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**March 2020**  
**Richmond, VA**

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#### ***Welcome Spring!***

March 19, 2020 marks the earliest  
Spring Equinox in over 100 years!

Why? Check out:

[https://www.almanac.com/content/  
first-day-spring-vernal-equinox](https://www.almanac.com/content/first-day-spring-vernal-equinox)

#### ***Quotes To Live By...***

"Spring is the time of the year  
when it is summer in the sun  
and winter in the shade."

—Charles Dickens

"Spring is nature's way of  
saying, 'Let's party!'"

—Robin Williams

"Spring is the time of  
plans and projects."

—Leo Tolstoy



## INJURED WORKERS LAW FIRM

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

Hi Folks,

These are extraordinary times. We really do need to depend on each other a lot. We need to stay calm, reasonable, and optimistic now more than ever. With that said we are keeping our offices up and running, working on client's files and opening up new cases. Most of our team is working remotely and not missing a beat. Please know we want to help with any legal concerns or questions stemming from the conditions we are under. Please don't hesitate to call us. We will try to get you the answers you need.

I wanted to share a few thoughts, because the coronavirus COULD have an impact on your case. We are staying fully informed about how the virus is affecting our cases — and advising our clients accordingly. One thing that can affect a client's case is getting in to see their medical doctors and therapists. Insurance Company profits may also decline during this time. This may cause insurance companies to fight harder before settling. I assure you we are fighting hard for our clients every day.

We have a new Director of Happiness. Her name is Marey-Payge Tucker. She handles all incoming communications. She is doing an amazing job, especially during these difficult times.

Our son Christian is home from college and is now completely online. His professors are lecturing live or on recorded podcasts. He is in his 3<sup>rd</sup> year at William & Mary, and also preparing for his MCATs this May. Sarah has found a new place to live in the Fan district of the city. She is super excited and we are too.

We want to thank my brother-in-law, Richard Busch, for completing the installation of two new cubicles for our growing team. Richard does very good work. If you need any type of carpentry, construction remodel, etc..., give me a call and I will get you in touch with him. No job is too small. He can do just about anything you need and he is very reasonable.

That's it for the moment. As I write this letter, I am grateful that our families are well. We are doing what most Americans are doing. We are at home hunkered down. I pray to God that this awful epidemic comes to an end soon, and that you and your love ones are safe.

***Michele***



### Brain Teaser Answer:

*A deck of cards.*



#### All About Butterflies

- \*Butterflies have four wings.
- \*The female Queen Alexandra's birdwing, the world's largest butterfly, has a wingspan of nearly 10 inches.
- \*Butterflies use their feet to taste.
- \*Moths have a stronger sense of smell than butterflies.
- \*Monarch butterflies migrate an average of 2,500 miles to find a warmer climate.



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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!

### RETURN SERVICE REQUESTED



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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:

**Willie Jones (N. Dinwiddie, VA) & Patricia Teal (Carrollton, VA)**

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

#### Which of these cities were destroyed by a volcano in 79 AD?

- a) Pompeii and Atlantis b) Micenum and Mt. Vesuvius
- c) Pompeii and Herculaneum d) Micenum and Atlantis

The answer is c) Pompeii and Herculaneum. Mt. Vesuvius erupted and destroyed those two cities along with a few other settlements. So let's move on to *this* month's trivia question.

#### What was a 1962 Nobel Prize winner the first to do in 2014?

- a) Win the Nobel Prize for the same thing b) Compete in the Olympics
- c) Deny his scientific findings d) Sell his medal

Email Bob at [rbusch@injuredworkerslawfirm.com](mailto:rbusch@injuredworkerslawfirm.com)

*and you could be one of our next winners!*

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



### Brain Teaser...

I have 13 hearts that never pump. What am I?

(See page 4 for the answer.)



