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Richmond, VA**

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Let's Prepare for Another One

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Completed another revolution
around the sun.
Let's prepare for another one...

Ups and down, lows and high,
yet more to come.
Let's prepare for another one...

Learn from the past,
get ready for tasks undone.
Let's prepare for another one...

Spread happiness, kindness,
and love to everyone.
Let's prepare for another one...

Live every moment, enjoy,
and have lots of fun.
Let's prepare for another one...



Dear Folks,

Our family started out the New Year in Orlando, Florida. It was a trip planned months ago. It was ten of us- the entire family, ranging in age from 64 years to 6 months! It was six different parks in six days. It was a brutal schedule but I don't think it could have turned out any better. We started out at the Magic Kingdom and finished the week in Universal and the Harry Potter Park. On the third day most of us got up at 5am to Uber over to get in line to get a pass to ride Star Wars- Rise of the Resistance. It was crazy making! It was worth IT! Cannot wait to go back. Am I right, Bob? HAHA!

We had to say good bye to one of our team members Chrys Alexander. Chrys accepted a position at the Workers Compensation Commission. We welcome Arian Fisher, who has taken over Chrys' position as Paralegal to Lori D'Angelo. It was a sad day to see her go. We wish her the best!

We had a successful year at the IWLF in 2019. Success can be many things to a business owner. The most important thing I believe was that we were able to provide exceptional client service at the same time pay our bills and be profitable. Our team was awarded with an end of year bonus and a Christmas party at Hardywood Brewery with all our families. It was great to see some of our new team members' families for the first time.

Lastly we are handing out warm work gloves to our construction folks on the job. This past week we handed out over 150 gloves to work sites across the Richmond area. It is one to give back to the work community that we represent.

Thank you again for being a part of our IWLF friends and acquaintances!

Michele

Stuck: An Airport Story

Facing a delayed or cancelled flight? Here are a few things to know:

- Avoid being involuntarily "bumped" due to overbooking by checking in 24 hours in advance. If you checked in early enough, you may be entitled to compensation.
- Speak to someone at the airline as quickly as possible. Using the airline's app, you may be alerted to delays quicker, and you can conduct your own research for new flight itineraries.
- Some credit cards offer a trip-delay benefit. Look into your options.
- Know your rights. Read more at: www.transportation.gov/airconsumer/fly-rights

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!)...

Crowdsource (krowd-sors) verb

Meaning: accomplishing a task with the help of a group of people, often via the Internet, paid or unpaid

Sample Sentence:

A big snack company crowdsources its yearly Super Bowl ads, awarding prize money to winners and airing their creative ads.



Watch Out for This Weed!

Italian Arum is a noxious weed that looks like ivy, but with larger leaves and deep white veins on a dark green leaf. While it appears to be a beautiful ornamental plant that blooms in spring with white flowers and red berries, it spreads quickly and is highly toxic to touch. If ingested by babies and young children, it can be fatal.

The only way to remove the plant and prevent spreading is by acting quickly. While wearing gloves, carefully dig up the tuber to the bulb and place in a sealed bag, in the normal garbage (do not compost).

Baking And Baseball

Q: Why is a baseball team similar to a muffin?

A: They both depend on the batter!

Quotes To Live By...

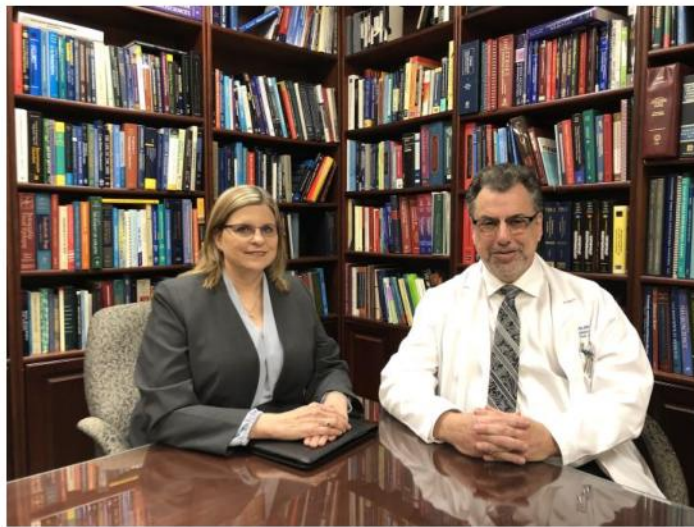
"Once you replace negative thoughts with positive ones, you'll start having positive results."

