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## Inside This Issue

What Made 2020 Great  
page 1

Meet Kismet, a Dentist's Toothless  
Therapy Dog  
page 2

Our Clients Say It Best  
page 2

The Surprising History of the  
Snowman  
page 3

Soul Snacks  
page 3

Hate Shoveling Snow?  
Try These Hacks  
page 4



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**Have you or a loved one become seriously ill from exposure to COVID-19 on the job? We are currently accepting COVID-19 cases of workers employed in certain occupations where currently proposed laws in both Virginia and North Carolina would classify COVID-19 illness as an occupational disease. See inside for more details!**



## Snow Shoveling Hacks

### How to Spend Less Time Clearing Your Driveway Every Winter

Everyone loves the snow — at least until it settles on the driveway, a barrier between your car and the open road. Shoveling snow off your driveway and walkway can be so tedious that we might be tempted to just hope and pray that the sun melts it all before we have to shovel it — which of course, almost never happens. However, there are a few tools and methods you can use to clear the snow away that are faster than shoveling for hours on end. Check them out below.

#### Create a nonstick shovel.

Wet, partially melted snow might work well for packing snowballs, but it's a pain to shovel. It has a tendency to stick to the scoop and not let go — unless you spray it with some common household cooking spray. This will make it a lot easier for the snow to slide off your shovel. Just remember to wipe your shovel down afterward!



#### Make your own salt alternative.

Sometimes you start shoveling, only to find that the snow concealed a layer of ice that you can't scoop up with your shovel. However, if you combine 1 teaspoon of dish soap, 1 tablespoon of rubbing alcohol, and 1/2 gallon of water in a bucket, you can spread the mixture over the ice and melt it away, much like the salt you see on major roadways.

#### Be preemptive with some tarps.

Did you see on the weather forecast that your area is about to get some major snowfall? Throw down some tarps on your walkways and driveway. Then, after the snow stops falling, lift the snow off to the side, and your walkways will be as clear as if it hadn't snowed at all.

#### Blow the snow away.

If you're lucky enough to be clearing your driveway while the snow is still powdery, rev up your leaf blower instead of breaking out your shovel. You'll be able to clear your driveway in a fraction of the time it would take to shovel and dump it off to the sides of your driveway.

With one (or a few) of these methods, you can clear your driveway and enjoy the fun side of snowfall in no time!



## NEWSLETTER

11/12 | 20

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## WHAT MADE 2020 GREAT

### Expressing Gratitude to Everyone Who Empowered Me and My Firm This Year

It can be hard to look away from the negativity and destruction of 2020; however, there's always been one simple, reliable way to cut through all of the bad: expressing gratitude for the good. Despite how remarkably terrible 2020 has been for many of us, I can't think of a better time to embrace gratitude than this holiday season.

Personally, professionally, and spiritually, this year has been tremendous for growth. I don't know how I would've gotten through this year without my faith in God or the constant support of my wife and family. They've given me so much strength to pursue my important goals in 2020, including making Joe Miller Law a reliable source for our clients who are navigating personal injury and workers' compensation cases during the COVID-19 crisis. It's bad enough to be catastrophically injured, but dealing with that during a pandemic can make it even harder.

I'm very grateful that many clients have reached out to me because of our proactive approach to pandemic developments and how they affect workers' compensation. Clients might suspect that contracting COVID-19 can deeply affect their case, but they may not understand how. We're lucky enough to have had the knowledge and resources to keep people informed about what getting sick can mean for their case. This brings me to the amazing people who make it all possible — our staff.

Our office manager, Tracy Doubek, has helped greatly to keep our office humming along smoothly and to address any issues that come up. If I'm busy at a hearing, I simply can't be tuned into the day-to-day workflow of the firm, and there's nobody I trust more to take over those duties than Tracy. She steps in whenever staff members are busy with other tasks, and she knows how to step up when she's needed most (not that the rest of our staff doesn't already do a fantastic job!).



