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- ♥ "If you want to go fast, go alone. If you want to go far, go together."
~ *African proverb*
- ♥ "...If we want to achieve our goal, let us empower ourselves with the weapon of knowledge and let us shield ourselves with unity and togetherness."
~ *Malala Yousafzai*
- ♥ "So powerful is the light of unity that it can illuminate the whole earth."
~ *Baha'U'Llah*
- ♥ "Where there is unity there is always victory."
~ *Publius Syrus*
- ♥ "We cannot be separate in interest or divided in purpose. We stand together until the end."
~ *Woodrow Wilson*



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

Dear Folks,

Hope this letter finds you to be safe and sound. Unfortunately, I know some of you may have lost friends or family, or you are like me and have a level of anxiety that is hard to describe. I believe that we will come out of this and find a way to make the best of our situations. Our firm has remained so courageously strong. I am proud of each and every member of our team. In so many ways, we are very lucky!

I always try to give you a lighter side of things in my letter. I am not going to stop just because we are all stuck in quarantine. It is good to know we are on the down side (hopefully) of this mess!

On the home front, I just got some eggs to hatch in our incubator. They are Bantam Cochon chickens, much like the two hens we already have. Hopefully we will have several chicks hatching in 21 days! Our paralegal, Irene, has eight chickens. She did have a rooster named Cluck Norris. They are a lot fun to keep, especially the Bantam breed. They are very friendly and are great egg layers. Call me and I can get you set up! We live in a typical subdivision so you don't need to have a big yard.

Our daughter, Sarah, bought her first couch for her new apartment. She was a careful shopper. I remember buying my first real piece of furniture - in fact, we still have it! Our son Christian is finishing his junior year at William and Mary. He is studying hard for his MCAT exams in June. Bob has been playing golf every Thursday after work. He walks the course and plays nine holes. There is no removing of the flagstick and no raking the sand bunkers! It definitely a safe outdoor time for him. Lori's paralegal, Arian, moved into her new home this past week. We are excited for her, too.

Lastly, I want to mention how thankful we are for the medical caregivers on the frontline. In fact, we interviewed two nurses, which gave a unique perspective on the virus. We also gave away two \$100 gift cards to Zorba's restaurant. Some of you that visit our Facebook and Instagram pages may have nominated them for the giveaway. If you haven't yet visited our social media platforms, please do! You'll find the links on page 2 of this newsletter.

Please know we are here for you. May God bless each of you!

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!)

pescatarian (pess-kah-TARE-ee-an) noun

Meaning: a person who will eat fish but no other meats

Sample Sentence: "He won't eat the chicken since he's a pescatarian, but the seafood pasta will work."



A happy Rob with his gift card!

**Congratulations
to the winners of our
ZORBA'S
\$100 Gift card**

Giveaway:

*Rob Tucker &
Cindy Swain Brown*

Thank you for all you do!

*A very special THANK YOU to
Zorba's*

*Greek & Italian Restaurant
for supporting our
Front-Line Heroes!*

Visit Zorba's online at:

www.richmondzorbas.com



You Can Yoga!

Interested in trying yoga for the first time but don't know where to start? Ease in with these simple steps:

- Choose a beginner or basic yoga class. Avoid "open level" classes.
- Most yoga classes offer mats. Contact the yoga instructor or studio if you have questions about instruction level or equipment.
- Be on time. Better yet, be early. Introduce yourself to the instructor and let him/her know you are new to yoga. Instructors can offer modifications to suit your skill level.
- Breathe and enjoy. Listen to the instructor and work through the yoga poses at your pace and ability level.

How Good Posture Can Make You Happier

Have you noticed that you slump or hunch over when you're feeling down and do just the opposite – stand up straight and tall – when you're feeling good? Studies show that your mind (or mood) influences your body (posture) and vice versa – your body language influences your confidence and energy. Once you realize this, you can make it work to your advantage.

Here's what you should know:

- How good posture looks and feels, and what you can do to improve yours. Go to a site such as www.acatoday.org and search for "tips to maintain good posture."
- Exercise (stretching, walking, running, yoga) to improve your mobility and flexibility. Get away from "couch slouching."
- Watch Amy Cuddy's popular 2012 TED Talk. Just search for "Amy Cuddy Ted Talk" on Youtube.com. She explains how doing certain "power poses" every day will actually change your hormone levels and relieve stress.
- The benefits of avoiding "computer hunch." Sitting at a computer or looking down at a phone causes a natural slump and ultimately fatigue. If you learn to sit properly, move your eyes away from the screen and take breaks from the computer and phone, you're bound to clear your mind, and feel refreshed and more energetic.
- "Fake it 'til you make it" might just work. It sounds funny, but even if you're not in a good mood, try adjusting your posture, holding your head up and projecting confidence. People will react to you accordingly, sending positive feelings to your brain.

Did you know that Injured Workers Law Firm has loads of helpful information on our social media platforms?



You can check out our videos about Worker's Compensation in Virginia and more at our YouTube channel, enter for giveaways through our Facebook page, and get your daily inspiration (and the occasional laugh) from our Instagram feed!

<https://www.facebook.com/VirginiaInjuredWorkersLawFirm/>

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

<https://www.youtube.com/channel/UCr-jLxeiA1LYN7Ucv-cqSTQ>

Brain Teaser...