—Willie Nelson

"Keep looking up...that's the secret of life." —Charlie Brown

"You can, you should, and if you're brave enough to start, you will."

—Stephen King



Michele and Sarah recently traveled to Dr. Nathan Zasler's office on the west end of Richmond, Concussion Care Centre of Virginia. Dr. Zasler is an internationally respected specialist in acquired brain injury (ABI) care and rehabilitation and he was kind enough to spend a few minutes answering our questions about the symptoms, treatment, and recovery of concussions as well as a little bit about himself and his role in his practice.

The content in this video is phenomenal. If you or someone you know has suffered from a concussion, this is a must watch! Send us an email when you've watched it, we would love to hear your thoughts and comments! It is on our YouTube and other social media accounts.

YouTube: "Everything You Need to Know about Concussions"

<https://youtu.be/0VvKzyMgv-U>



Concussion Care Centre of Virginia

3721 Westerre Parkway, Suite B

Richmond, VA 23233

Phone 804-270-5484

Fax 804-270-1220

Email info@cccv-ltd.com

Tree of Life Services

888-886-5462 (phone)

804-346-1956 (fax)

<https://tree-of-life.com>

info@tree-of-life.com

Scrub-Free Baking Pan Cleaning

It's easy to remove those old stains from your cookie sheets and make them look like new with two ingredients you probably already have at home. The mix of baking soda and hydrogen peroxide is a powerful stain-absorbing concoction.

- Sprinkle baking soda on the stained surface.
- Spray lightly with hydrogen peroxide.
- Sprinkle another layer of baking soda.
- Let sit for 1-2 hours (depending on the severity of the stains).
- Wipe mixture off the surface and clean with soap and water as normal.

Brain Teaser...

Dave left home running. He ran for a while and then turned left, ran the same distance and turned left again, ran the same distance and turned left again. When he got home, there were two masked men. Who were they?

(See page 4 for the answer.)

Websites for Better Web-life

Communicating online is now a way of life, but are you doing it smartly? These websites help you to ensure your web-life is safe, protected, and running efficiently.

archive.is – This site allows you to plug in a URL, and take a picture of the website that you can save to your own computer (even if the site disappears later).

fast.com – Fast.com is a quick and easy-to-understand Internet speed test, powered by Netflix. Just visit and the test begins.

www.virustotal.com – This site will scan a single file for you, or a URL to detect malware. Just upload the file from your computer, or enter a URL.

Writing on the Wall

If you need to remove pen or marker from a painted wall, use hairspray. Spray a lot of the product on the problem area and wipe it off with a paper towel. If that doesn't work, try rubbing alcohol on a sponge.



Make your own household cleaners:

All-purpose cleaner: one-part white vinegar, one-part water, lemon rind, and rosemary sprigs. Combine in a spray bottle and use to clean around the house and lift stubborn stains.

Glass cleaner: 2 cups of water, ½ cup white vinegar, ¼ cup rubbing alcohol, 1 or 2 drops of orange essential oil. Combine in a spray bottle and use to clean windows with a paper towel or soft cloth.

Responsible Kids

Learning how to be a responsible person starts at a young age. Positive Parenting Connection's website states, "Responsibility can't come from outwardly imposed consequences...Raising responsible kids has very little to do with finding the right consequences. And everything to do with encouraging children to participate, to be problem solvers, critical thinkers and capable beings. Ones capable of accepting their circumstances, capable of looking for solutions and capable of telling the truth. Even when they make big mistakes." Steven Covey says that "Responsibility is the ability to choose your response to events around you." Often parents need a little help to help their children learn to do that.

