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Founder of IWLF

**Summer 2020
Richmond, VA**

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Quotes To Live By...

"He who is devoid of the power to forgive is devoid of the power to love."

– Martin Luther King, Jr.

"Be kind whenever possible. It is always possible."

– Dalai Lama

"Fight for the things you care about, but do it in a way that will lead others to join you."

– Justice Ruth Bader Ginsburg

HOORAY!

**Regal Cinemas
Re-OPEN July 31!**



**Don't forget to enter
for your chance
to win tickets!
(See page 4 for details!)**



**INJURED WORKERS
LAW FIRM**

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

Dear Folks,

Family is so important during these times. I know I depend on my family for support and love. My husband, Bob, especially has been a rock. He just celebrated 11 years of service to the IWLF team, I want to thank him for helping us become the business we are today.

Our son, Christian, got the test results from his MCAT Exam. We are extremely proud that he did so well. Now he is applying to medical schools. His first choice is Georgetown. Christian has been adamant about being a doctor since he was in the 2nd grade! He put in a lot of time studying for the exam. His hard work has paid off!

This summer has been different from past summers. Even though we were socially distancing, our family was able to celebrate our granddaughter Olivia's first birthday on Jun 21st! Jeff and Carolyn Wildes put on a very nice outdoor party complete with a Southern Shrimp Boil. YUMMY! We also went to a July 4th party at my Uncle Billy's. It was hard not to hug everyone! We also want to congratulate our extended family's three high school graduates: William Hanks will attend UVA, Tori Hanks will attend Randolph Macon, and Madison Dungan will attend Old Dominion University.

Our team member, Irene, and her family, is in need of your support and prayers. Her 3 sons were in a ATV accident. One of them has a traumatic brain injury and will need intensive rehab to help him gain full consciousness. Please remember them in your prayers through these three Bible verses: Matthew 18:19-20, Matthew 17:20, and Isaiah 53:3. Please see the GoFundMe link for more information. <https://gf.me/u/ygbvrk>

Chickens are funny creatures. Chickens moult each year and it can take around 6-12 weeks for them to grow back new feathers. During this time period they will not lay eggs. Low and behold, one of ours laid an egg! I guess moulting is done for the year. In a few more days we will hopefully hatch some chicks. I may have one or two extra chicks with no room for them, so I will be looking for a home for them... maybe. I will let you know in my next newsletter.

We want to welcome Courtney Pryor, our newest team member. Courtney will be our new Director of First Impressions. Marey-Payge is moving to a Legal Assistant position for our attorney Andrew Sassoon.

We hope you and your family have a healthy and safe rest of your summer. Thank you for reading my newsletter.

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!)...

Xenophobia (zee-nah-foe-bee-ah) noun

Meaning: dislike or prejudice against people from or perceived to be from other countries

Sample Sentence: The boy's xenophobia kept him from going to social gatherings where there was a diverse range of people present.



Eye Didn't Know That!

- For every 1 million people in India, there are 11 eye doctors.
- You can blink 5 times in 1 second.
- The most common eye color in the world is brown.
- The average eyelash grows for 5 months.
- Ommetaphobia is the fear of eyes.
- The smooth part of the forehead between the eyes is called the glabella.



Super-Sized Dino

The Tyrannosaurs Rex weighed more than 10,000 pounds and its legs were about 12 feet long!

Are You Sleep Deprived?

While many people might feel tired now and then, true sleep deprivation is more severe. Here are a few signs you may be sleep deprived to help you deal with it before it becomes chronic.

- **Overeating and/or Weight Gain:** Studies show people who get less sleep are less able to stave off unhealthy food cravings. There are even indications that sleep deprivation may increase your risk of Type 2 diabetes.
- **Forgetfulness:** An early indicator that you're not getting enough rest is that you're having trouble remembering things you once had no trouble with. Sleep helps strengthen the part of the brain that deals with long-term memories.
- **Clumsiness:** Everyone feels like a klutz now and then, but if you're suddenly clumsier than you used to be it could be that sleep deprivation is hampering your motor skills.
- **Physical Weakness:** Diminished strength that can't be otherwise explained may be another early symptom of sleep deprivation.

Be sure to speak with your doctor if you're experiencing any of these symptoms, but ways to combat sleep deprivation include: a strict bedtime and wakeup schedule, no naps during the day, regular exercise, and reducing stress in your life and at work.



Stay Motivated When Working From Home

Over the past several years, increased access to technology and an interest in more flexible work schedules has led more people to work from home. Approximately 5.2% of U.S. workers worked from home full time in 2017 — a number that increased 3.3% since 2000 — and that number will probably increase even more as statistics are calculated after recent developments where far more workers are working remotely. Despite the benefits, it's possible to feel overwhelmed and unmotivated in a remote work environment, but you can set yourself up for success.

