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At a loss for small talk?

*Here's some random trivia to
spice up your next conversation!*

-Defeated only once in roughly
300 matches, President Abraham
Lincoln was inducted into the
National Wrestling Hall Of Fame
in 1992.

-High heeled shoes were
originally created for men.

-Serial killer Ted Bundy once
received a commendation from
the Seattle Police Department
for chasing down a purse
snatcher.

-According to John Lennon, the
imagery in the song "Lucy in the
Sky with Diamonds" was inspired
by the work of Lewis Carroll.

Want more? Visit:

[https://www.sporcle.com/blog/
2018/11/101-more-interesting-
trivia-facts/](https://www.sporcle.com/blog/2018/11/101-more-interesting-trivia-facts/)



Tips for Healthy, Wealthy, & Happy Living ...

Dear Folks,

I am excited to announce our daughter and
team member Emily gave birth to a baby girl.
Her name is Olivia! She is so sweet and cute.
She has red hair like her Grand- Bobby!
(At least for now). We are all so proud!
Sarah has been doing a terrific job as intake
specialist while Emily is on maternity leave.
Thank you Sarah! We are looking forward to
Sarah staying here full time in another capacity.



We have seen a definite spike in calls from injured workers in northern Virginia area.
I think it is partly because we now have an office in Fairfax. Our attorney Andrew
Sassoon is officially stationed there to handle new and existing clients. Our hope is that
we will always be headquartered in Richmond but it is convenient for our clients to have
an office in Fairfax to meet. Thanks Ben Glass for sharing your beautiful space!

Also, as you may know, we are growing so much and are excited to announce that we
are moving to larger quarters! Our new office is just a short way from our current office.
This will allow our team to work more efficiently together and in a much more
comfortable environment. That is our goal. Our current office is for sale and is 2800 sq.
feet. We are hoping to get into our new office by the first of the year.

I wanted to end my letter with a tribute to the finest women and second mother to
me, Allene Bowen. She passed away peacefully and was welcomed into heaven. She
was a beautiful woman with an even beautiful soul. I will miss her but I know she is
playing backgammon with my Mom in heaven.

Hope you are having the best summer!

Michele

Take your work injury seriously!

Do these 5 important steps:

1. File claims for benefit (CFB).
2. Make sure your employer fills out an accident report to their workers comp insurance company
3. Seek medical care immediately. Do not wait! Go to the medical provider your employee recommends.
4. Make sure you are very clear what body parts were hurt.
5. Make sure and get out of work slip BEFORE leaving the doctor office.



Word of the Month...

Studies have shown your income and wealth are directly related to the size and depth of your vocabulary. Here is this month's word, so you can impress your friends (and maybe even fatten your wallet!)

bitcoin (BIT-koin) noun

Meaning: a digital currency not tied to any individual bank or government's currency; also called "crypto-currency" (read more: coindesk.com/bitcoin-explained-five-year-old)

Sample Sentence: More and more places accept bitcoin as payment, including Amazon, making it even more popular.

Have a Laugh...

Why do we say "Break a leg!" to actors? *Because every play has a cast!*

The Great Outdoors!

Looking for a summer camp for your kids? Check out

www.campage.com.

Search by camp type (like adventure), activity (like computers), and state/province in the U.S. and Canada to see what's available.



Quotes To Live By...

"Change your life today. Don't gamble on the future, act now, without delay."

—Simone de Beauvoir

"The best thing one can do when it's raining is to let it rain."

—Henry Wadsworth Longfellow

"An hour sitting with a pretty girl on a park bench passes like a minute, but a minute sitting on a hot stove seems like an hour."

—Albert Einstein

4 Family Travel Survival Tips

Studies show that traveling with family members can strengthen family bonds—but that only works if you're not arguing the whole time. Here are a few tips to ensure your next family adventure is more fun than frustration.

1. **Get everyone involved in the planning process.** Find books geared toward every age group that are set in your vacation destination or activity books designed for little ones traveling there. The latter may include scavenger hunts and language lessons to keep kids engaged throughout the trip.
2. **Allocate extra time to get from place to place.** It *always* takes longer than you think it will. And when you're rushing to catch a plane or meet a tour group, patience goes out the window.
3. **Make sure everyone gets nap time.** Being well-rested is a critical component to making sure everyone—parents included—can enjoy every waking moment. When the kids need some shut-eye, adults should take advantage of that time for a nap, too.
4. **Relax the rules a bit.** If sweet treats aren't the norm at home, they're excellent rewards for post-museum good behavior. Treats can also be a fun way to get kids to interact with the local culture—they can have gelato every day in Rome, for instance, but how about if they learn to order it themselves? In Italian!

Are you looking for ideas for your next family vacation? Check out the Family Travel Association!

<https://familytravel.org/>



Budget-Friendly Travel Tips

When dreaming of your next family vacation no one really wants to think about finance but the reality is that your available funds will dictate much of where you go and what you do when you get there.

