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# INSEPARABLE | The Story of Two Dogs, Two Soul Mates

When animal shelter authorities found Isaac, a blind husky, meandering through the streets of Fontana, California, they immediately noticed something curious. It wasn't that the pup was blind. It was that he had a faithful companion — Isabella, a Chihuahua-terrier mix. She was serving as Isaac's guide dog, or rather, his unofficial Seeing Eye dog.

How the two met and how they developed their unique and remarkable relationship is a complete mystery, but one thing was clear: These two could never be separated. They were soul mates. When they walked together, Isabella took the lead. Whenever Isaac fell behind, Isabella would patiently wait for her companion to catch up. Or if Isaac couldn't find his way, Isabella would go to Isaac and let him know he was not alone.

Not long after Isaac and Isabella were found, they were brought to a local shelter. Unfortunately, due to overcrowding and extremely limited resources, the two pups were put on the schedule to be euthanized. Knowing they only had days to live, the shelter put the story of the dynamic doggy duo on their Facebook page.

The shelter hoped a caring family would see the dogs before time ran out. But no one with the right home conditions came forward. The shelter was at a loss

until someone from the STAND Foundation reached out. The STAND Foundation is a nonprofit dedicated to animal rescue, and they were more than willing to take the pair.

With Isaac and Isabella in the care of the STAND Foundation, the organization put their resources to work to find the pups a new owner. Eventually, a new home was found, and the two best friends went on to live a life full of love and continued companionship.



## WHEN A CALL FOR HELP COMES TOO LATE

As we discussed in last month's issue, not long ago I received a call from a man whose hand had been cut off by an unlabeled machine while he was on the job. Assuming the company he worked for would treat him right, after his injury healed and he was released for light duty, he went right back to work, without ever trying to protect himself. At least, not until the company let him go eight years later.

**“It hurts to tell someone you can't help them after they've been through a bad situation. ”**

Left with a severe disability, prosthetics he would spend the rest of his life paying for, and no source of income, he finally decided to give us a call. Unfortunately, the statute of limitations had expired long ago. This sort of call is far from unique and as a lawyer, every one of these phone calls is a painful experience. I know exactly what these folks were entitled to, but I can't do anything for them now. It hurts to tell someone you can't help them after they've been through a bad situation. Worker's comp is a tricky minefield, and if you take the wrong step or wait too long to do anything at all, your case will be ruined.

There are many reasons someone might fall into this huge mistake. Some people

are afraid that if they file a claim, they'll be fired — which is illegal, by the way. Your employer cannot fire you for filing a workers' comp claim. Others are proud to a fault. When the family breadwinner suffers a bad accident and can't work, they don't want to admit they need help. And then there are those who genuinely think they know more than a lawyer.

The reality is, it doesn't take long to evaluate a claim and determine if you have a case. Our seven-step evaluation takes no more than 15 minutes, and then we're able to tell you what your next move should be. I hate hearing about people who have suffered from an injury for years, when a 15-minute phone call could have helped them get the compensation they were entitled to from the start. Every call that comes too late gives me more drive to get my message out there.

This newsletter is a direct way for me to reach clients, along with social media, informative articles on my blog, and my online videos, all acting as resources for individuals who might be starting to look at what they need to know about workers' comp. Additionally, I have created a lively presentation specifically for appearing at speaking engagements for unions or other labor-related groups. Focusing on the dangers of failing to take appropriate action in Virginia workers compensation cases, the presentation usually runs



at around 20 minutes, not including questions, but I often shorten or lengthen the presentation depending on the organization's needs.

My main goal is to reach out to the public and make sure workers across the Commonwealth are aware of what they need to do in order to protect themselves before it's too late. For this reason, I offer all these resources, including the presentation, at no cost. Those who attend the presentation also receive a free copy of my book 'The Ten Traps and Lies that Can Ruin Your Virginia Workers Compensation Case.'

I feel very strongly that it is my duty to help put a stop to these horrific stories by educating as many folks as possible. For more information on booking me to speak to your group or organization, please call my office and ask for Faatimah.

*- Joseph Miller*





## The Perfect Spring Picnic

### ENJOYING A FEAST IN BEAUTIFUL WEATHER

find local parks in your area, or strike out on your own to find the perfect pastoral spot. Be sure to monitor the weather so you don't run into a March rainstorm on the day you head out.