Ardel Williams, Andrew Hartzler, Olivia Bradbury, Joe Miller, Tracy Doubek, Amanda Sexton, Brittany Sut

Andrew Hartzler does most of the intake processing for our firm, contacting potential clients after they've reached out to us. He does a fantastic job making new clients feel secure and comfortable while informing them of exactly what we do without making false promises because honest promises are our prerogative. Andrew never fails to help us prove that.

Brittany Sutton was promoted to a paralegal last Spring, and let me tell you, she hit the ground running. She took to the job unbelievably well. Not only is she skilled at the legal work, but she's also immensely thoughtful. Brittany is always thinking about the well-being of our clients and also rallies staff when needed to help make someone feel better.

When we promoted Brittany after her brilliant performance as a medical records and billing assistant (MRBA), we worried that the shoes would be too big to fill. Luckily, we were very wrong. About three months ago, we welcomed the newest addition to our team: Amanda Sexton.

Any personal injury case and workers' compensation in particular rides on the law firm's ability to stay current with all the medical records related to their clients' treatment. The fate of our client's claim can change in an instant based on what the treating physician says about the injured worker's ability to work and the treatment prescribed. That alone puts a lot of pressure on the MRBA of a small firm like ours; however, Amanda has been phenomenal at obtaining and organizing medical records and bills for our cases in a timely fashion.

Last, but not least, we have two part-time employees who are also invaluable to our firm.

**Continued on Page 2 ...**

**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 888-667-8295. 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. Call now, before it's too late.**

# MEET KISMET, A DENTIST'S TOOTHLESS THERAPY DOG



Therapy pets can have a powerful impact on dental patients, especially if those patients have anxiety.

“The studies are very clear: People who sit and pet animals have lower blood pressure, and that’s what it’s all about,” Dr. Cameron Garrett told TODAY when the world found out about Kismet. Garret’s dental practice employs the adorable 13-year-old Chihuahua rescue as a therapy animal that patients can hold and pet while they get dental work done.

Kismet’s life has not been easy. The Muttville Senior Dog Rescue has invested thousands of dollars into Kismet’s health — they diagnosed her with heart disease, removed a cancerous tumor, treated a hernia, and removed all of her teeth due to periodontal disease. Yet, Kismet remains a very sweet dog. She never barks and loves back scratches and being held.

It’s especially amazing that the toothless Kismet found such a perfect new home with dental professionals! This past July, Cameron Garrett and his wife, Debra Garrett (a hygienist), adopted Kismet into their home as well as their dental practice. The serene dog has

provided a special experience for patients who come for exams, cleanings, and even root canals.

Of course, some patients are scared of dogs. In those cases, Kismet relaxes behind a closed gate. But over 98% of patients happily take Kismet on their laps while they undergo their dental procedure.

Cameron Garrett told CNN, “Quite honestly, as a dentist, I’m as much a psychiatrist or psychologist as anything else. Kismet has allowed us to have another tool in our toolbox.” They can even use the toothless pup’s story to teach patients about the effects of periodontal disease.

Getting love from patients also helps Kismet. “She just wants to be with us,” Debra Garrett explained. The new owners suspect that she was abused in the past and is still recovering from that trauma. “When she is on a patient’s lap, she’s providing them comfort, but she’s also getting comfort. It’s hard for me to describe how nice it is for me to be looking at her while I’m working. It’s just a win-win all the way around.”

Our hearts are officially melted. It’s only fitting for a pet hero to have heroic owners, too!

# Not Just a Corn Cob Pipe and Button Nose The Surprising History of the Snowman

Building a snowman is one of the most picturesque winter activities, which is why snowmen have become a wintertime cultural icon. A snowman appeared on the very first postcards, was the subject of some of the earliest photos, and even starred in silent movies. Frosty may be a happy snowman now, but his ancestors have a much more varied — and sometimes dark — history.