<https://worldtravelfamily.com/family-budget-travel-tips-cut-travel-costs/> has great suggestions to have your dream vacation without spending a small fortune. They also are very specific on where not to cut costs. (Safety and nutrition are not places to take risks!) Their number 1 suggestion is to clarify your priorities. Do you want a fancy hotel with all the amenities, or just a clean place to lay your head at night while you explore your destination? Do you want to see all the famous tourist spots, or get to know the local attractions? These preferences will all factor into how much money you need to budget for your trip.

Brain Teaser...

What type of cheese is made backwards?

(See page 4 for the answer.)

Did You Know...

Wrapping the cut end of a banana bunch in plastic wrap will slow the ripening process. Sure, overly-ripe bananas mean banana bread, but when you want the fruit itself to last a little longer this may be just the trick you're looking for.



Surprising Container Veggies

You don't need a huge garden space to grow vegetables. Containers easily fit on your balcony or small patio! If your potted plants have drainage holes in the bottom, you know the annoyance of dirt falling onto your floor or patio. Keep soil where it should be – put a coffee filter in the bottom of the pot before you add potting soil. Water can still escape, but dirt can't.

Veggies that grow well in containers include:

Carrots
Mushrooms
Cauliflower
Cucumbers
Kale
Pole Beans
Peas
Asparagus
Eggplant
Artichokes



3 Ways to 'Wow' On the Job

How do you get noticed for a raise or promotion at your job? Besides delivering consistent results, here are three ways to impress:

- 1. Show your expertise in the field.** Start a blog or write an article and post it on LinkedIn. If you can, get quoted in a newspaper or online article about your particular area of expertise.
- 2. Become the "go-to" person.** Volunteer for extra projects but don't overdo it. Give credit when credit is due and celebrate the successes of your team members. Also, build a reputation for reliability by taking responsibility (as appropriate) when things don't go as well as they should.
- 3. Demonstrate mutual interests.** Get involved in your company's charitable programs or join a professional organization in the industry.



CALMING EXERCISE: Progressive Muscle Relaxation

www.neuropeakpro.com recommends implementing the following 10-minute exercise at least twice each day. Sit in a comfortable chair with good back support and place your feet flat on the floor. Slowly work through the following muscle groups with a 5 second contraction, followed by a 10 second relaxation of the muscles. Be aware of the pressure as you tighten compared to the calming sense as you relax the muscles. Maintain deep breathing throughout the exercise. Close your eyes tightly for 5 seconds. Relax your eyes for 10 seconds. Clench your jaw for 5 seconds, but not so tightly that your teeth hurt. Relax your jaw for 10 seconds. Slowly rotate your head in a circle to the left for 3 rotations. Rotate to the right for 3 rotations. Raise your shoulders up towards your ears and hold for 5 seconds. Relax your shoulders for 10 seconds. Pull your chin to your chest for 5 seconds. Relax for 10 seconds. Hold your arms out as if you are pushing against a wall for 5 seconds. Drop your arms and relax for 10 seconds. Tighten both of your fists for 5 seconds. Relax your fists for 10 seconds. Tighten your abdominal muscles for 5 seconds. Relax your abdominal muscles for 10 seconds. Tighten your thigh muscles for 5 seconds. Relax your thigh muscles for 10 seconds. Tighten your calf muscles for 5 seconds. Relax your calf muscles for 10 seconds. Curl your toes for 5 seconds. Relax your toes for 10 seconds. Finish this muscle relaxation exercise by relaxing all muscle groups being aware of the calm, warm feeling within them.

Brain Teaser Answer:

Edam. It's M-A-D-E backwards.

Oops! You're about to fall...

Here's how to do it safely:

-Bend elbows & knees – Don't hold them straight - try to tuck in a bit.

-Avoid FOOSH – That means "fall on outstretched hands."

Try not to hold yourself rigid.

-Land on your muscles or thighs to soften impact – Stay away from your bones.

-Keep rolling – Spread the impact and don't try to stop suddenly.



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It should not substitute as legal, accounting, investment, medical, or other professional services advice. Always seek a qualified professional for answers to your specific questions.

For Our Attorney Referral Partners

If you are one of our attorney referral partners, we **thank you** for the people you've allowed us to help this past month. If this month you find yourself with a workers compensation case that you can't handle; give that person the Injured Workers Law Firm number (804-755-7755) and make sure they let us know that you made the referral. That way we know who to thank!

Who else wants to win movie tickets for two?

Guess who won last month's Trivia Question? I'm pleased to announce the two lucky winners of last month's quiz. And the winners are...drum roll please:

were the first two people to correctly answer my quiz question. Congratulations!

What is the most populous country in Africa?

a) Nigeria b) Egypt c) DR of Congo d) Algeria

The answer is **a) Nigeria**. Though Algeria is the largest in size, Nigeria is the most populous with nearly 200 million people!

So let's move on to this month's trivia question:

The famous "Brownie Box Camera" from Eastman Kodak sold for how much when it first hit store shelves in 1900?

a) \$2.50 b) \$1.00 c) \$10.00 d) \$5.00

Email Bob at rbusch@injuredworkerslawfirm.com

and you could be one of our next winners!

DON'T FORGET TO PUT "TRIVIA QUESTION" IN THE SUBJECT LINE!