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social media platforms?**



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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 ...

Hello Folks,

Well as I write this letter, we are expecting another snow here in Richmond at the end of the week. Like this is the 3rd week in a row! I cannot recall having 3 snow falls in 3 weeks since I was a child!

Sadly, we are down to one rooster. His name is Luke. Poor Luke is all alone in the chicken coop! We have lost five chickens in the last few months. They were named Palpatine, Jar Jar Binks, Leia, Elsa and Ana. We witnessed a hawk pickup Leia & take her away! We used to always be able to let them roam around our yard. Not anymore. Anyone want our rooster? He is nice for a rooster and crows every morning. He needs to be around other chickens. Let me know and I will have Bob drop him off. We are going to be hatching more eggs this Easter! Hoping for some hens to lay eggs. While we are talking about pets, Irene (John's paralegal) got her family a pig! They named him Wilbur.

As I already mentioned in my last newsletter, we have been organizing our stuff at home. One thing we have been able to do is go through my collection of vinyl records. We have organized and properly indexed the records, so now we can enjoy listening to them. We like them for their sound. There is nothing like putting on a record from the 70's or 80's.

Our Intake Director, Sheena Rahman, is going to be celebrating her 10th year with us. On top of that, she got engaged over the Holiday! I am so happy for her and appreciate everything she has done to make our team great! Stephanie Wilkins just celebrated her 15th year with us. Both ladies have been the rock!

Finally, we want to welcome John Cornett and Christian Kline to our team. John has over 20 years of experience in the workers comp field. Christian recently passed his bar! The team calls him Baby Shark. They both have hit the ground running and we are happy to have them fighting for our clients.

So glad to see the vaccines being administered and our schools starting to open. This summer looks like it will be close to back to normal. Thank God!

Until next time, stay warm and safe!

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!)...

Flaming - online (Flame-ing) Verb

Meaning: Engaging in online arguments involving personal attacks on one or more parties.

Sample Sentence: Wow. This person is really flaming my post!

SPEAKING OF "ENGAGING IN ONLINE POSTS"...

our TikToks are almost going viral! Be sure to check us out on all social media platforms

@injuredworkerslawfirm



Workers Comp Question?

I love hearing from all my good friends & clients. I am happy to help answer questions you might have about anything relating to workers comp. If you have a question, tip, or idea, call me: 804-755-7755.

I am here to help!

Quotes to Live By...

"Luck is the residue of design."
—John Milton

"You were born with the ability to change someone's life. Don't ever waste it."
—Dale Partridge

"Magic is in believing in yourself, if you can do that, you can make anything happen."
—Johann Wolfgang

Small Steps To A Healthier Heart

Researchers at Harvard say that small health improvements are an important part of heart disease prevention. These small steps, they say, are the key to succeeding at improving heart health:

- **Use those muscles.** Lifting small objects is a great way to tone arm muscles. Incremental movements build strength and may motivate you to later join a gym and increase the weights you're able to lift.
- **Take short walks.** A short, brisk walk is a great way to energize your body and get used to short bursts of exercise.
- **Go to the dentist.** Regular professional cleanings and taking good care of your teeth at home are linked to a healthier heart.
- **Watch the liquid calories.** Soda and other sweetened drinks are laden with added calories. Swapping for water flavored with fruit, or low sugar alternatives could save 100 calories a day.
- **Get nutty!** Snacking on nuts, like walnuts or almonds, is great for heart health.
- **Breathe.** The practice of slow and deep breathing, even if only for a few minutes a day, can help lower blood pressure.
- **Eat an extra serving of fruit or vegetables.** Just one extra portion of fruit or vegetable a day can help your whole body!
- **Limit red meat.** Swapping meat with fish once a week can benefit your heart and brain.
- **Eat more fiber.** Foods like whole-grain cereals, barley, spinach, peas, kidney beans, and prunes are packed with fiber which can help prevent heart disease.

At our first Monthly Team Meeting of 2021, we each chose a word/phrase that we believed best described a positive team. Below is what we put together to remind ourselves what our law firm is built on.

What words do you use to describe a positive team?


1/6/21

Our vision of a positive team is...

• teamwork • Honesty
• No Negativity • Helpful
• Kindness • Productive
• empathy towards coworkers
• No gossip
• forever learners
• good communication
• enthusiastic

Brain Teaser

Turn me on my side and I'm everything. Cut me in half and I'm nothing. What am I?
(See page 4 for the answer.)

We  our community!

"If you want to speak with intelligent, articulate, and professional women who have the Best Customer Service in the world call Sarah and any of the ladies at IWLF. I have been in C.S. all my life a V.P. of a Mortgage Company, etc and I have never had a "law office" have great customer service. This office is cut from a flawless diamond. Now, this is the best part we were not their clients. Turns out they referred us to another law firm, but Sarah and the team were always willing to help and answer questions. Now, that is an Awesome law firm!!!"
-Tisha

"THE INJURED WORKERS LAW FIRM !!! THEY ARE ON THERE A GAME, A REAL CLASS ACT!!!"
-Kevin

"IWLF is amazing! They really care about their clients and show true professionalism. I highly recommend them and send all my referrals their way!"
-Michael Monteforte Esq.

8 Tips To Reduce Your Energy Bill

- Check the seals on windows, doors, and appliances.
- Fix leaky faucets.
- Take shorter showers.
- Turn the furnace temperature down at night.
- Check your local provider for discounts/rebates on energy efficient appliances.
- Wash clothes in cold or warm water.
- Replace your showerhead with an efficient one. Look for the WaterSense label.
- Reduce the temperature on your water heater.

Stephanie is always willing to help. I admire all of her hard work & how dedicated she is to the success of IWLF from the very beginning. I will always remember when she & my mom first began their careers together over 15 years ago at their first firm.
-Sarah

Extremely dependable, hard worker that will give up her life for Michele.
-Emily

Stephanie is kind-hearted, thoughtful, & a great teacher. She has amazing work ethics.
-Irene

Stephanie is extraordinary. She's able to seamlessly complete every one of the many tasks given to her, & still has time to offer help to anyone who needs it. She is truly a phenomenal co-worker & person. I'm glad I have the pleasure of working with her.
-Marey-Payge

15 YEARS WITH STEPHANIE

Stephanie is such a vital part of the IWLF Team. We are so lucky to have such a calm, supportive, and strong office manager.
-Courtney

I can always count on Stephanie's positive attitude & unwavering belief that we can do whatever we set out to do.
-Bob

Stephanie is a selfless person. She is always ready to lend a helping hand no matter how busy she may be! Where would we all be without Stephanie?
-Amy

Stephanie is a wonderful person. She is very kind and thoughtful. She never says a negative word about any coworker. She is the ultimate team player. She always goes above & beyond to do whatever is best for the client or the team. She is completely reliable, a hard worker & an excellent paralegal.
-Michele

I love Stephanie's calm, even attitude and determination to find a solution to any problem our office faces; she always puts the team first. The only thing she doesn't want to deal with is a spider under her desk, then she'd just call me to do the dirty work!
-Sheena



Brain Teaser Answer:

The number 8



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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.



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



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**Who else wants a
\$25 Walmart Giftcard?**

I am pleased to announce the two lucky winners of last month's quiz.

And the winners are...drum roll please:

Tishana Trainor of Alexandria, VA &

Tammy Pfister of North Chesterfield, VA

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

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

Tennis champion Serena Williams won which major tournament while pregnant with her first child?

a) Australian Open b) Wimbledon c) French Open d) ATP Finals

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

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