

THE LEGAL EAGLE

The Official Publication for Members of the
Sacramento Legal Secretaries Association

March 2021 | Book 2021 | Issue 2

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- Have an inclination to find helpful/interesting professional articles that the legal professionals in our association might enjoy reading?

If you do, please write to your editor!
 Gisele Mitsuk, Editor (gmitsuk@gmail.com)
The Legal Eagle

Cover photo: Bannister Park (Fair Oaks, CA)

Part of the Fair Oaks Recreation & Park District, Bannister Park is a luscious greenbelt park connecting the suburbia of Fair Oaks to the natural world of the American River. The park offers a soccer field, fitness equipment, playground, dirt trails and paved paths. It’s a favorite for dog walkers, nature seekers, runners and cyclists alike. One can park here free for 3 hours (not intended for river access, no boat launch) and walk, run or ride a bicycle over the nearby Jim Jones Bridge to connect with the American River Trail. Explore the ART for 32 miles of car-free travels (more if you count the numerous dirt paths interlacing the trail). When traversing the trails through Bannister Park during the rainy season, it feels like you’re escaping to a fairytale land where you may see a hobbit or a leprechaun!

Cover photo courtesy of Gisele Mitsuk.



PRESIDENT'S MESSAGE

SLSA Keeps it Moving

March 1, 2021

What a year it has been. Beginning March 2020, things around us seemed to take an almost 180 degree turn. The manner in which we conduct business, how we care for our day-to-day needs, and how we socialize with friends and family were altered exponentially. Throughout all of the changes developing around and within the legal community, SLSA has continued to “keep it moving”. As an active association of Legal Professionals, Inc. (LPI) whose theme is “Elevate – The Purpose, The People, The Profession”, SLSA stays focused on keeping its members engaged, educated and elevated.

SLSA continues to conduct its monthly membership meetings on the third Thursday of each month. During these meetings there is an educational component consisting of presentations by experienced legal and law-related professionals. These are designed to enhance skills and help fulfill continuing education requirements. Registration for these monthly meetings can be accessed at <https://www.slsa.org/events/>.

As a member of SLSA you are also a member of LPI. As such, you have at your fingertips access to a host of online classes, workshops and webinars on demand. These virtual educational events cover a wide range of topics, all designed to keep your skills and legal knowledge current and relevant. These can be accessed at <https://www.legalprofessionalsinc.org/education/>.

Because much of our gatherings have moved to virtual platforms, it is now possible to attend the monthly meetings held by many of our sister associations throughout the state. This provides even more educational and networking opportunities to enhance your career and growth potential. To view events being hosted by other associations, visit <https://www.legalprofessionalsinc.org/local-association-events/>.

SLSA also continues to post career openings on the SLSA website as they are made available. These job postings are for a variety of positions within the legal field and can be accessed directly from our website at <https://www.slsa.org/employment/>.

These are but a few ways that the Sacramento Legal Secretaries Association continues to “keep it moving”. Thank you for being such a vital part this movement.

Love and hugs,

Marci

Marci Frazier
SLSA President 2021-2022



Sacramento Legal Secretaries Association



VIRTUAL [Zoom]

General Membership Meeting

Thursday, March 18, 2021, at 6:00 p.m.

Zoom session opens at 5:30 p.m. for meet and greet

Proper Service in State and Federal Court Litigation



Guest Speaker:

Paul R. Gaus, Esq.

Associate, Downey Brand LLP

MCLE & CCLS Credit: Sacramento Legal Secretaries Association is a local association of Legal Professionals, Incorporated, an approved provider, and certifies that this activity has been approved for maximum continuing legal education credit in the amount of 0.50 hours by the State Bar of California.

Registration Fee:

\$10 SLSA Members and Non-Members

RSVP by Wednesday, March 17, 2021

Two Way to Register:

- **Online at www.slsa.org under "Events" (Preferred) - pay by credit card or check**
 - **Via Email to reservations@slsa.org and pay by check**

A link and instructions for access to the virtual meeting will be emailed upon receipt of your registration.

Make checks payable to "SLSA" and mail to:

**Christie Kaelber, Registration Chair
c/o Downey Brand LLP
621 Capitol Mall, 18th Floor
Sacramento, CA 95814**

*Cancellations must be received 48 hours in advance for a refund.

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Senior shift: Activities change as we age

Kathleen Green | May 2017

What did older Americans do all day in 2015? And how did that differ from the way other Americans spent their time?

