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Are you plugged into our 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 ...

Michele Lewane: The Exclusive Exposé

BY JOSHUA KING JR

Normally you hear what my Nana has to say about law and her life and stuff. This month I am taking over my Nana's letter. I decided to tell you what my Nana is really like. My younger sister would help but she is only 1 years old and cannot talk yet.

Joshua (5 years old)

- What's Nana's full name: *Nana Busch*
- What is Nana's job: *To talk on the phone and pay bills*
- Where did Nana grow up: *At Disney World*
- What is something Nana always says to you: *"I love you"*
- What makes Nana happy: *When it doesnt rain and playing tag*
- What makes Nana sad: *Being in time out*
- How tall is Nana: *25 ft*
- How old is Nana: *100*
- Favorite color: *Red*
- What do you love the most about Nana: *She gives me beach toys and loves me a lot*
- What is Nana really good at: *Lawyering and talking on the phone*
- What Disney character would Nana Be: *Darth Vader, my favorite*
- What is Nana's favorite thing to do: *Take care of honey bees and going to the beach*



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!)

Digitize (dig-i-tize) verb

Meaning: To convert something into digital form

Sample Sentence: The hospital digitized the x-rays, making them available to doctors virtually.



Q: Why Don't Scientists Trust Atoms?

A: Because they make up everything!

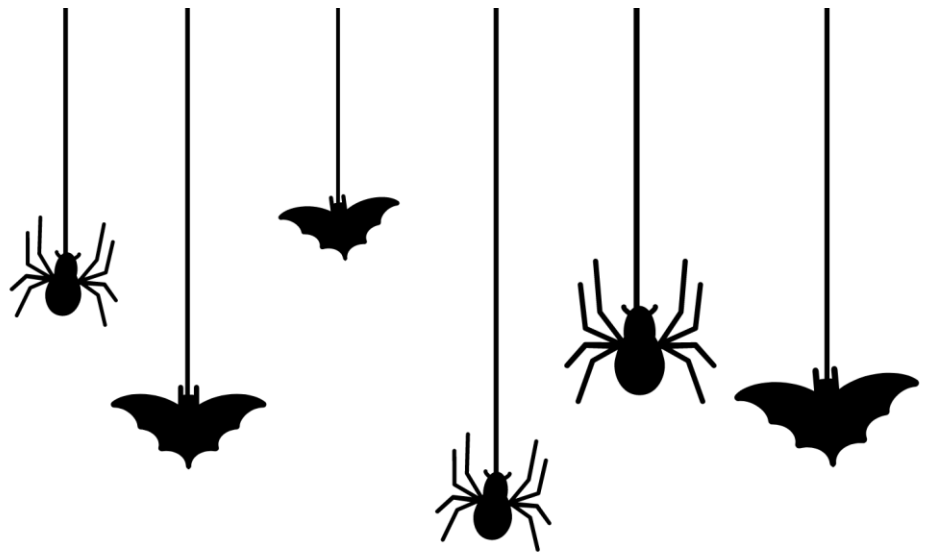


Quotes To Live By...

"You're off to great places, today is your day. Your mountain is waiting, so get on your way."
—Dr. Seuss

"No one is perfect — that's why pencils have erasers."
—Wolfgang Riebe, magician

"In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact."
—Les Brown, speaker



GHOST SMORES DIP

INGREDIENTS:

4 PACKAGES OF GHOST PEEPS
2 C. SEMI-SWEET CHOCOLATE CHIPS
1/4 C. HEAVY CREAM, WARMED
GRAHAM CRACKERS, FOR SERVING
MINI CHOCOLATE CHIPS

DIRECTIONS

1. Preheat oven to 450°. In the bottom of a square baking dish, spread out chocolate chips and pour cream on top. Cover completely with a single layer of ghost Peeps. Place mini chocolate chips over eyes and mouth. (The already-drawn faces will fade in the oven.)
2. Bake until the chocolate has melted and the ghosts are golden, 8 to 10 minutes.
3. Serve warm with graham crackers for dipping.

We have created a Pinterest account SPECIFICALLY for YOU! Scan the code on the right to see Recipes (like this one), DIY, Health & Wellness and Workers Comp!



From LAUREN MIYASHIRO Food Director
Lauren Miyashiro is the Food Director for Delish.com.

