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December 2020
Richmond, VA

Inside This Issue:

Letter from Michele ... Page 1

*IWLF Holiday Food Drive
...Page 2*

IWLF Thankful Board... Page 2

*How to Block Spam Calls ...
Page 3*

*Holiday Event List in Central
VA ...Page 3*

Trivia Winner ... Page 4

Are you plugged into our social media platforms?



**Find us on
Facebook, YouTube, &
Instagram!**

From “Motivational Monday” starting your week off with a smile to “Worker’s Compensation FAQs” answering all those questions you didn’t know you had, we carefully curate content ***just for you.*** You will even see the faces behind the voices you know so well and get a glimpse of the magic behind the scenes! Search for “Injured Workers Law Firm” or scan the QR code below:



**INJURED WORKERS
LAW FIRM**

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

Season’s Greetings to All 🌲 ❄️

2020 please leave the premise!! That pretty much sums up how I am feeling. However, I am grateful that my IWLF team as well as my friends and family are going to get through this pandemic okay. Okay is certainly better than the many other folks across our great country who have lost their lives, homes and businesses. We must continue to stand tall, as our country will get through this with vengeance and fortitude. Just like, we have for over 250 years.

I am so glad to announce that three new team members will be joining us over the next several weeks. First, John Cornett will be an associate attorney. John is a seasoned veteran workers compensation attorney. We can count on John to fight for our clients every step of the way. Secondly, Christian Kline will join us as a new attorney. Christian is a recent graduate of Regent University School of Law where he attended on a full Academic Merit Scholarship. Christian has what it takes to be a terrific attorney, and I am looking forward to taking him under my wing. Lastly, Maria Mannino will join us in late January as a Legal Assistant in training. Maria speaks fluent Spanish. This will be a huge asset for our team and our Spanish-speaking clients.

On the home front, we have been busy. Bob and I have been cleaning out the old attic. It has been several weekends and nights of purging and reminiscing all the stuff, we have collected over the years. One project deals with the collection of Star Wars Legos from our son Christian’s younger days. It has been fun putting pieces together and having Christian home to do it with me. He just finished his last semester at William and Mary; one semester early. I am very proud of him! He will work and then off to medical school.

We are glad to know that Irene’s son, Christopher is finished with his therapy in Atlanta and she has him home to stay! It is great to see Irene now in the office. Irene is such a hard worker and self – motivated to help her clients at every turn of their case.

We are having a food drive and we would love your participation! Check out page 2 in this newsletter as well as our social media for the details!

PEACE OUT TO 2020! MERRY CHRISTMAS & CHEERS TO A NEW YEAR!

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!)...

Whitelist (wite-list) Noun or verb

Meaning: The practice of allowing access to things/services like an email or website, or the list of allowed entities itself (noun). The opposite of blacklist.

Sample Sentence: I whitelisted your email address so that I always receive your emails.



Q: What do snowmen order at restaurants?

A: An iceberg-er and fries!



Christmas Quotes To Live By...

"Maybe Christmas, he thought, doesn't come from a store. Maybe Christmas...perhaps...means a little bit more!"

— Theodor Seuss Geisel, *How the Grinch Stole Christmas*

"Just remember, the true spirit of Christmas lies in your heart."

— The Polar Express

"The best way to spread Christmas cheer is singing loud for all to hear."

— Will Ferrell, *Elf*



IWLF Holiday Food Drive

IN VIRGINIA, 842,870 PEOPLE ARE STRUGGLING WITH HUNGER - AND OF THEM 233,530 ARE CHILDREN.

In order to give back to our community, Injured Workers Law Firm is partnering with Heights Church in donating nonperishable food items to the **Clay House in downtown Richmond**. If you would like to participate, please drop off your canned food at our office (7826 Shrader Road). We are offering **contactless drop off**, just call 804-755-7755 when you get here and we will come get your items. You don't even need to get out of your car! The picture below is how much our team has donated since 12/1, but we have a lot more to go until **January 1st 2021!**

To stay up to date with our Food Drive Success, follow our Facebook and Instagram @InjuredWorkersLawFirm



Below is our Team Thankful Board that we have been adding to since Nov 1st. We may have to keep this board up all year round, reminding us how precious life is & remember all the opportunities, people & things we have in our lives.



