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## **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:



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

Hi Folks,

I am happy to report that Irene's son is doing so much better. He is in the Day Rehab program at Children's Hospital in Atlanta. Irene says they are very thorough, and are very pleased so far with their progress with their son. HUGE shout out to the Hanover first responders (Fire, EMS, and Police) as well as the Pediatric ICU at VCU. They all contributed to saving his life. From the first responders who recovered Kristopher, stabilized him in the field, and quickly got him on the MEDIVAC helicopter, to the Doctors, nurses and staff at the Pediatric ICU at VCU where they pulled him through! They were all wonderful! If it were not for them, he would not be where he is now.

We are in need of an attorney. This person has a great opportunity to be successful with our team. I want this person to have Workers Compensation experience. Therefore, if you or somebody you know is interested please have them call me.

We have many birthdays in September! Bob and his twin brother Paul turned 65. I cannot believe it- Bob is on Medicare. Our team members Marey-Payge and Lori (The Big 50, sorry Lori had to tell) are also celebrating birthdays. Our grandson, Joshua, turned FIVE years old, and his dad celebrated a birthday as well! Finally, our oldest daughter Amanda has a late September birthday. Another thing to celebrate: Amy, our legal assistant, is a brand new Grandmother to Levi. Congrats Amy and your entire family!

We are excited to reveal our new website! It will be the most comprehensive help center for Virginia injured workers. Be on the lookout. We will be sure to announce it on our social media when the reveal date is, so if you are not following our Facebook/Instagram be sure to do so to stay in the loop.

Tik-Tok? Not sure if you have gotten a little mesmerized as I have. The neat thing is you can have a set page designed for your interests. For me, it is people's pets and folks showing off their singing voices. I highly recommend it. However, be careful, all of the sudden an hour goes by and you are still scrolling. I actually made a few Tik-Toks of my own for the law firm. Follow us on Tik-Tok for 60-second video legal advice @yourworkerscomplawyer.

Has anyone been to a movie theater lately now that they're open? We only had 14 people enter last month's trivia question to win 2 movie tickets. See the back of this newsletter for this month's trivia. You can win two tickets by being the first of two to email Bob with the correct answer.

Here's to good health, a fresh Autumn season, and the hope for great things in your life.



Michèle

*Call & Get Your FREE Book "Ultimate Guide to Workers Compensation in Virginia"*

## 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!)

**Nomophobia** (no-mo-fo-bee-ah) noun

**Meaning:** The fear of being without a mobile device. The word is derived from no-mobile-phone-phobia.

**Sample Sentence:** Because of her nomophobia, she chose not to go on a long day hike that would have taken her out of cell phone range.



## Face It

**Q:** What did the right eye say to the left eye?

**A:** Between you and me, something smells.



## Quotes To Live By...

*"Never, ever underestimate the importance of having fun."*  
—Randy Pausch, educator

*"A crown is merely a hat that lets the rain in."*  
—Frederick the Great

*"Success isn't about how much money you make. It's about the difference you make in people's lives."*  
—Michelle Obama



## Helping Teen Drivers

Learning to drive can be stressful and scary — for new teen drivers and the people teaching them to drive. Improve the process by following these five steps when you practice together, and ease both your fears.

1. Make a plan for driving lessons. Decide where your teen will be driving, how he/she'll get there, and what skills you'll be practicing. The best way to become a better driver is to drive, so give your teen lots of time behind the wheel in lots of scenarios, including "scary" conditions like driving at night, in heavy traffic, and in bad weather.
2. Provide clear instructions. Avoid yelling or panicking. Instead, use a calm, even tone to instruct your teen on what to do. Don't distract with superfluous conversation, especially with a brand-new driver.
3. Avoid distractions. Model the behavior you want your teen to have, both while teaching him/her to drive, and when you're behind the wheel and your teen is in the passenger seat. Don't text or fiddle with tech when driving. Don't eat or drink. Keep music to a minimal volume.
4. Evaluate the experience together, especially if it was tricky. When your teen has reached the planned destination, talk about the drive. What went well? What went wrong? How could the situation be handled better next time? Offer praise where appropriate and point out opportunities for improvement.
5. Maintain a progress log together. After each drive, note where and how long your teen drove, what the conditions were, and the skills practiced. This is a great place to make notes from your joint evaluation so you can remember to revisit skills that need a bit more practice.



## Making the Most of Remote Learning

Few students are excited about starting a new school year virtually, but there are ways to make it easier and more successful for everyone:

- Treat it like a "real" class. Show up on time prepared to work and learn.
- Manage your time wisely. Creating a consistent schedule will help you stay on top of what you need to accomplish.
- Stay organized. Keep your supplies neatly where you can easily access them during class and use checklists to stay on task.
- Create a dedicated study space free of distractions. The kitchen or living room may not be your best choice if you live in a busy household.
- Actively participate. It is much more difficult to "zone out" if you are actively engaging with your teacher and classmates.
- Cultivate relationships with your classmates. This will help reduce feelings of isolation and create a network of contacts that have shared experiences with you.
- Don't neglect your physical health. Take breaks, drink lots of water, and get plenty of exercise away from the screen.

