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## INJURED WORKERS LAW FIRM

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

It is so nice when we get to see how our efforts really help someone whose life was turned upside down due to a work injury. Recently we had a visit from our past client. He is a very young man who unfortunately lost a hand and part of his foot in a work accident. He was able to purchase a new car and drive himself to our office. Usually, it is Bob who picks him up from his house when he needed to come in for appointments! He gave me a big hug and had a big smile on his face. He is so happy to get back on track with his life. He went through a long and difficult recovery. It really made our day to see him in his new shiny red Camaro.

Our team got a chance to volunteer again with the Mill House Community Brain Injury Services 12th Annual BBQ Pig-Out this month. Bob and Sarah made ten batches of cornbread! They used our honey from our bees. Yummy!! The BBQ was delicious thanks to the Pitmaster, Elliott Buckner Esq. He cooked 750 pounds!!

Our niece, Kimberly, is getting married next week. We are so excited for Kimberly and her soon to be husband, Stevie. Congratulations to both!

Our son, Christian, has found himself an apartment in Northern Virginia. He has been a guest at my sister and brother in laws house (Caroline and Alan) this summer and fall – They have been so gracious! Christian had to move fast on a job he took, and they came to his rescue. He has enjoyed his time with them, and they told me that they will feel like empty nesters, again, when he leaves!

Lastly, we are all ready for Halloween. It's such a fun time in our neighborhood to see everyone and their youngsters in their costumes. We don't have any youngsters, but we feel like we have three. Our neighbors next door kids will come over to play with our dog Chauncey and hang out with the chickens for the last five plus years. Also, Bob has gotten the chance to coach them on baseball. Just the best kids ever. They are moving soon, and we will sure miss them!

HAPPY GHOSTS AND GOBLINS

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!)...

**harbinger** (pronounced HAR-bin-ger) noun

**Meaning:** someone or something that is a sign of what's to come

**Sample Sentence:** My grandmother claims her aching knees predict the weather—when they start to hurt, she says, it's a harbinger of rain.

## Chew On This...

Travelers to Singapore have long known to leave the chewing gum at home. It's been banned in the city-state since 1992 as part of an effort to keep the sidewalks clean. McDonald's short-lived 2014 experiment in bubblegum-flavored broccoli (yes, really) might have been an interesting workaround, had it not been so universally detested.

### *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...

"Life shrinks or expands in proportion to one's courage."  
— Anaïs Nin, Author

"However difficult life may seem, there is always something you can do and succeed at."  
— Stephen Hawking, Physicist

"Experience is something you don't get until just after you need it."  
— Steven Wright, Comedian

# 5 Signs You May Not Be Taking Care of Yourself

Juggling the needs of work, family, and home often makes us forget the most important needs—our own. Rather than being selfish, self-care is critical. Without it, everything we're juggling comes crashing down.

If you're not taking adequate care of yourself, your body will let you know. You just have to be paying attention to what it says! Here are a few signals your body can send that indicate it's time to recharge your own batteries.

- **Increased Forgetfulness:** Forgetting occasional things might be normal but walking around in a fog all day is a problem. This may be a sign of simply not getting enough sleep, but it's good to consult your doctor in case it's a sign of a hormone imbalance.
- **Constant Fatigue:** Do you wake up in the morning feeling tired? That might be a sign of something like inadequate levels of iron or other vitamins, or even sleep apnea.
- **Skin Changes:** Our largest organ, skin, shows signs of ill health that are hard to ignore. If your skin is unusually dry, it might mean your diet needs more fatty acids. And sudden breakouts could also be a sign of stress or poor diet.
- **Muscle Twitches:** If you notice random twitches in your leg muscles even when you're relaxing, it may not be so random. It may stem from a lack of magnesium in your system. A blood test by your doctor will be able to identify that.
- **Mood Swings:** If you're more stressed or irritable than you think you should be, this can be a sign that your cortisol levels are too high. Your doctor can order a cortisol test, and regular exercise and proper sleep can help lower cortisol if it's too high.