According to the U.S. Bureau of Labor Statistics (BLS) Americans ages 65 and older spent two-thirds of their day sleeping and participating in leisure and sports activities. That’s somewhat more time, on average, than people ages 15 and older spent resting and relaxing. (See illustration.)

In addition to spending more hours sleeping and on leisure activities and sports, older people passed the time differently in other ways. The chart shows average hours per day that people spent on other primary activities in 2015. Work, caring for household members, and education occupied less time per day for people ages 65 and older than it did for most people.

-Continued on page 9-

Rest and recreation

We may not get enough of it, but sleep takes up the biggest part of our day. People ages 65 and older slept a little longer in 2015, on average, compared with people ages 15 and older.



When it comes to leisure and sports, age has its privileges. People ages 65 and older spent an average of about 7.24 hours per day, compared with 5.21 hours for those ages 15 and older, on pursuits that included the following activities, among others:

Watching television

Persons 65 and older	4.22 hours
Persons 15 and older	2.78 hours

Reading

Persons 65 and older	0.81 hours
Persons 15 and older	0.32 hours

Relaxing and thinking

Persons 65 and older	0.48 hours
Persons 15 and older	0.29 hours



Source: U.S. Bureau of Labor Statistics, American Time Use Survey.

Executive Board 2021-2022



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***Thank you* SLSA Executive Board!**



Without your energy, time and dedication to your volunteer roles, we would not be the same association!



CALENDAR



<u>DATE</u>	<u>EVENT</u>
March 2, 2021 –or– March 17, 2021 12:00 p.m.-1:00 p.m.	<u>Outlook – Get Control of Your Inbox</u> Webinar (No MCLE or CCLS credit)
March 4, 2021 12:00 p.m.-1:00 p.m.	<u>Discovery Requests, Responses and Document Productions</u> Webinar (MCLE credit)
March 9, 2021 12:00 p.m.-1:00 p.m.	<u>Requesting your Client’s Medical Records</u> Webinar (No MCLE or CCLS credit)
March 17, 2021	St. Patrick’s Day
March 18, 2021 12:00 p.m.-1:00 p.m.	<u>Broadway’s Hamilton: How We Perceive Ourselves and Our Constitution</u> Webinar (MCLE credit) <i>FREE</i> webinar for all legal professionals presented by Justice William Dato! (Remember to register)
March 18, 2021 6:00 p.m. (5:30 meet and greet)	<u>SLSA General Membership Meeting</u> “Proper Service in State and Federal Court Litigation” with guest speaker Paul R. Gaus, Esq. Virtual meeting via Zoom (MCLE or CCLS credit) *Rsvp by March 17. See flyer, page 4.
March 25, 2021 12:00 p.m.-1:00 p.m.	<u>Pandemic Estate Planning for the Other 99%</u> Webinar (MCLE credit)
March 25, 2021 5:30 p.m.-6:30 p.m.	<u>Eye on LPI: CCLS from Beginning to End</u> Webinar (No MCLE or CCLS credit)
March 30, 2021 12:00 p.m.-1:00 p.m.	<u>Motion for Summary Judgment/Adjudication</u> Webinar (No MCLE or CCLS credit)

*If you are interested in a webinar, you can visit the LPI web site and download the event flyer with further information, cost and deadline to register. If you are a member of SLSA, you are a member of LPI.

*If you wanted to see a past webinar but missed it, visit LPI (<https://www.legalprofessionalsinc.org/recorded-webinars-for-sale/>).

*For events scheduled into April 2021, visit LPI’s web site (<https://www.legalprofessionalsinc.org/events/>).

MEMBER NEWS

March BIRTHDAYS



Stephanie Trabucco – March 2nd

Elizabeth Madden – March 4th

Shannon Kline – March 9th

Mikah Erickson – March 24

Mara Ponce – March 31st

NEW members!

We welcome these new members to SLSA!

Noemy Leyva, Murphy Austin

Susan Finch, Hanson Bridgett

Lynn Wagner, Robert Half Legal

Quiz answers for FEB 2021 quiz!