Establish a routine, including boundaries with co-workers. Be clear with your supervisor what hours you need to be "at work," and make sure colleagues are aware of those working hours. Get up in the morning with a "go to work" mindset. Set up a workday routine (including breaks) and stick to it. Do not respond to work-related issues after hours.

Separate work and home life. Set up a workspace with the materials you need to do your job and spend your workday in that space. Let any family members know when you are working and insist that they avoid distracting you. At the end of the day, clean up your desk, shut off your computer, and step away from your at-home office.

Dress for success. You aren't going to an office, but you should dress like you are. Putting on work-related clothes puts you in a work-related mindset.

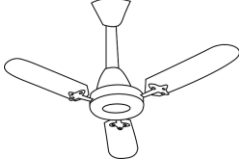
Get moving — and stay social. Exercising and socializing with other people come naturally when you're walking around a workplace setting, but they require extra attention and effort when working from home. Even if you have to socialize with some distance, both are critical for your health and wellbeing.

Brain Teaser...

If a farmer has five haystacks in one field and four haystacks in another, how many haystacks would he have if he combined them all in one field?

(See page 4 for the answer.)

Seasonal Fan Settings



If you've got a ceiling fan, you may have noticed it can spin in each direction. But maybe you didn't realize there's a reason for this:

- ◆ During the summer, fans should spin so that they're pushing cooler air down into the room (counter-clockwise).
- ◆ During the winter, switch it so it's pulling warm air up to be dispersed through the room (clockwise).



Secondhand Clothing Websites

Shopping for secondhand clothing online offers great variety and fantastic bargains (often on name-brand goods that are like new).

thredUP.com – With well-organized categories, thredUP takes secondhand shopping to the next level. Look for new-with-tags items at a discount.

GoodTwice.com – The selection on GoodTwice is limited to women's clothing, shoes and accessories, but it's run by Goodwill—so the prices are hard to beat.

ebth.com – The acronym stands for, "Everything But The House," which gives you a hint about the variety of things you'll find on the site. It's a giant online estate sale, with clothing plus a whole lot more.



Monthly Home Maintenance Tips

Keeping up with home maintenance tasks will save you money, preserve the value of your home, and prevent headaches down the line. Though some of these things can seem like overkill, a home is often your biggest investment. It doesn't have to feel overwhelming to keep everything in tip-top shape. Pick a certain day you do each of these things each month, and it won't feel like a chore.

- Inspect, clean and possibly change the furnace filter.
- Vacuum heat registers, vents and refrigerator coils.
- Use vinegar to clean mineral deposits from faucets and showerheads.
- Check all smoke and carbon monoxide detectors.
- Clean kitchen exhaust fan filters and fan blades. Tip: Use a degreaser (buy at an auto parts store) mixed with hot water.
- Inspect dishwasher for leaks. If you find problems, search for info on YouTube or consider calling a plumber.
- Pour boiling water down drains. Tip: If clogged, add a cup of baking soda. Clean your sink disposal. Try a few ice cubes along with slices of an orange for a fresh scent, and remove the rubber top and clean with an antibacterial cleaner.
- Inspect all fire extinguishers to make sure the gauges show adequate pressure. Most extinguishers last between 5 and 15 years. It's also a good time to review how to use them.

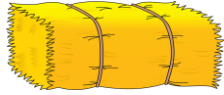
How to Get Rid of Fruit Flies



Fruit flies are tiny annoyances, especially when they use food you were planning to eat as their breeding grounds. Here are some ways to get rid of fruit flies in your home—and prevent them from coming back.

- Clean the drains. When you've discarded the overripe fruit and the flies aren't diminishing, they may be living in your drains. Boil white vinegar and pour it down every drain in the house.
- Make a fly trap. A small amount of apple cider vinegar (to attract the flies) plus a drop of liquid soap (to trap them in the liquid) mixed together in the bottom of a jar is a good place to start. For added fly trapping power, cover the jar with plastic wrap and poke several small holes in it. They'll be able to get in, but have even more trouble getting out.
- Wash produce before you store it. To minimize the risk of bringing fruit flies into your house, wash all produce as soon as you get home from the store and before you put it away, then store what you can in the fridge or in airtight containers (or invest in a handy mesh screen basket, and overturn it on top of your fruit bowl).

Brain Teaser Answer:



One. If all the haystacks are combined in one field, the farmer will have a single big haystack.



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RETURN POSTAGE REQUIRED

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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
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Who else wants to win movie tickets for two?

I'm pleased to announce the two lucky winners of last month's quiz!

The winners are...drum roll please:

**Ms. Yvette Baucom of Virginia Beach, VA
& Sheldon Howell of Chester, VA**

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

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"

The answer is **c) "Mary Kay and Johnny."**

This show debuted in 1947 starring real-life couple Mary Kay and Johnny Stearns. It's considered the first U.S. TV sitcom and ran for three years.

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

What Broadway rock opera is based on Puccini's "Bohème?"

- a) "Tommy" b) "The Wall" c) "American Idiot" d) "Rent"

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!