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5 Fascinating Facts About Fall

The end of summer doesn't have to signal an end to fun. How about those Halloween parties, sweater weather, and football season? The list goes on and on.

In fact, fall might be the most interesting season of them all. Here are five facts you probably didn't know about the season.

1. It was originally called "harvest." In a world that was far more agricultural, the season was defined by the harvesting of crops. It's also a reference to the harvest moon, which was essential to farmers during the season.

2. Fall babies tend to be impressive. Not only does the world's most common birthday, October 5th, land in fall, but those babies have built an impressive resume. The British Department for Education found that they tend to do better in school, and also tend to live longer.

3. Weight gain is most common in the fall. It's not only the Halloween candy or Thanksgiving turkey. Researchers believe it's primarily caused by lower levels of vitamin D. As the days shorten and temperatures drop, we tend to get less sun. It's another reason to be careful about diet and exercise this season.

4. Autumn is good for the economy. "Leaf peeping," which is a slang term for fall foliage tourism, is more than just a funny

name. It's also a \$3 billion industry in New England alone.

5. People fall in love more in the fall. Men and women's testosterone levels tend to spike in the autumn, which makes women even more attractive to men. A data study on Facebook also found that more people change their relationship status from "single" to "in a relationship" during the fall than any other season.



NEWSLETTER

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About Caroline REMEMBERING MY WONDERFUL MOTHER

In the late 1950s, a pilot in the United States Navy named Bernard "Barney" Miller disembarked from the aircraft carrier Intrepid to attend a USO breakfast. While sitting down to enjoy a homecooked meal for the first time in ages, he met Caroline. The two hit it off right away.

Shortly after that, Barney ended up with a bad case of kidney stones. He was grounded and sent to the hospital. Caroline came to visit him and even brought along food to make him feel better. When he saw her walk in, Barney thought, "That's it. I've got to marry this woman."

"Mom was always there for us. No matter what you needed, you could go to her."

As you might have guessed, this is the story of how my parents met. They were married for 55 years. My dad passed away in early 2016; you might recall that I honored him in the very first edition of this newsletter. Now, I want to talk about my wonderful mother, who passed away some months ago after a lifetime spent taking care of her family.

When my dad was in the hospital with kidney stones back in the '50s, my mom didn't think twice before she went to see him. That was standard for my mom. She always wanted to take care of everything and everyone. Back in the day, my grandparents ran a jewelry store

in downtown Norfolk. Being the oldest of four kids, my mom spent most of her teenage years taking care of her siblings. She developed her mothering skills at an early age, and they stuck with her for the rest of her life.

Mom loved few things more than getting the whole family together. It didn't matter what drama we might have with each other at the time. She believed in putting all differences aside and respecting other people. She bit her tongue a lot and didn't like to create controversy. That said, she would tell it like it was if you needed to hear the hard truth. She was a balance of everything you could want in a mother.

Mom was always there for us. No matter what you needed, you could go to her. If something was bothering you, she could tell. She had an uncanny knack for knowing when someone was upset and did what she could to make them feel better.

She took care of my dad a lot in the last few years of his life, which I know was no small task. Dad wasn't an easy patient, but my mom loved him, and she was right by his side through it all. Before Dad passed away, Mom could see the writing on the wall and made sure the whole family went on a big cruise together. Growing



up, we used to take big ski trips all the time, so it was really nice to have everyone together again.

When my dad passed away, we knew it was coming. He'd been sick for a while. But Mom went unexpectedly, just over a year after him. For 76, she was still very active. She took her dog, Ziggy, for a walk in the morning and suffered a massive heart attack later that day. She went quickly, which, to be honest, was just like her. Mom never wanted to be any trouble to anyone.

My mom was a wonderful woman. She put up with a lot, but she loved her family more than anything. I miss her every day, but I know she's keeping an eye on us still from Heaven.

- Joseph Miller

If you belong to a union or other labor-related group and want to schedule my presentation at your group's speaking arrangement, you can do so by calling 888-694-7994. The presentation is free of charge, offers important information for taking appropriate action in Virginia workers' compensation cases, and everyone in attendance gets a free copy of my book, "10 Traps and Lies that Can Ruin Your Virginia Workers Compensation Case." Education is the best way to protect yourself from making a mistake, so call now before it's too late.

USE DIFFUSERS TO REAP THE BENEFITS OF ESSENTIAL OILS

If you've stopped by a health store recently, you've no doubt seen a huge selection of essential oils. These liquids, which contain concentrated, natural aroma compounds found in plants, are the basis of aromatherapy, one of the most popular trends in holistic health. Aromatherapy involves applying these oils to the skin or spraying them into the air. Skin application requires that you use diluted oils, because aromatic compounds are strong and can cause irritation.