**Bonus tip:** If your student is required to have their camera on, decorate science fair project display boards to create a background that both shows their personality and respects your privacy. This can also help reduce distractions if you have more than one young student "plugged in" to classes at the same time or a very small space that is shared among several students.

*Adapted from tips published by Northeastern University:*  
<https://www.northeastern.edu/graduate/blog/tips-for-taking-online-classes/>

### Brain Teaser...

A man is walking in the middle of nowhere when it begins to rain. He doesn't have an umbrella or a hat and has nowhere to hide. He arrives home completely soaked, yet not a single hair on his head is wet. How is that possible?

(See page 4 for the answer.)



### Journaling Websites

Get your thoughts down online from anywhere – you never need to remember your journal.

750Words.com – Make writing a daily habit with 750 words (approximately three pages) in a private space. Plus, track your writing habits.

IntelligentChange.com/Pages/Five-Minute-Journal-App – Three questions to help you instill gratitude, set purpose for your day, and create empowering beliefs every day.

Daylio.WebFlow.io– For the person who doesn't like to write much, this app lets you record your mood and activities through emojis or short notes.

Hello, Yellow!



Yellow is often affiliated with happiness, but there's more to this sunny color.

- Natural yellow pigments include ochre, saffron, turmeric and Garcinia tree resin.
- The human eye processes the color yellow first.
- It is one of the primary colors. The other two are red and blue.
- Its high light reflectance value helps it act as a secondary light source.

## Pizza Soup

This crowd-pleasing favorite can be tweaked in a dozen different ways – the basic premise is that in the soup is everything you would put on your favorite pizza! The first time we made it our rink was holding a competition and needed a vegetarian soup option for our judges' hospitality room, but we wanted something that would be hearty enough to stand up to the long, cold hours the judges were spending on the ice. There were NO leftovers! – Becky

### \*NOTES\*

- Don't add the pasta too soon or it will get soggy. Pre-cooked pastas work well for this recipe. They are usually in a pouch in the same aisle as the regular noodles.
- If you have gluten-sensitive people in your group, there are some great gluten-free pastas or breads. Look for ones made from bean flour and not rice or corn, as the latter tend to disintegrate when cooked too long.
- Omit the meat to make it a vegetarian meal. (You can always set the meat to one side in a smaller pot with some of the soup base and add it to individual servings.)
- You can make this a healthy choice by adding more vegetables or choosing lower-fat meats.
- It holds up well to freezing and the longer it sits in the slow cooker the better it tastes.
- Canned vegetables are fine, drain the liquid off & discard it.

### INGREDIENTS:

- Tomato soup (whatever your favorite kind/brand happens to be – I prefer the boxed organic tomato-basil soup)
- Frozen spinach (thawed)
- Mushrooms
- Canned stewed tomatoes (add the liquid to the soup base)
- Olives
- Green peppers (chopped into pea-sized or smaller pieces)
- Garlic
- Sun-dried tomatoes (chopped into pea-sized or smaller pieces, I prefer the kind preserved in olive oil)
- Italian seasoning
- Cheese (whatever your favorite pizza cheese happens to be)
- Black beans
- Chickpeas
- Pepperoni (chopped into pea-sized or smaller pieces)
- Meatballs/ham/other meat of choice
- Cooked pasta (orzo and gemelli tend to hold up better, but gnocchi also works if you monitor it closely) -OR-
- Italian or French bread (toasted with butter and garlic)
- Fresh basil

### DIRECTIONS:

- In a large stockpot or slow cooker, add your tomato soup base, seasonings, vegetables, and protein source(s).
- Let simmer at very low heat for several hours or overnight.
- Just before serving, add your pasta or toast your bread.
- Top each serving with cheese and a piece of fresh basil.



## Did You Know "Hawaiian" Pizza Is Actually Canadian?



Sam Panopoulos, a Greek pizzeria owner from a tiny Ontario, Canada town, invented the pineapple-and-ham combo in the 1960s. No one knows **why** he did, but adding pineapple to pizza has caused controversy all around the world! The misnamed "Hawaiian" pizza's controversial ingredient is not Hawaiian, either. Pineapples originated in South America (probably in Brazil) and were imported to Hawaii because of European colonization sometime around 1800. We can only guess that the name comes from the popularity of Pacific-Asian and "Tiki"-inspired trends of the time.

**Brain Teaser Answer:**




*The man is bald.*



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*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  
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:

***Shirlene Bailey of Suffolk, Va. & Maysoun Shayeb of Front Royal, Va.***

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

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

a) Tommy b) The Wall c) American Idiot d) Rent.

The answer is **d) Rent**. The show is the story of struggling artists living in Lower Manhattan's East Village. So let's move on to *this* month's trivia question.

**What inspired cartoon character Scooby-Doo's name?**

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

Email Bob at [rbusch@injuredworkerslawfirm.com](mailto:rbusch@injuredworkerslawfirm.com)  
and you could be one of our next winners!

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