



Michele S. Lewane
Founder of IWLF
April 2019
Richmond, VA
Inside This Issue...

Letter from Michele...Page 1
5 Tips to Improve Spinal Health...Page 2
Calming Exercise: Progressive Muscle Relaxation...Page 2
Saving Old Cast Iron Pans...Page 3
Make the Most of Estate Sales...Page 3
Answer this trivia question and you could win movie tickets for two...Page 4

\$5,000 Scholarship!

Across the nation, high-paying skilled trade jobs are unfilled, while many students with bachelor's degrees are unable to find jobs. For this reason, IWLF has decided to offer a \$5,000 trade & vocational school scholarship.

ALL VIRGINIA STUDENTS who have been accepted to an accredited vocational or trade school, and who meet the qualifications are encouraged to apply.

A full list of the scholarship eligibility requirements and application instructions can be found at:

<https://www.injuredworkerslawfirm.com/scholarship/>

All scholarship application materials must be emailed in PDF format to

help@injuredworkerslawfirm.com by June 30, 2019.

Please do not call the office with questions regarding the scholarship; all questions should be sent to the email address listed above.



INJURED WORKERS
LAW FIRM

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

Dear Folks,

Spring is here! Hopefully the monsoons will let up! It's been a busy time here at the IWLF. We now have two new team members Faith Harris and Brenda Dillard. We are glad to have them on board. Our four attorneys (including myself), are keeping them busy.

I wanted to remind everyone about our \$5000.00 Trade or Vocational scholarship. It is open to all who are planning to go into a trade and is looking for help with the cost for training and tuition. Go to injuredworkerslawfirm.com/scholarship for more details and a signup form. The deadline is June 30th, 2019. Please spread the word to parents and seniors in high schools looking for a path towards a career needing technical or vocational skills. There is a severe shortage of many trade professionals. It is a wonderful choice in lieu of a four year college degree.

I've got to share my story of our trip to the Virgin Islands for Bob and I's 23rd anniversary. We leased a 46 foot catamaran. We and three other couples went for a week. It was truly awesome except for one thing. I became so sea sick that on the 2nd day Bob and I had to seek medical help for me. I was throwing up Dramamine! Luckily we had sailed to one of the bigger islands Tortola that morning. I can remember us telling Chuck who was dropping us off via the dingy, "If we don't find a doctor and get the right medicine we are staying at a hotel". There was no way I was getting back on that boat. Well we caught a cab and had to drive to the other side of the island. We found a health care clinic much like a Patient First. This lovely doctor who spoke English in this strong accent while playing Christian Music said she had a plan for me. It started out with two shots in the buttocks! I don't like shots! But I was desperate. After that it was 45 minute wait at the pharmacy. Two pills (one pill every eight hours) and then a liquid medicine. Presto! I was good as new within a few hours. Doctor Juliet Wade you are a miracle worker! I have never heard of the medicines. "Sturgeron 15" was one of the tablets I took. The rest of the week I was fine and I was able to sleep well on the boat and snorkel to my heart's delight.

Please be sure and contact us if you have a candidate for our 5,000.00 scholarship. Spread the word!

Until next time,
Michele

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!)...

hygge (hAue-gah) noun

Meaning: Danish concept; describes a content and cozy feeling of well-being

Sample Sentence: A crackling fire and cup of hot cocoa on a snowy day is a sure way to conjure hygge.



A Group of

Some collective nouns for animals are mundane, while others are unusual, funny, and especially apt.

Here are a few interesting ones:

Prickle of porcupines

Pandemonium of parrots

Dazzle of zebras

Parliament of owls

Sloth of bears

Bloat of hippos

Ostentation of peacocks

Crash of rhinos

Journey of giraffes



The "Love Birds"

Bob & Michele

February 17, 1996



5 Tips to Improve Spinal Health

Is your back aching? Here are some things you can do right now that can help improve your spinal health. You might even remedy some of the things you are doing that you don't realize are hurting your back.

- **Wear the Right Shoes.** Your feet have an important job - holding everything above them upright - and when your shoes don't fit properly that can cause back pain (not to mention blisters!). Make sure your shoes keep your feet in the correct position for spinal alignment with a snug heel and a supportive base. Consider adding shoe inserts if your favorite pair doesn't provide the support you need.
- **Sleep Well.** Stomach sleepers do more damage to their spines than those who sleep on their sides or back. Lying on the stomach puts a great deal of pressure on the spine, not to mention the increased potential for sleep apnea. What you sleep on matters, too. There are different types of mattresses and pillows to address every back condition- do some research on **WebMD.com** (search for your type of back pain-lower, middle, neck- plus "best mattress").
- **Exercise With the Spine in Mind.** Being sedentary isn't healthy, but some exercises may do damage to your spine - particularly spin classes or cycling, which often require leaning forward in a semi-slouch for a long time. Make sure the exercises you're doing are helping strengthen your spine. Core-strengthening exercises are good ways to offer the spine support from the muscles surrounding it.
- **Think Ergonomically and Limit Sitting Time.** Adjust your workspace to be more ergonomic, from the position of your chair's armrests to the height of your computer screen. Standing desks make a great option for some people, especially if you can change from standing to sitting throughout the day. If work requires lots of sitting, take regular breaks to move around and stretch.
- **Get a Massage.** A good massage not only relaxes the mind, it can also help your body - including the spine - heal. Massage not only increases the body's production of endorphins, which relieve pain, it also improves circulation - and more blood flowing to an injured back speeds the healing process.