Here's how you can help kids grow into responsible adults:

- **Be a good example.** Children observe the behavior of those around them. Model responsibility as the desirable and appropriate way to act, and talk about it clearly (and kindly) when necessary. Kids remember what you do, not what you say, when teaching them good habits, so avoid lectures.
- **Avoid rewards (and punishments!)** Instead of rewards and punishments to build habits; simply establish tasks and expectations as part of the routine. Train yourself to ask, "What are my reactions to my child's actions teaching my child?"
- **Establish routines and structure, and be consistent with your expectations.** From a young age, provide clear (but reasonable) expectations about what kids should do. Things like brushing teeth, making the bed, and getting a backpack together should just become common things they know they need to do. If you enforce the rules, they are less likely to be broken in the future.
- **Make sure your child(ren) are not responsible for behaving well when they are in need of food or sleep.** Adults get cranky when they're over tired and hungry, children do too! Don't use food or sleep as a consequence or a reward. For example: letting your child go hungry at school because they forgot their lunch is not appropriate and will not help them learn to remember the next time.
- **Have age-appropriate expectations and be comfortable with consequences.** If irresponsible behavior results in negative consequences, let the child experience them (within reason) but a child should not be responsible for anything that has permanent (or long-term) consequences. Children (even teens!) are not miniature adults and can and should not be expected to process their environment in an adult way. The brain synapses that govern impulse control don't even begin to develop until a child is around first grade, and that process is not complete until an individual reaches their mid-twenties. Often we expect children to behave and react in a more mature manner than adults, and we hold them to a higher standard than we hold ourselves.

<https://www.positiveparentingconnection.net/the-tools-we-forget-to-use-when-teaching-children-responsibility/>



"Do the best you can until you know better. Then when you know better, do better."

~Maya Angelou~

Choose Joy

Starting the morning with a positive mindset can set the mood for your entire day. Use these tips to wake up on the right side of the bed!

- ♥ **Start the night before.** A positive mindset starts with a good night's sleep. Minimize electronics usage, heavy food, and caffeine and alcohol late at night. Drop into bed at a reasonable hour, and make sure your room is dark, quiet, and free from distractions. Get at least seven hours of sleep so you're well rested and ready to tackle the day ahead.
- ♥ **Create a stress-free morning routine.** Make it a habit to set out your clothes, prep the coffee machine, and pack school lunches so you start the morning without chaos or stress.
- ♥ **Wake up gently.** Avoid using a loud, jarring alarm. Instead, choose a soothing sound to ease from sleep to wakefulness. If you wake up in the dark, consider investing in a sunrise alarm clock, which mimics the sunrise. And don't use your smartphone alarm: Once you pick it up, it's too easy to fall into the rabbit hole of distractions before you even get out of bed.
- ♥ **Cultivate a sense of gratitude.** Whether you write it down or simply think it to yourself, take a moment to be thankful for the day ahead. This might be even one simple thing that makes you feel good, but sitting in that feeling of appreciation and gratitude preps your attitude for the whole day.
- ♥ **Seek out good news.** It's too easy to get mired in negativity as soon as you hop online for the day. Instead, start the day with an inspiring, happy, or hopeful story. Try **Positive.News** or **Upworthy.com** for feel-good articles.
- ♥ **Tackle the day with a positive mindset.** Happiness doesn't happen to you; it's a choice you make each and every time you react or make a decision. Before you even get out of bed in the morning, make the decision you're going to have a good day and you've already taken a big step in achieving that goal.

Brain Teaser Answer:
The catcher and the umpire.



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Facebook.com/VirginiaInjuredWorkersLawFirm



Watch us on YouTube
www.youtube.com/user/WorkersCompLawyer

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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.

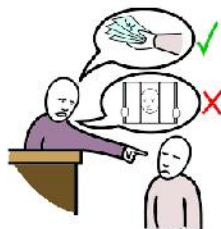
For Our Attorney Referral Partners

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!

Easy Choice?

At sentencing, the judge said: "You have a choice! Ten thousand dollars, or 6 months in jail."

The convicted, relieved, said: "I'll take the money, Your Honor!"



RETURN SERVICE REQUESTED



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7826 Shrader Road
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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:

Leslie Fortune, Louisa, Va. and Jenni Rains, Richmond, Va.

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

Which one of the following does NOT have to do with honey bees?

- a) Krill b) Melittology c) The genus Apis d) Royal jelly

The answer is:

- a) Krill – Krill are the main prey of baleen whales (and hundreds of other animals!)**

So, speaking of whales, let's move on to *this* month's trivia question!

Which real-life shipwreck inspired Herman Melville's "Moby Dick?"

- a) The Two Brothers b) The Essex c) The Charles Carroll d) The Mary Rose

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!