Once you've settled on a location, the next step is to decide on the menu. The ideal picnic dish travels well and can be served at room temperature. Finger foods, sandwiches, and salads made with hearty greens like kale and romaine lettuce are all great options. Another plus to having your picnic in the spring is that there is so much wonderful produce to feature on your menu. Vegetables like asparagus, watercress, peas, and carrots are all in season, as well as fruits like mangoes, pineapples, and apricots. Is there an app for that? You bet! Seasonality Go will let you know exactly what's in season in your area.

The first step in planning a picnic is to select the right setting. One of the benefits of having a picnic in early spring is that you'll have the chance to see all sorts of plants in bloom. You can use the Oh, Ranger app to

Here's a recipe for picnic banh mi (a Vietnamese-style sandwich) that's sure to impress even the most serious foodies in your friend group. Start with a high-quality loaf or baguette. Slice it in half and add a thin layer of mayo. Fill it with cilantro, sliced jalapenos, and carrots. You can quickly pickle the carrots in a mixture of equal parts salt, sugar, and vinegar if you have a little extra time. Though a traditional banh mi is made with pate and ham, you can use whatever protein you think will work best, from pork chops to roast beef. If you want an extra kick, add a dash of Sriracha.

After a long winter, people are itching to get outside. Why not give your friends or family a reason to enjoy the new season by hosting a springtime picnic? With plenty of nature, food, and good times in abundance, what's not to love?

# DID YOU KNOW?

Did you know that your employer does NOT have to pay for your health insurance while you are being held out of work for your workers' comp claim? That's right. So if you want to keep your health insurance during your claim, you are going to need to find a way to keep paying those premiums. Otherwise, you are likely to lose your health insurance.

Did you also know these facts about the **Lifetime Medical Award**?

a) The award is only for the accepted body parts listed on your award order.

b) The treatment you receive under that award must be provided by or at the direction of your authorized treating physician.

In other words, if the treatment is not accepted as related by the workers' compensation insurance carrier or ordered by your authorized treating doctor, you should not expect that it is going to be part of your workers' compensation claim.

If warranted and supported by the medical records, we may be able to take steps to have additional work-injury-related medical conditions or issues added to your case. This must be determined, though, on a case-by-case basis. In the meantime, until those injuries are accepted by the carrier as part of the claim, you should not expect them to be covered by workers' compensation insurance.



## A COMPASSIONATE, CARING LAW FIRM



a settlement. Following the settlement, which I reported to the specific agency as directed, I experienced months of problems getting my disability checks corrected. I knew my case had been closed at Joe Miller Law, but I called for help anyway.

Lisa, my paralegal, was immediate in notifying Mr. Miller and instrumental in guiding me through the tedious process of trying to reinstate my proper benefits. I have called the office many times, and I was always greeted in a warm and friendly manner. I'm never rushed or made to feel like a bother, even though I know they are a busy firm.

Mr. Miller (even though my case was closed) wrote a letter to the appropriate

agency explaining my issues, and after a few more months, my problems were solved — all free of charge!

Upon meeting Mr. Miller and staff on my first visit there, I felt that I was in good hands and that my case would be handled well. I was not wrong. These are very compassionate, caring people who treat their clients with dignity and professionalism. I would refer Joe Miller Law to anyone who has the kind of needs offered by this firm. They are truly the best, and I am forever grateful."

– Sheila

### Joe's Monthly 'SOUL SNACKS'

"One must never give up in despair, for despair is the hardest of all failings. Despair is the essence of the reality of evil. Even if one has fallen to the lowest levels, from there it is possible still to come close to G-d, for the entire world is full of his Glory." **R. Nachman**

"The purpose and end of a fall is the ascent." **R. Nachman**

"When a person goes against his nature and gives generously to others, his prayers are heard."  
**R. Nachman**

## Roasted

### CARROTS AND ONIONS WITH HONEY BALSAMIC DRESSING



Spring has sprung, and with it, that renewed craving for freshly prepared vegetables. Your taste buds will love this sweet and tangy recipe for roasted carrots and onions, and your body will love it, too!

### What You'll Need ...

- 2 pounds baby carrots
- 1 medium onion, peeled and sliced
- 2 tablespoons olive oil
- 3 tablespoons balsamic vinegar
- 2 tablespoons raw honey

### Step by Step ...

1. Preheat oven to 350 F.
2. Line a rimmed baking sheet with parchment paper.
3. In a medium bowl, whisk together olive oil, balsamic vinegar, and honey. Add carrots and onions. Toss to coat.
4. Place in oven and bake for 30-40 minutes or until vegetables are tender.

*Recipe inspired by PaleoPlan.com.*