### Brainy Brain Trivia!

- \*The adult human brain weighs about 3 pounds.
- \*20 % of the oxygen and blood in your body is used by the brain.
- \*Egyptians removed the brain through the nose during the mummification process.
- \*When people no longer need a skill, the neural connections fade away in a process called "synaptic pruning."
- \*October 13 is "National Train Your Brain Day".
- \*The brain generates enough electricity to power a light bulb!
- \*Introverts and extraverts have measurably different brains.
- \*Exercise benefits the brain as much as the body.
- \*Each person's brain activity is as unique as their fingerprints.
- \*The brain waves of musicians synchronize when they perform together.
- \*The part of the brain that governs impulse control does not begin to develop until around age 6, and isn't complete until around age 25.
- \*The brains of Apple users are actually different than the brains of Android users.
- \*The pathologist who did Einstein's autopsy kept his brain in a jar in his basement for 40 years before returning to Einstein's granddaughter in a Tupperware container.
- \*There is more that we \*don't\* know about the brain than what we do!



### March is Women's History Month.

#### Here are a few amazing women we think you should know about!

- ~**Fatima al-Fihri (c. 800-880 AD)** founded the oldest existing, continually operating, and first degree-awarding university in the world, the University of al-Qarawiyyin in Morocco, in 859 AD.
- ~**Elizabeth Fry (1780-1845)** was called the "Angel of Prisons" because she fought to improve conditions for prisoners in British prisons & to improve the treatment of the insane.
- ~**Bertha Von Suttner (1843-1921)** the first woman, as well as the first Austrian, to be awarded the Nobel Peace Prize, she spoke three languages (French, Italian, & English), was an accomplished amateur pianist & singer, and wrote several pro-disarmament works.
- ~**Emmeline Pankhurst (1858-1928)** was vital in the fight for women's right to vote, and was imprisoned 13 times. Many know her name from the line in the original "Mary Poppins" movie, "Take heart for Mrs. Pankhurst has been clapped in irons again!"
- ~**Amelia Earhart (1897-1937)** was the 16<sup>th</sup> woman to earn her pilot's license, and the first to fly solo across the Atlantic Ocean. Infamous for her disappearance, she also authored several books about her flying experiences and was instrumental in the organization of *The Ninety-Nines*, a group for female pilots.
- ~**Barbara Cartland (1901-2000)** is perhaps most known for her prolific writing career. She authored over 800 novels, & she is the Guinness World Record holder for the most novels published in a single year for 1976. She also wrote plays, music, operetta, & more. She was Princess Diana's step-grandmother, a noted philanthropist, and built the first long-haul glider that delivered troops & mail during WW2. In 1984 she received the Bishop Wright Air Industry Award for her contributions to aviation.
- ~**Lucille Ball (1911-1989)** known primarily for her comedic talents and stunning beauty, she was a driving force in Hollywood. She was the first female television studio head in 1962 and was instrumental in bringing "Star Trek" and "Mission: Impossible" to television.
- ~**Hedy Lamarr (1914-2000)** was called "the most beautiful woman in films" (her acting career spanned 28 years), but she was a brilliant inventor whose discoveries lead to the modern smartphone and who improved aviation designs for Howard Hughes.
- ~**Ella Fitzgerald (1917-1996)** known as the "First Lady of Song," not only was she the first African American woman to win a Grammy, she won 2 that year (best individual jazz performance & best female vocal performance.) She would ultimately win 14 Grammy Awards, the National Medal of Arts, and the Presidential Medal of Freedom.
- ~**Sofia Ionescu (1920-2008)** the first female neurosurgeon in the world, she became interested in medicine when one of her best friends died of infection after brain surgery. Her first operation was during the 1944 bombing of Bucharest when she was forced to perform emergency brain surgery in an injured boy due to lack of staff while only an intern.
- ~**Stephanie Kwolek (1923-2014)** invented Kevlar and is credited with saving untold lives. The Royal Society of Chemistry now grants a bi-annual award in her name.
- ~**Audrey Hepburn (1929-1993)** considered one of the most beautiful women in the history of Hollywood, she studied ballet as a child in Europe, giving performances to aid the Allies during WW2, before becoming an actress. She spoke five languages (Dutch, English, French, Spanish & Italian), and after retiring from acting became known for her work with UNICEF & the Red Cross.
- ~**Valentina Tereshkova (1937-)** was the first (and youngest) woman in space in 1963. To date, she is also the only woman to fly a solo mission. In 1977 she earned her doctorate in aeronautical engineering, & has been active in politics since the early 1980s.



