

888-694-7994



5500B GREENWICH RD
VIRGINIA BEACH, VA
23462

PRST STD
US POSTAGE
PAID
BOISE, ID
PERMIT 411

Inside This Issue

Something to be Grateful For
page 1

Letting Your Kids Have Fun With
Some Healthy Competition
page 2

What Some of Our Clients Are
Saying
page 2

Read Up on National Library
Workers Day
page 3

Soul Snacks
page 3

The Many Wonders of
Omega-3s
page 4



THE MANY WONDERS OF OMEGA-3S

One Little Pill That Can Do Your Body Good

Because fish oil is said to improve everything from heart health to chronic dry eye, it may sound a bit like, well, snake oil. But this brilliant little supplement packs a big punch, especially for older adults.

Heart Health Benefits

The omega-3 fatty acids docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) have been shown to support heart health in multiple ways. The Mayo Clinic cites research suggesting that higher levels of EPA are associated with a reduced risk of congestive heart failure in older adults. Studies also report that people with moderate to severe hypertension typically see a positive effect on their blood pressure if they regularly take omega-3s.

Joint and Eye Benefits

Omega-3 fatty acids can reduce pain, stiffness, and swelling associated with osteoarthritis and other joint disorders by lubricating the joints and acting as an anti-inflammatory. As we age, our ability to produce tears diminishes. Fish oil's lubricating and anti-inflammatory properties also make it a great treatment for and defense against chronic dry eye.

Cognitive Function Benefits

Several studies have concluded that regularly consuming omega-3 fatty acids can help maintain cognitive function. While research

shows no cognitive recovery in extremely elderly subjects who already suffer from dementia, evidence indicates that taking fish oil on a regular basis may prevent or postpone the onset of cognitive decline. Omega-3 consumption may also improve the quality of life for individuals suffering from depression or anxiety at any age.

Which Omega-3 Supplement Is Right for Me?

If you eat fatty fish several times a week every week, you may already get enough omega-3s, but it can be difficult to get a therapeutic dose of fish oil from food alone on a regular basis. A fish oil supplement can provide additional fatty acids. Look for an ingredient list that specifically shows EPA and DHA; some brands use misleading labeling that only shows the total amount of fish oil rather than the actual omega-3s. Recommendations vary, but most sources indicate that a dosage of 1,000–2,000 milligrams (1–2 grams) of combined EPA and DHA provides benefits.

If the smell or “fish burps” bother you, choose enteric-coated capsules, which dissolve in the small intestine rather than the stomach. Omega-3 caps also come in vegan options sourced from seaweed and algae.



NEWSLETTER

04 | 19

FOLLOW US



WWW.JOEMILLERINJURYLAW.COM | 888-694-7994

ALL WE HAVE WHY DO WE FORGET TO BE GRATEFUL?

Every day it seems like there's some new story about how this country is falling apart. People complain about bad politicians while politicians twist narratives and rile people up to advance their own careers. If every story on the internet were true, the country would literally be on fire. But it seems to me that everyone is so busy being outraged, we forgot that we have a lot of things to be grateful for.

I'm not saying there aren't reasons to be frustrated or areas we couldn't be doing better in, but I think there are a lot of good things that some people either willingly overlook or simply take for granted. Regardless of how you feel about our president, the unemployment rate is less than 4 percent, the lowest it's been in decades. Less than 0.2 percent of the population are homeless in the United States, far lower than many other developed countries. And just think about how far we've come as a society in terms of health and comfort over the last century.

Just 150 years ago, only the wealthiest people had any form of indoor plumbing. A bad harvest meant your family might starve in the winter. Today you can walk into your bathroom and get clean in your temperature-optimized home at any time of day, go to your electric fridge to eat something, grab a

“... I'm thankful to live where we do at this point in time.”

bite to eat at the restaurant down the street, or head to the nearby supermarket, where nutritious food is brought in from every corner of the globe. There are even food stamps to help support those struggling financially to stay fed.