**The Middle Ages**  
Snowmen were a phenomenon in the Middle Ages. They were constructed with deep thought and great skill because, during a time of limited means of expression, snow was a free art supply that literally fell from the sky. These artistic feats were popular winter attractions for well-to-do couples who wanted to get their fix of temporary art. Snowmen were often created by famous artists, including 19-year-old Michelangelo who, in 1494, was commissioned by the ruler of Florence to sculpt a snowman in his mansion’s courtyard.

**The Miracle of 1511**  
In Brussels in 1511, during six weeks of subzero temperatures called the Winter of Death, the city was miraculously adorned with hundreds of snowmen. The spectacle told stories on every street corner — some political and some demonstrating anger with the church, many too risqué to speak of. For the people of Brussels, this Miracle of 1511 was a defining moment of artistic freedom. But when spring came and the snow thawed, the Belgians were left with damaging floods.

**The Schenectady Massacre**  
Not all snowmen have an innocent history. In 1690, former Fort Schenectady in upstate New York was home to a remote Dutch settlement, which was under the constant threat of attack. Soldiers guarded the gates at all times because they were frozen open, but during a blizzard, they left a pair of snowmen to protect the gates while they sought shelter. That’s when 200 French Canadian soldiers and Native Americans approached. Naturally, they were unfazed by the snowmen and ruthlessly invaded the settlement.

Building a snowman seems like a simple and charming activity, but after learning about its surprising history, you might find those piles of snow seem a little more complicated and a lot more meaningful than before.

## Our Clients Say It Best

*I am so happy I chose Joe miller and his awesome team to support me. They go above and beyond to ensure that you are getting the treatment you deserve in your time of need. In the end I am a million percent satisfied with the service. Thanks again and a special shot out to Brittany his paralegal she is patient understanding and gets the job done he did a great job choosing her as his partner. Thanks again Joe Miller for representing me.*

-Camie Cee



### ... Cover article continued.

Ardel Williams has been our bookkeeper for many years now and we obviously could not function without her keeping us straight on all of our costs, income, payroll, and taxes.

Olivia Bradbury is our Marketing Director who is phenomenal on making sure our social media posts get out there and that the public and potential clients are well aware of our resources and expertise.

Finally, we have to give a shout-out of much thanks to some of our contractors who, while not employees, are no less a part of our team. These would include our IT people at Edery Technology, as well as our web developer, Tom and Taylor Noffsinger at R2R Marketing, and of course, the whole team at Newsletter Pro!!!!

I feel so blessed to have such an incredible team. Rain or shine in 2021, I couldn’t feel more confident that our firm is ready to take on whatever comes next. Thank you so much for supporting our firm and trusting us as the team who “has your back” if you are hurt at work or in a car accident. We stand ready to serve if you need us!

-Joseph Miller

## Joe’s Monthly ‘SOUL SNACKS’

“With faith, there are no questions; without faith there are no answers. “ -Chofetz Chaim

“Do you know the difference between leaders, followers, and losers? Leaders stretch with challenges. Followers struggle with challenges. Losers shrink from challenges.” -John Maxwell

“Victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win.” -Sun Tzu.

“You wouldn’t worry so much about what others think of you if you realized how seldom they do.” -Eleanor Roosevelt



## Festive Apple Cider

If you’re cutting back on calories, skip the eggnog and buttered rum this year and fill up your mug with this delicious mulled cider!

### Ingredients

- 1 lemon
- 1 gallon pure apple cider
- 1 large orange, thinly sliced crosswise
- 2 tsp whole cloves
- 2 tsp allspice berries
- 1 inch fresh ginger, thinly sliced
- 2 tbsp honey
- 3 cinnamon sticks

### Directions

1. Using a paring knife, shave the lemon peel off in curls. Reserve the curls and save the lemon for use in a different recipe.
2. In a large crock pot, combine the lemon peel with all other ingredients. Cook on low for 3-4 hours.
3. If desired, use a sieve to strain the spices. Serve and enjoy!