What four-letter word is exactly the same whether it's written backward, forward, or upside-down? (See page 4 for the answer.)

Online Crafting Resources

Are you crafty, or would you like to be? Besides Pinterest, there are other great web-based resources for all things craft.

♦ craftster.org – A site focused on off-beat, “indie” DIY projects.

Though officially closed, the thousands of projects are archived for you to view.

♦ makeandtakes.com – Projects for adults, kids and recipes to create in the kitchen.

♦ totallytutorials.blogspot.com – Tons of tutorials for all kinds of crafts from crochet to outdoor decor, and you can submit your own to share with the community.



Eat Your Front Yard

The front yard has traditionally been more for beautiful and showy plants, and less for edible veggies. But can you have both? Here are some ideas for beautiful plants that grow to a variety of different heights, make use of your green space, AND provide food to eat!

- ♦ **Corn:** the plants grow into large dramatic shoots.
- ♦ **Artichokes:** produce big beautiful purple-tinged chokes that look like sunflowers.
- ♦ **Rainbow chard:** produces a range of colored leaves for much of the year.
- ♦ **Chives:** they aren't as big as these other vegetable plants, but they produce beautiful little flowers and are low maintenance.
- ♦ **Thyme:** produces a lovely ground cover and caterpillars hate it, which will save your kale!
- ♦ **Italian kale:** will look great next to the rainbow chard. It's hardy and will produce kale throughout the seasons, too.
- ♦ **Peas:** also have lovely flowers and will grow on a trellis at the back of your vegetable garden.

IWLF PROVIDER SPOTLIGHT:

Christine Long, RN

MCV nurse Christine Long was kind enough to chat with IWLF about COVID-19 and how it affects her job, her patients, and their families. Christine moved to Richmond from Toronto in 1996 and has worked at Medical College of Virginia for the past 14 years.

IWLF: Tell us a little bit about what your job entails.

CL: I'm a Float Nurse so I go to whichever unit needs me the most. It hasn't changed what I do very much, but nurses who are usually assigned to a specific unit (like orthopedics) are also floating now. Everyone is doing stuff they haven't done before like checking temperatures at the door. The biggest change is Telehealth. They're up to about 4,000 patients using Telehealth visits now. I think some of that will probably continue long term because it's a good way to check on patients after they've been discharged.

IWLF: How has COVID-19 changed how you are training people?

CL: We really had to “create the wheel” so to speak, there were no policies and procedures in place when this started and they had to be created. An example is patients who have not been ruled out of having COVID-19 have a 1:1 patient to nurse ratio and a monitor making sure that only the 1:1 nurse goes in (not even housekeeping or meal services go into the rooms now), and that that person has appropriate PPE. Confirmed COVID patients (outside of ICU) are usually 1:1 or 1:2. All the rules have changed and we have had to learn all the new protocols that didn't exist before.

IWLF: What is the hardest part for you and the families not being able to be with their loved ones? How do you support patients and families while they are apart?

CL: I think most of them just miss having their loved ones with them. The hospital is putting devices in the rooms like iPhones so patients can FaceTime with their family and friends. Dementia patients are hard hit because they don't understand why they aren't getting visitors, and their caregivers can't really explain it to them or just call someone for them.



Christine with her daughter Cassie, a senior at Manchester High School

IWLF: What is the #1 gift patients with virus want?

CL: Patients can have whatever their friends or families bring them, but many do not have anyone to bring them stuff. Whatever is brought to them has to be given to them through their assigned nursing staff, so they can't see or touch their loved ones anyway.

IWLF: Do you have a message you would like us to send to our IWLF family?

CL: Wear a mask, wash your hands and stay home. Remember that just because the numbers are low right now doesn't mean they will stay that way, but if you need us the hospital is open. MCV manufactures our own tests, and has the ability to test up to 400 people a day. Don't be afraid to come if you need us!

Do you have a legal question?

When you call our office we will help you find the right attorney for any type of legal matter. We connect you with a carefully selected attorney on our Partner List. This means we know them and they are the very best available for your specific need. It's a FREE service to you!



Call & Get Your FREE Book “Ultimate Guide to Workers Compensation in Virginia”

Brain Teaser Answer:



NOON



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RETURN POSTAGE REQUIRED

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.

Thank You!

To Our Attorney Referral Partners:

If you are one of our attorney referral partners, we **thank you** for the people you have allowed us to help this past month. If you find yourself with a workers compensation case that you can't handle, give that person our number (above) and make sure they let us know that you made the referral. That way we know whom to thank! Would you like to be our referral partner? Give us a call! We are happy to work with you; all we need is permission to contact your client.

RETURN SERVICE REQUESTED



**INJURED WORKERS
LAW FIRM**

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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:

Alva Allen, Goochland, VA and Matt Carter, Columbia, VA

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

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

The answer is **d) Sell his medal**. Dr. James D. Watson was the first living Nobelist to sell his medal citing financial issues. So let's move on to *this* month's trivia question.

What was the first television show to depict a married couple sleeping in one bed?

- a) The Brady Bunch b) The Flintstones c) Mary Kay and Johnny
- d) The Adventures of Ozzie and Harriet

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!