A century and a half feels like a long time, but when you look at the entire course of human history, 150 years is the blink of an eye. We've come so far so fast, and that's something to be grateful for. Many places in the world still lack the basic necessities that many of us take for granted.

Not long ago, I read a National Geographic article about how people using the bathroom outdoors is still a huge problem in places like India. Defecating outside wasn't an issue when populations were low and spread out, but now that there are more people packed together, there has been an increase in diseases from human waste. Even places that have plumbing suffer from regular sewer leakage, and other areas see sewage backup and flooding into their homes every time it rains!



It's an awful situation. These diseases lead to poor nutrition, children with stunted growth, and deadly cholera outbreaks. Poor sanitation and unsafe water kills over 1.4 million children a year worldwide. But this threat isn't a problem in the United States or other developed countries, because of the plumbing and water treatment facilities we never even think about.

There are many other great nations in the world, but I'm thankful to live where we do, at this point in time. I can take a shower in the morning and my daughters have access to safe, running water — so much of the world doesn't have that privilege. There are many blessings in my life that I am grateful for.

Here at the Work Injury Center, we strive to help those who have found themselves

Continued on page 3 ...

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.

Active Searching for Active Pastimes

FINDING THE RIGHT TIME TO GET YOUR CHILDREN INTO SPORTS

Whether you were the star player or the kid that picked flowers in the middle of the field all game, almost everyone has memories of being on a sports team when they were young. Some lose interest over time and pursue other activities, while others find they really enjoy their sport, maybe have a real talent for it, and continue playing until they are young adults. Whatever the case, parents should take a couple of factors into consideration when determining if their child is ready for sports. If they begin playing too early, it might turn them off to the sport before they really understand it. It could also result in premature wear on muscles and bones that prevents them from playing their sport later on.

Most experts believe that the proper age for introducing your child to sports is somewhere between 6 and 9 years old. When they are younger than 6, it is important for them to be active, but their motor skills are not yet developed enough to play most competitive sports. Trying to get them to understand this fact at that age might only make them frustrated with the sport and make them dislike it before they can even give it a try. Even when children are between the ages of 6 and 9, they might not be ready for sports that require higher forms of coordination, like football or hockey. Instead, try sports

like T-ball, soccer, or karate. They won't be ready for more intensive sports until they are 10-12 years old.

If your child does not seem to enjoy team sports, you might see if they may like more individual sports, like running or swimming. Their personality can be just as significant as their age when it comes to choosing the right sport.

Some children might not show interest in organized sports at all. If your child does not seem interested in any sports, even though they are old enough to understand the rules and are coordinated enough to play, you might want to consider other activities, like art or music classes. Still, it is essential that they are active for at least an hour every day, no matter their interests.

Sometimes kids will get frustrated with the sports they play (even if they like playing them), and they might want to quit. If your child doesn't seem to like the sport you signed them up for, encourage them to at least finish out the season. They might just need a little more time to warm up to it. However, if they still aren't enjoying it at the end of the season, help them find other activities that they might like better. Ultimately, when a child is ready to play sports, it is important to stay in tune with what brings them joy and what keeps them mentally and physically healthy.



Our Clients Say It Best

"I recently contacted The Joe Miller Law Firm, and without any questions, this firm is extremely professional and courteous. In just the small amount of time I've spoken with them, they have definitely encouraged me and taken some stress off me. My first contact was Mr. Ian Cummings. Mr. Cummings is the intake officer for Mr. Miller's team. What a very knowledgeable young man. I'm extremely excited to be working with a firm that puts its clients as the top priority. I would definitely recommend The Joe Miller Law Firm to represent your workers' compensation or personal injury case. They are an exemplary team that provides professional services for their clients."

-Mike

"Joe Miller and Lisa have helped my husband win his workers' comp case after it was originally denied. I highly recommend their office!"

-Elena



Shhhhhhhh!

It's National Library Workers Day!