Papers You Should Be Shredding

To ensure you don't become a victim of identity theft, always shred the following items (post this list over the shredder!):

- ✓ Expired or cancelled credit cards
- ✓ Credit card offers
- ✓ Utility and credit card bills
- ✓ Anything containing your social security number
- ✓ Documents that include banking information, your name and address, signatures, bank account and card numbers
- ✓ Tax returns that are more than 7 years old
- ✓ Boarding passes
- ✓ Prescription labels
- ✓ Receipts with your card number and signature
- ✓ Pet medical papers
- ✓ Resumes

Brain Teaser...

I cannot be purchased but can be given. I may be worthless to one, but invaluable to two. What am I? (See page 4 for the answer.)

Self-Improvement Websites

These sites help keep you motivated while you learn something new:

www.greatist.com

Here you will find articles on fitness, nutrition, relationships, and mental health.



www.thoughtcatalog.com

This website is full of inspirational stories and a community of people engaged in sharing their ideas and experiences of self-improvement.



www.lifehacker.com

A site full of practical hacks, knowledge, and self-improvement tips.



5 Halloween Facts You Didn't Know:

1. Candy corn was originally called Chicken Feed
2. The most lit Jack O'lanterns on display is 30,581 in Keene, New Hampshire
3. Halloween originated from an ancient Celtic festival
4. Jack-O-Lanterns Were Originally Not Made Out Of Pumpkins
5. There's A Reason Orange & Black Are Halloween's Colors

*Halloween facts from
www.bustle.com/articles/185812-11-halloween-facts-you-didnt-know*



Back Work Injury Protection: Tips to Remain Safe and Healthy as a Nurse



Back injuries are one of the most common work injury threats to nurses, affecting thousands every year. In fact, the Centers for Disease Control estimates that 12 percent of nurses leave the profession due to a back injury. With the already existing shortage of nurses, it's important to stress safety and injury prevention in the healthcare environment in order to prevent these instances of work injury.

Workers' Compensation attorney, Michele Lewane, shares these tips for preventing painful back injuries in nurses:

- **Use lifting assistance devices**, such as gait belts, walkers, railings, sliding boards and more, when lifting a patient
- **Wear a back belt**
- **Create lift teams**, using multiple people to lift patients
- **Avoid repetition and prolonged fixed positions**
- **Use adjustable beds** and bring the patient to the proper height before moving or lifting them
- **Ensure your workplace is properly staffed**; this prevents overexertion and provides more team members to help
- **Take regular rest breaks; bend at the knees**, and lift up using your legs to remove strain from the back
- **Wear high-quality, supportive footwear**
- **Don't twist and lift**; if you need to turn to lift or carry something, turn your entire body.

Tips from www.injuredworkerslawfirm.com/blogs/back-work-injury-protection-tips-to-remain-safe-and-healthy-as-a-nurse



BUY APPLIANCES THAT LAST



Appliances aren't made to be as durable as they used to be. Changes in manufacturing have led to cheaper parts being used, and this applies to dishwashers, refrigerators, clothes washers and dryers. Products also have more electronic systems, increasing the risk that more parts will fail. Here are tips on how to pick an appliance that lasts:

- Choose a well-known brand that has inexpensive replacement parts: Whirlpool, Electrolux, KitchenAid, Maytag, and Frigidaire.
- Consider how much you need all the extra gadgets on an appliance, and decide on important ones (maybe extra bins in the freezer instead of a Bluetooth connection).
- Ensure you buy a surge protector to protect appliances from voltage spikes.
- Avoid washers with digital displays – they are expensive to replace.
- Consider the brand Speed Queen for laundry: Consumer Reports say these washers and dryers are made to last and rank highly in reliability scores.

Brain Teaser Answer: **LOVE**



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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



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

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:

Aurelia Holmes of Glen Allen, VA & Sharon Ten, Esq. of Richmond, VA

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

What inspired cartoon character Scooby-Doo's name?

a) A song b) A dessert c) A dance d) A pet

The answer is a) A song. Frank Sinatra's song "Strangers in the Night" inspired Scooby-Doo's name (doo-bee-doo). So let us move on to this month's trivia question.

Which of these airports is not in France?

a) Bastia-Poretta b) Almeria c) Biarritz d) Orly

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

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