## 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!)...

**Gig Economy** (gig ee-kon-oh-mee)  
noun

**Meaning:** a labor market made up of a sizeable number of short-term jobs and freelance work instead of long-term jobs

**Sample Sentence:** She made her living in the gig economy by working on freelance writing contracts during the week and driving for a rideshare company on the weekends.



Boost your brain power with food!

**1 Fatty fish.** Fish is high in omega-3 fatty acid, which makes up about half of the fat in your brain.

**2 Coffee** contains caffeine and antioxidants that boost concentration and reduce the risk of neurological diseases like Alzheimer's and Parkinson's.

**3 Blueberries.** Have a muffin with that coffee – blueberries contain a substance that improves communication between brain cells.

**4 Broccoli.** Broccoli is high in vitamin K, which has been linked to better memory.

**5 Pumpkin seeds** are high in micronutrients your brain needs to function

**6 Dark Chocolate** contains flavonoids, a compound that enhances memory and slows down mental decline, as well as being a mood booster.

**7 Eggs** are a good source of B6 and B12, as well as folate and choline, which has been shown to delay mental decline in the elderly.

<https://www.healthline.com/nutrition/11-brain-foods#section12>



## Concussion Awareness & Prevention

Have you ever had a concussion? Do you know the warning signs? The Mayo Clinic defines a concussion as “a traumatic brain injury that affects your brain function.” Concussions are caused by a “violent jolt” to the head and/or upper body, and are the result of the soft tissue of the brain essentially sloshing around and hitting the hard bone of the skull. This can be caused by anything from a hard fall to an automobile crash. Children and athletes are notably at risk, but anyone can get a concussion. Some concussions are mild, and recovery may be as brief as a few days. Some concussions are much more serious, and can be fatal.

Brain injuries in children can be harder to diagnose, primarily because young children lack the communication skills to let caregivers know how they feel. Also, their brains are still developing so symptoms can be delayed and show up days (or even weeks!) after an injury occurs. It is very important that caregivers seek medical attention as soon as possible if a child shows symptoms of a brain injury. With proper care kids will recover quickly, but delays can lead to learning disabilities and life-long consequences.

Concussion symptoms can be long-lasting and range from physical symptoms like headache and nausea to things like mood swings, lack of self-control, difficulty sleeping, slurred speech, forgetfulness, clumsiness, vision changes, and even seizures. One concern about brain injury symptoms is that some of them (like seizures) can cause additional brain injuries in and of themselves, and symptoms may not show up immediately. As scary as concussions can be there are ways to prevent them, and ways to minimize the consequences if you do get one.

- Wear protective gear when playing sports and riding recreational vehicles like motorcycles and ATVs.
- Always wear your seatbelt, no matter how long or short the trip, and secure loose objects in your vehicle. (If you don't want to be hit in the head with it make sure it is well-secured!)
- Keep your environment free of things that can cause falls, like loose rugs, etc. Falls around the home are one of the leading causes of head injury according to the Mayo Clinic's website.
- If you have a head injury, see a doctor right away and don't return to regular activities until your doctor says that it is okay to do so. There is evidence that head injuries can be cumulative, meaning that a relatively minor head injury could have serious repercussions if there has been a prior head injury.

Treatment for concussions can be as simple as rest and taking over-the-counter pain medication as needed, but more severe brain injuries may require therapy.

<https://www.brainline.org/article/do-i-have-brain-injury-symptom-discovery-quiz>