As a result of these

concerns, many essential oil acolytes have turned to diffusers to get the benefits of aromatherapy in a safe, wonderful-smelling manner.

In addition to filling your house with an all-natural, appealing perfume, aromatherapy has been touted as a way to help with everything from stress and insomnia to cognitive function and mood enhancement. To receive these benefits, you'll need to pick up a diffuser and some oils. With so many options, though, how do you know which one is right for you?

There is no shortage of methods to diffuse essential oils. Nebulizing diffusers don't require any heat source, instead atomizing the essential oils. They are extremely effective, but they are also large and expensive.

Ultrasonic diffusers are similarly heatless, preserving the oils. This type of diffuser can also work as a humidifier, making it a valuable multitasker. Heat and evaporative diffusers are

cheaper options, but they tend to alter oils or separate particles according to size.

Once you decide on the best diffuser for your home, you need to select a few essential oils and put your new toy to use. Lemon oil is antibacterial and antiseptic, and will freshen your environment. Cinnamon oil can clear congestion and has a homey, autumnal scent. Eucalyptus oil is an air purifier, but its scent is strong and not for everybody. If you want to de-stress, try rosemary oil, which decreases your cortisol levels.

Take note that you should alert your doctor before partaking in aromatherapy if you're pregnant, nursing, or on any medication. While most essential oils are perfectly safe to diffuse, the compounds in certain oils can combine with medication and trigger adverse side effects. Once you begin diffusing, you'll never go back to commercial, chemical scent sprays. The benefits are evident, and the results smell sweet.



DID YOU KNOW?

The workers' comp carrier-adjuster, nurse "case manager," and scheduling companies that contact the claimant-client, advising them of upcoming appointments, DO NOT ALWAYS PROVIDE THE CLAIMANT'S ATTORNEY WITH APPOINTMENT INFORMATION. This is especially true when the claimant receives a phone call advising of an appointment. THE SCHEDULING COMPANY IS NOT REQUIRED TO CONTACT YOUR ATTORNEY.

So, if the claimant does not let their attorney know about the phone call and upcoming appointment, there is no way that the attorney can review the information and make sure that it is appropriate for the claimant to attend the appointment.



We have had many clients call us AFTER they have gone to an appointment, only to learn that if the attorney had known about the appointment and what the appointment was for, the attorney would have OBJECTED to the client attending the appointment. The main occurrence of this is for functional capacity evaluations (FCE).

The comp carriers have specific providers they love to send claimants to because the carriers know that these providers will write negative and damaging reports that can potentially destroy a claimant's workers' comp claim.

THE MORAL OF THE STORY: Never assume that your workers' comp attorney has any knowledge whatsoever regarding any appointments you are contacted about attending. You should always contact your attorney's office to make sure you are being sent for an appropriate referral. If the referral is not appropriate, your attorney needs ample time to communicate with the comp adjuster or defense counsel and to file any motions with the commission prior to the scheduled appointment.

TESTIMONIALS

"Wow! I am so glad Mark chose you guys. In the beginning, the adjuster had talked us into handling it ourselves. They were cooperative at the time, but little did I know that there was someone who is knowledgeable with workers' comp and who really cares about my brother's well-being and overall health. Okay, so I'm having an emotional moment!"

-P. Brown



Joe's Monthly 'SOUL SNACKS'

The whole purpose of a fall is often to prepare the way for a spiritual climb. The intention is to give you a jolt in order that you marshal your strength and focus your entire consciousness on serving G-d. For the essence of the service of G-d is to find new life and new strength every moment of the day.

-R. Nachman

REFRIED BEAN POBLANOS WITH CHEESE



Ingredients

- 4 medium poblano chilies, halved and seeded
- 1 (16-ounce) can fat-free refried beans
- 1 (8.8-ounce) pouch microwaveable cooked long-grain rice
- ½ cup picante sauce
- 1 cup (4 ounces) pre-shredded reduced-fat 4-cheese Mexican blend
- Chopped fresh cilantro (optional)

Directions

1. Place chili halves, cut sides up, on a round microwave-safe plate. Cover with wax paper; microwave on high 3 minutes.
2. While chilies cook, combine beans, rice, and picante sauce in a medium bowl, stirring well. Spoon bean mixture into chili halves. Cover with wax paper; microwave on high 2 minutes.
3. Uncover chilies, sprinkle each half with 2 tablespoons cheese, and microwave on high 1-2 minutes or until cheese melts. Sprinkle with cilantro, if desired.

Recipe courtesy of CookingLight.com.