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. Finish this muscle relaxation exercise by relaxing all muscle groups being aware of the calm, warm feeling within them.

- 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.

Brain Teaser...

What has forests but no trees, roads but no cars, and lakes but no water? (See page 4 for the answer.)

DIY Produce Wash



Clean your fruits and veggies with this easy make-at-home solution.

Mix together:

2 cups water

1/2 cup white distilled vinegar
juice of 1 lemon

Store in the fridge (because of the lemon juice) until you need it.

Greener Fabric Softener?

Ditch traditional dryer sheets in favor of felted wool dryer balls. They reduce static, cut drying time (sometimes in half!), and last for years. Plus, you can make your laundry smell like whatever you want with a few drops of essential oils.

Eyewear Websites



You're no longer limited to the eyeglass frame selection at your local mall. Here are a few online spectacle shops to check out.

www.eyebuydirect.com – See which inexpensive frames suit you with the site's virtual try-on tool, and if you're not happy there's a 14-day no-questions-asked return policy.

www.fetcheyewear.com – Fetch donates 100% of their profits to animal welfare. There's a try-at-home program so you'll get to test frames before you buy.

www.lensabl.com – When you have specs you like and just need an updated prescription put into them, try Lensabl. They'll replace the lenses in your existing frames – and it's all done by mail for maximum convenience.



Saving Old Cast Iron Pans

Finding old cast iron cookware at thrift shops, yard sales, or estate sales is great, but what if they're all rusted? Not to worry! Here's how to restore and season them back to life.

- Scrub the whole pan (including handle, sides, and bottom) with hot water, mild soap and steel wool. It may take some time to get rid of every speck of rust.
- Rinse with hot water.
- Scrub again with an abrasive (but not metal) sponge to get rid of all steel wool remnants and rust bits.
- Rinse again with hot water.
- Rub a small amount of oil (canola is fine) onto every surface of the pan with a paper towel. Wipe off any excess.
- Put the pan upside-down in a 450-500F oven for roughly an hour. Let the pan cool in the oven after you turn the heat off.



Make the Most of Estate Sales

Anyone who loves shopping garage sales and thrift stores knows that estate sales are like utopia for treasure hunters. Estate sales aren't like yard sales, though, so here are a few things to know before you head out on your own shopping spree. Looking for a good sale? Try www.estatesale.com

- Know Who's Running the Show - Some estate sales are organized and run by family, but more often it's a team of professionals who are handling everything. This information is useful because you can do your homework in advance to find out what payment methods they accept and whether they've got strict rules about when to pick up purchases.
- Day One vs. Day Two - Going bright and early on day one of an estate sale means you'll have the best selection of goodies to peruse. It also means you won't get to do any haggling. Day two (or three, if the sale goes longer) is when haggling can happen, though the selection will be more picked-over.
- Poke Around Everywhere - Estate sales generally spread throughout a house, making use of every available nook and cranny to stash items for sale. If an area is off-limits, it'll be clearly marked. Open cabinets and drawers, go up and down stairs, and don't forget the garage and backyard.
- Bring Cash - If you can't find information about payment methods accepted, bring cash. Don't assume they'll take checks or credit cards.

Brain Teaser Answer:

A map!



Have A Laugh...

Did you hear about the new restaurant called Karma? There's no menu: You get what you deserve.



INJURED WORKERS LAW FIRM

7826 Shrader Road
Richmond, VA 23294
Phone (804) 755-7755
Toll Free (877) 7557744
Fax: (804) 612-1724
RETURN POSTAGE REQUIRED



Find us at

Facebook.com/VirginiaInjuredWorkersLawFirm



Watch us on YouTube

www.youtube.com/user/WorkersCompLawyer

DISCLAIMER: The information contained in this letter is intended for informational and amusement purposes. 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!

Thank You

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: **Kevin Diesenberg, Richmond, Va. & Christopher C. North, Esq. Yorktown, Va.** were the first two people to correctly answer my quiz question. Congratulations!

Why is the Dominican Republic's flag unusual?

- a) It has a bible on it. b) It is the world's oldest flag.
- c) It has plant life on it. d) It was designed by a woman.

The answer is a) It has a bible on it. The country's coat of arms features a bible, and the coat of arms is in the center of the national flag. It's the only country with a bible on its flag. So, let's move on to *this* month's trivia question.

What profession takes its name from an old word meaning "twelve dozen?"

- a) Artist b) Doctor c) Carpenter d) Grocer

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!