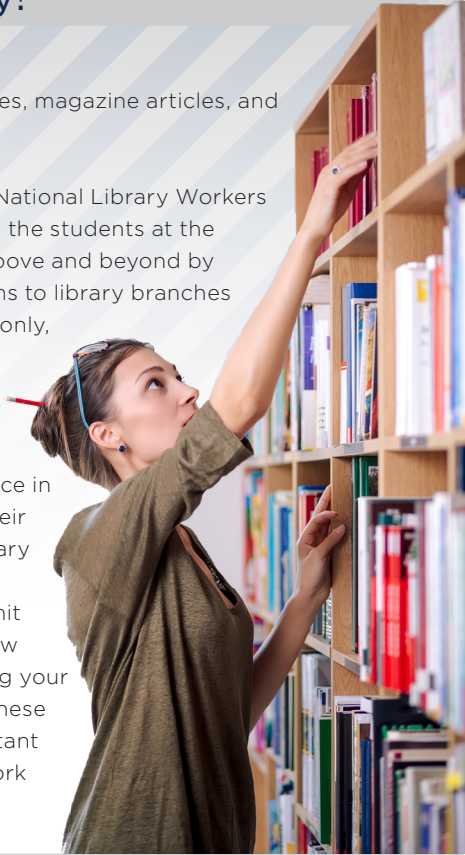
Whether you have a card or not, libraries are an important part of our community. They serve as meeting places, research stations, employment centers, and local historical archives. They help kids and adults alike explore vast literary worlds and immense databases of knowledge — all for free! Behind every library is a dedicated staff of librarians, catalogers, assistants, and administrators that keep the system running smoothly.

While it may not be the most well-known holiday, April 9 is National Library Workers Day (NLWD). As part of National Library Week, NLWD recognizes and celebrates the vital work performed by library staff. Librarians and their team do far more than simply place books on the shelf and shush noisy teenagers, after all.

Library science is a multidisciplinary field that takes years of study to master. Today's librarians have the skills of managers, IT specialists, documentarians, archivists, and educators — equipping them to help anyone from elementary students to doctoral researchers. These professionals can be an invaluable resource for anyone looking to delve into a particular topic, even if they don't know where to begin. Just tell your local library worker what subject you're interested in, and they can help you

track down books, databases, magazine articles, and more.

How should you celebrate National Library Workers Day? Some groups, such as the students at the University of Arizona, go above and beyond by delivering balloons and signs to library branches across Tucson. More commonly, however, library branches ask their community members to vote for a "star" staffer. If a library worker has made a difference in your life, you can submit their name to the American Library Association by visiting Ala-Apa.org and clicking "Submit A Star!" Lastly, you can show your appreciation by visiting your local library and thanking these professionals. These important community centers only work because they do!



... Continued from cover article

in very tough situations, when it's harder to feel grateful for these little things.

Our mission is to help people whose lives have been disrupted by a serious injury restart and rebuild their future. That's what we do every day. The cases we take and clients we work with are in some of the worst states a person can find themselves in. My team and I are privileged to engage in this duty each day.

But I sometimes gently suggest to my clients — and my kids as well — that when it's really hard to see the light at the end of the tunnel, one of the best things you can do is to make a list of everything you have to be grateful for, especially all the little things taken for granted. We have access to heat in the winter; air conditioning in the summer; a sanitary bathroom; a kitchen in our homes; and a legal system that exists to protect people who would otherwise have no hope.

Things can get tough at times, there's no doubt about that, but when you can't get "out of your head" and are totally focused on everything that is bad, life can seem overwhelming. This can lead to more pain, more anxiety, and, as science has demonstrated, a slower healing process. But if we spend a little more time being grateful for what we have — especially the little things we take for granted every day — we can start to feel just a little happier, and then the healing can truly begin.

-Joseph Miller

Joe's Monthly 'SOUL SNACKS'

"The best gifts originate in the heart, not the wallet."

-R.L. Brody

"True joy is never at the expense of others."

-R.L. Brody