorney would likely help you under those circumstances, use Allsup.

BENGLASSLAW™
JustReadTheReviews.com

Call (703) 584-7277

BGL's Best Bites:

TASTY, HOMEMADE HAMBURGER HELPER

Without the noodles



I found this recipe when looking for keto dinners. The first bite made me think "wow, this is like a healthy hamburger helper." It is also one of the few keto recipes that my family enjoys, which is a huge win for me. You can serve with a side of your choice. – *Tifiny*

Ingredients:

- 1 tablespoon of butter
- 1 cup of chopped bacon
- 1 pound of ground turkey
- 1 diced onion
- 2 tablespoons of tomato paste
- 1 teaspoon of mustard
- 2 oz of cream cheese
- ½ cup of beef broth
- 1 cup of shredded cheddar cheese
- 1 teaspoon of onion powder
- 1 teaspoon of garlic powder
- Salt and Pepper

Directions:

- 1 Melt the butter in your saucepan and add chopped bacon. Cook bacon until *almost* crispy. When cooked, set aside and drain off all oil except for about 1 tablespoon.
- 2 Carefully add ground turkey and onion and sauté until turkey is cooked through and onions are semi translucent.
- 3 Add in tomato paste, mustard, broth, cream cheese and spices. Stir until cream cheese is melted.
- 4 Reduce heat to low and add shredded cheese and bacon and cook until cheese is melted (not more than a few minutes. ■

Enjoy!

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Food for Others - Flights for Food

My wife has breast cancer, and we have no health insurance. I work, but it isn't enough to pay for rent and food and her treatment and take care of our two kids."

Food for Others provides food to over 1,800 families like Mas' each week. They leave our warehouse with full boxes of groceries, including milk, eggs, bread, fresh produce and other nonperishable items.

Also, our Power Pack Program provides bags of weekend meals for elementary school children who do not get enough to eat on the weekends without their school meals. More than 2,000 children at 31 Fairfax County public schools receive power packs from Food for Others each week.

How Can You Help?

We could not provide food for families in need without the support of our community. This year, we hope that you will join us in our fight to end hunger in Northern Virginia by:

- **Volunteering** in our Merrifield warehouse at 2938 Prosperity Ave., Fairfax, VA 22031.
- **Donating food** – drop off at our warehouse, M-F between 9:30 am and 5 pm, loading dock 2.
- **Donating money** online through our website or by mailing a check to us.
- **Spreading the word** about our mission.
- **Joining us at Flights for Food:** our upcoming beer, wine and whiskey tasting at Old Town Hall in Fairfax on February 20, 2020. ■

FOOD for OTHERS

FLIGHTS FOR FOOD

A BEER, WINE AND WHISKEY TASTING BENEFITING FOOD FOR OTHERS

TAKE PHOTO OF QR CODE FOR TICKET LINK

FEBRUARY 20, 2020
OLD TOWN HALL
3999 UNIVERSITY DR., FAIRFAX

*To get involved,
please visit our website
www.foodforothers.org*

Reminder About Our Firm's Communication Policy

Our promise to you is that while we are working on your case, we don't take inbound phone calls, faxes or emails. Ben Glass takes no inbound unscheduled phone calls whatsoever. It makes him much more productive and helps get your case resolved faster. You can always call the office at 703-544-7876 and schedule an in-person or phone appointment, usually within 24-48 hours. This is a lot better than the endless game of "phone tag" played by most businesses today. Remember, too, that email is "quick," but is checked no more than twice a day. Replies are then scheduled into the calendar. So if it's really important, don't email—call the office instead.

This publication is intended to educate the general public about personal injury, ERISA disability, and small business issues. It is not intended to be legal advice. Every case is different. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety.

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FRESH EPISODES OF THE LIVELIFEBIG PODCAST!



Alex, ultramarathon runner and owner of Athletic Equation, stopped by to chat with Brian about his business and to discuss nutrition, training, and stories from previous ultramarathons.

Athletic Equation, Inc. was established in 2005 to focus on the improvement of individual fitness and health levels and to enhance its clients' quality of life while having fun and raising money for charity.

The organization is founded on trust and strengthening its team environment by believing in and promoting honesty, integrity, personal safety, goal management and philanthropy. A strong foundation of morals and a dedicated staff allow them to provide a customized corporate focus of fitness management plans and premier, high quality, ultra-endurance trail running events.

Be sure to check out the BenGlassLaw LiveLifeBig podcast on YouTube and all streaming platforms. Spread the word! ■