# ANNOUNCEMENT!

**Michele is writing her 3rd book!**

This is our official announcement of Michele's newest book "The Ultimate Guide to Brain Injuries" coming soon this November. With the help of Jim Dodson Esq, this book will cover everything you need to know about brain injuries (yes, concussions are brain injuries too) as well as brain injuries in the workplace. This book is a **MUST** for you or a loved one has a suffered from a brain injury. Also, this is a great book to share with friends in the workplace. Get on the Brain Injury Guide waiting list by emailing [info@injuredworkerslawfirm.com](mailto:info@injuredworkerslawfirm.com) and we will send you one of our first copies for **FREE!**

## 5 Home Maintenance Tips for Fall

- Fertilize your lawn and cut grass short
- Detach your water hoses
- Clean out gutters
- Check for drafts and seal leaky windows
- Store outdoor furniture or cover to protect from the elements

## Insulate Garage Doors?

There are arguments on both sides of whether it's worth the time and money to insulate your garage door. What isn't in dispute, though, is the effectiveness of insulating the *rest* of your garage. Consider insulating the garage ceiling if there's living space above it, and any walls the garage shares with the rest of the house.

## The Wonders Of WD-40

If you only use WD-40 to keep hinges from squeaking, you'll be thrilled to know about other creative ways to use this household staple.

- **Gum Remover:** The lubricant makes it much easier to remove gum from almost any surface (including hair).
- **Stainless Steel Cleaner:** Stains disappear with soap and water after they get a spray of WD-40.
- **Grout & Tile Cleaner:** Spray WD-40 on dirty tile areas, leave it for a few minutes, and wipe clean with soap and water.

JUST IN  
TIME FOR  
HALLOWEEN!

# NO CARVE BABY YODA PUMPKIN

- Template for eyes and ears:  
[www.funmoneymom.com/wp-content/uploads/2020/09/Baby-Yoda-Pumpkin-Tracers.pdf](http://www.funmoneymom.com/wp-content/uploads/2020/09/Baby-Yoda-Pumpkin-Tracers.pdf)
- Pumpkin
- Lime sherbert craft paint
- Green craft paint
- Black craft paint
- White craft paint
- Green and pink craft foam

1. Start by painting the pumpkin with lime-colored paint. Let dry for 30 minutes to an hour
2. Print the template for the eyes and ears and cut out the pieces.
3. Trace the largest part of the eye template.
4. Now line up the medium size eye template and trace.
5. Finally, trace the smallest eye template.
6. Paint the outside of the eye with the regular green color.
7. Use white paint for the middle section.
8. Paint the inside of the eye black. Add reflections to the eye with a little white paint.
9. Use the green paint and add a nose and mouth.
10. Trace the ear templates. Trace one side of the template, then flip the template over and trace the other side. (If you don't flip it for the second ear, they won't be symmetrical)
11. Do the same for the inside part of the ear. Trace it on pink, then flip the template over for the second one.
12. Flip the green foam so that any pencil marks from tracing are on the back. Do the same with the pink foam, then glue the pink pieces to the top of the green ones.
13. Apply hot glue to the edge of one ear and attach it to the pumpkin. Add more glue to the back to be sure it stays in place.
14. Once both ears are firmly attached, you've got your adorable Baby Yoda pumpkin!



Source:  
[www.funmoneymom.com/baby-yoda-pumpkin/](http://www.funmoneymom.com/baby-yoda-pumpkin/)

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.

**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.

All fee sharing is in compliance with VA Ethics Rule 1.5 €



**Many Uses for Lemons**

Lemons might be the most useful ingredient you have at home!

Here are just a few of the ways to use lemons that you might not know.

- Get rid of garbage disposal odors by adding a couple of lemon chunks.
- Polish stainless steel or banish ants with lemon juice.
- Drink a little lemon juice to bump up your metabolism or relieve throat pain.
- Keep apples and guacamole from turning brown with lemon juice.

**RETURN SERVICE REQUESTED**



**INJURED WORKERS  
LAW FIRM**

7826 Shrader Road  
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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:

**Deb Patterson-Griles of Charlotte Court House, VA  
and  
Kelly Hickey of Roanoke, VA**

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

This month's trivia question:

**Which of these famous cookies is the most popular?**

a) Girl Scout Thin Mints b) Oreo c) Little Debbie d) Chips Ahoy!

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

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