Brain Teaser

No matter how much you use me, you change me every month. What am I?

(See page 4 for the answer.)

Get Rid Of Plant Gnats

These pesky flies seem to multiply around houseplants. Here are three remedies that work (choose one):

1. Water with a 1:3 hydrogen peroxide and water solution.
2. Use a granular or liquid pesticide.
3. Apply aquarium gravel or sand to the top of every plant, covering the soil so the gnats can't lay eggs.

Holiday Trivia!

The Poinsettia was introduced to the US in 1828 by the US Ambassador to Mexico, Joel Poinsett.

The first Christmas card was created by a London businessman in England in 1843.

Rudolph the Red-Nosed Reindeer was written in 1939 by an advertising employee for Montgomery Ward for a store promotion.

No-Mess Breakfast

Put pancake mix in a rinsed-out ketchup bottle and squeeze onto the skillet to avoid the drippy bowl-and-spoon mess!

Meditation Websites

To help reduce stress levels, try these websites and apps with access to hundreds of free meditations.

www.insighttimer.com –

Described as the #1 free app for sleep, anxiety and stress. You can download the app or go to the website to find meditations.

www.smilingmind.com.au – This Australian site is specifically for supporting kids' mental health.

www.uclahealth.org/ucla-mindful – This app provides many recorded meditations in English and Spanish.

HOW TO BLOCK SPAM CALLS

Those unwanted and annoying spam calls seem to get more sophisticated and harder to detect, using local numbers or spoofing your own phone number. Even if you hang up immediately or unsubscribe, they still seem to call back. A recent estimate placed the number of spam calls in 2019 at over 50 billion! Here's a quick how-to to help stop spam calls:

1. Block numbers one-at-a-time. This is a helpful solution if it is the same number calling repeatedly.
2. Work with your carrier. Some mobile providers have software that stops or filters these calls. AT&T uses Call Protect, Verizon Wireless uses Call Filter, and T-Mobile uses Scam Shield and Scam Block.
3. Add your number to the Do Not Call Registry. Visit www.donotcall.gov to add yourself to the list that telemarketers are supposed to honor.
4. Use the phone's software. Whether you have an Android or iPhone, they both have Do Not Disturb functions that allow you to block all calls, unless they are from contacts saved in your phone.
5. Block calls on your landline. You can buy a call-blocking device that stops unwanted calls and diverts others to voicemail. Some of these devices have a blacklist of problem numbers that you can add numbers to as well.
6. Register a complaint with the FTC. While the FTC might not follow up every complaint, they do monitor which companies are annoying and scamming customers. They have been known to shut down some of these spammers, too. Report unwanted calls to reportfraud.ftc.gov.



For dates, times, addresses and more details visit www.wric.com/community

Illuminate Light Show

Visit Lewis ginter gardenfest of lights

★ Photos with Santa Claus at Stoney Point Fashion Park

Ship and Shop Holiday Vendors Market

Bright Nights at Canopy Adventure Park

Gingerbread Design Competition

RVA Illuminates

Holiday Hustle virtual 5K

Tacky Lights Car Wash at Tommy's Express

Christmas at Henricus Historical Park



Brain Teaser Answer:

A Calendar



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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
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7826 Shrader Road

Richmond, VA 23294

Who else wants to win a \$25 Walmart Giftcard?

Guess who won last month's Trivia Question? I am pleased to announce the two lucky winners of last month's quiz. And the winners are...drum roll please:

Sylvia Cumbo Bazemore of Portsmouth, VA

&

Michele Cavanaugh, Esq. of Hampton, VA

were the first two people to correctly answer my quiz question. Congratulations! We had over 30 entries last month!

Let us move on to this month's trivia question:

Who was the first female singer inducted *twice* to the Rock and Roll Hall of Fame?

a) Aretha Franklin b) Pink c) Mariah Carey d) Stevie Nicks

**Email Bob at rbusch@injuredworkerslawfirm.com
and you could be our next winner!**

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