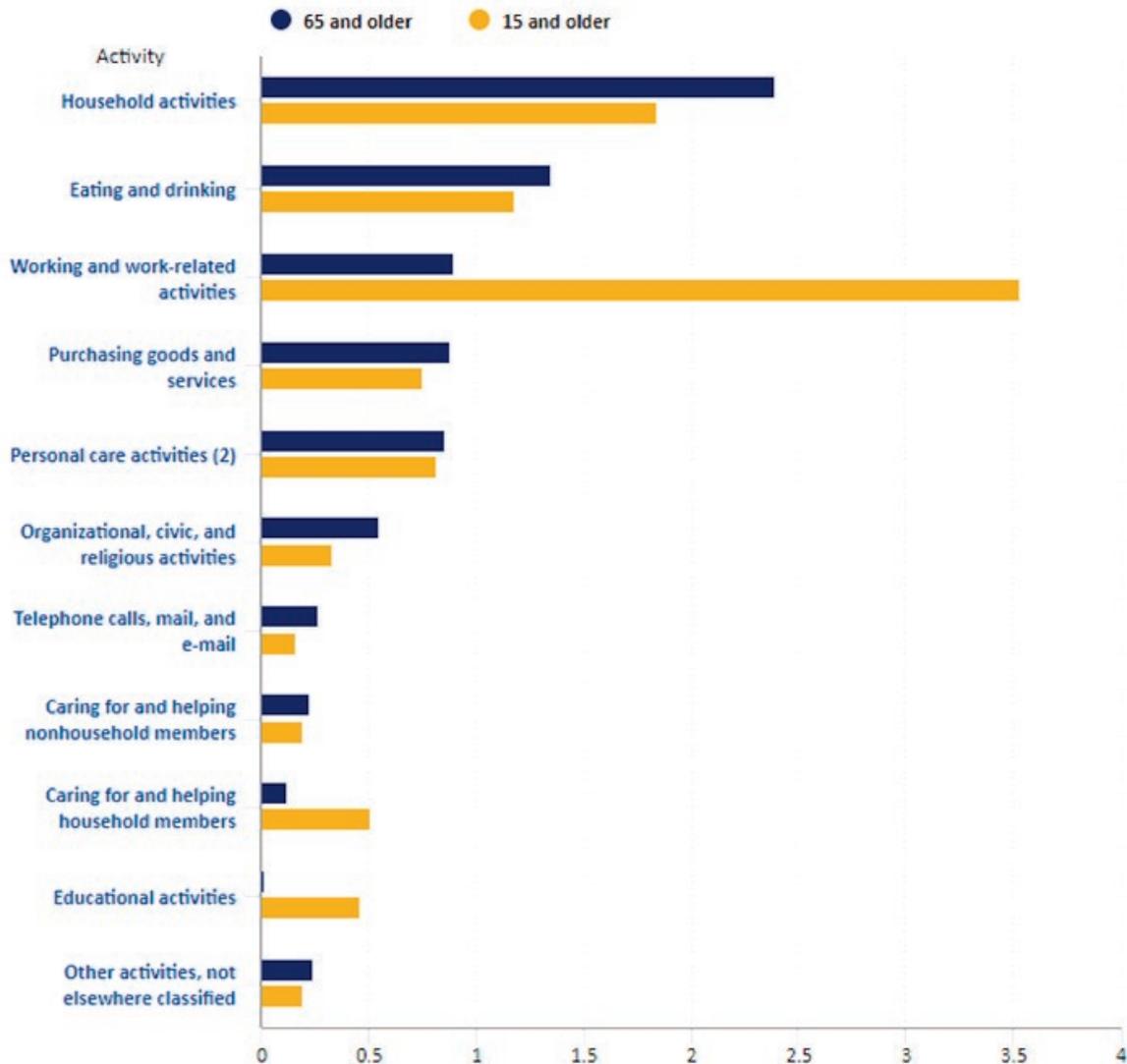
1. I. Ne Exeat
2. B. Ballard Motion
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8. E. Corpus Delecti
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10. C. Beagle Motion
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13. L. Trombetta Motion



Feature Article: Senior Shift: Activities Change as We Age | by Kathleen Green
 -Continued from page 5-

Instead, older Americans spent relatively more time on pursuits such as organizational, civic, and religious activities than did the overall population. Click on the bars to see the activity hours for two older age groups: people ages 65 to 74 and those ages 75 and older.

Average hours per day spent in primary activities, 2015 annual averages (1)



These data are from the BLS American Time Use Survey. This annual survey measures the amount of time people spend doing various activities. Data show averages by age, employment status, educational attainment, and other characteristics.

Kathleen Green is an economist in the Office of Occupational Statistics and Employment Projections, BLS. She can be reached at green.kathleen@bls.gov.

Kathleen Green, "Senior shift: Activities change as we age," *Career Outlook* U.S. Bureau of Labor Statistics, May 2017.





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