

888-667-8295



5500B GREENWICH RD.  
VIRGINIA BEACH, VA  
23462

PRST STD  
US POSTAGE  
PAID  
BOISE, ID  
PERMIT 411

## Inside This Issue

23 Things to Do if You're in  
a Car Crash  
page 1

These Eye Drops Can Replace  
Your Glasses  
page 2



Our Clients Say It Best  
page 2

Your Guide to Family and  
Medical Leave  
page 3

Soul Snacks  
page 3

Frozen Mocha Torte  
page 3

DIY Fall Scavenger Hunt for the Family  
page 4

 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 new laws in Virginia and proposed laws in North Carolina cover workers who contracted COVID-19 in those occupations. 

# READY, SET, SCAVENGE!

## EXPLORE WHAT AUTUMN OFFERS

As the leaves begin to fall and the air becomes cooler, it is a sure sign that summer is slowly coming to an end. Though we will miss the pool parties and backyard barbecues, there is still lots to look forward to during fall.

Autumn is known as the season of change, and getting the kids outside allows them to understand and explore the changes going on in the world around them. Creating a fall scavenger hunt is a great way for kids to practice their reading and observation skills, all while still enjoying the outdoors.

### SIGNS OF FALL

Creating a specific scavenger hunt for signs of autumn is a great way to enhance your child's observation skills.

Consider the following for your signs of fall hunt:

1. Leaves that have changed colors
2. Tree seeds or pine cones that have fallen to the ground
3. Items from a fall harvest (like pumpkins, sunflowers, or hay bales)

4. Changes among people's apparel (such as jackets, hats, and scarves)
5. Animals hibernating or migrating

### FALL COLOR WHEEL

The best way to explore autumn's colors is by creating a fall color wheel hunt! Since the leaves are the surest signs of fall, kids can compare and contrast the different colors of each leaf they find, making this a fun hands-on activity.

You can either download a color wheel template from the internet or make one yourself! All you need is a piece of paper that's big enough for kids to tape the leaves onto and different areas for the colors red, yellow, orange, and brown. This will help kids see the different kinds of leaves as well as their visual changes during the season.

The weather is getting colder, but it doesn't mean you have to hibernate too! Bundle up with a cozy sweater and beanie, and encourage the family to get outside to explore all of the wonderful changes autumn has to offer.



# NEWSLETTER

09/10 2022

FOLLOW US



WWW.JOEMILLERINJURYLAW.COM | 888-667-8295

## Do You Know What to Do in a Car Crash? Get My 23 Tips — For Free!

Have you ever heard the saying, "An ounce of prevention is worth a pound of cure?" Well, as a workers' compensation and personal injury attorney, I like this version: "Knowing what to do right after a car crash is worth thousands of dollars in settlement money."

You might know me best as a workers' compensation lawyer, but I've been taking car crash cases for more than 30 years. In that time, I've seen people like you make a lot of mistakes after they get hit on the road. For example, folks will:

- **FORGET TO TAKE PICTURES OF THE DAMAGE TO THEIR VEHICLE.** If you don't take photos right away, the insurance company will snag your car and the evidence could be lost.
- **NOT MENTION IF THE OTHER DRIVER SHOWED SIGNS THAT THEY WERE DRUNK.** It's so important to share this with police right away — if you're a victim of drunk driving, you can get punitive damages in court.
- **ACCIDENTALLY APOLOGIZE FOR SOMETHING THAT'S NOT THEIR FAULT.** If you get hurt in a car wreck, you'll probably stumble out of your vehicle in shock and kicked up on adrenaline. You might say, "I didn't see you coming," or even "I'm so sorry!" to the other driver, even if you weren't at fault for the crash. This gut reaction can come back to bite you when the other driver's insurance company claims the crash is your fault. In Virginia and North Carolina, you can have what's called "contributory



negligence." This means if the jury believes the accident is even 1% your fault, your settlement will be zero.

- **SAY THEY'RE FINE WHEN THEY'RE NOT.** It's easy to say, "I'm fine," in response to the question, "Are you okay?" when adrenaline is coursing through your body and masking the pain.

However, if you do this, the insurance company can claim you're faking your injuries later. The right thing to do is avoid talking to the other driver at all — stay in your car if you can and call a trusted relative to speak for you.

All of these things are BIG mistakes that can cost you thousands of dollars in settlement money — but they're really easy to make, especially if you left home that morning without a clue of what to do in a car crash.

I want to make sure you never go into a wreck blind. To help, I wrote a book: "Strong Justice for Car Accident Victims: 23 Simple Rules to Follow If You've Been Hurt in an Auto Accident." I first published it in 2014, but now the new version is out! It includes the five tips above and 18 more that will save you money and stress if you're ever in a car accident.

**There's a free copy of "Strong Justice for Car Accident Victims" waiting for you right now at JoeMillerInjuryLaw.com.** You can read it on your computer or print the e-book right this second. You can also share the link with your friends and family who might need it. If you're not an e-book person and would rather have a hard copy, just call my office and I'll send you one.

In addition to the free book, you can download a **complimentary "cheat sheet"** with the 23 tips to keep in your glove compartment 24/7. Pull it out anytime you need a reminder of what to do and what not to do in a crash. Your bank account will thank you later!

*"In addition to the free book, you can download a complimentary 'cheat sheet' with the 23 tips to keep in your glove compartment 24/7."*

*-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 888-667-8295. 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.**

# The New Alternative to Reading Glasses

(NO, IT ISN'T LASIK SURGERY)

We can hardly believe it: After what feels like decades of waiting, there is finally a surgery-free, FDA-approved alternative to reading glasses on the market! In late 2021, the FDA gave its stamp of approval to VUITY eye drops, which have been clinically proven to treat age-related blurry vision (aka presbyopia).

### HOW DOES VUITY WORK?

VUITY eye drops contain a medication called pilocarpine. When you add drops of VUITY to your eyes, the pilocarpine encourages your pupils to shrink — which helps your eyes focus, even if you have vision problems. The drops aren't a permanent fix for presbyopia or intended to replace reading glasses long term, but they will help you read a book or work at your laptop without your readers for 2–3 hours at a time. The VUITY website recommends using no more than one drop in each eye once per day to improve your “near and intermediate” vision.

### ARE THESE EYE DROPS RIGHT FOR ME?

According to a Healthline interview with ophthalmologist Dr. Yuna Rapoport, VUITY eye drops are ideal for people in their 40s and early 50s. Younger people with vision problems may also benefit from the drops, but they rarely have to worry about presbyopia.

If you're older than 55, VUITY may not be strong enough to stand in for your reading glasses. Ultimately, you should ask your eye doctor if VUITY is a good option for you.

### HOW CAN I GET VUITY?

VUITY is a prescription product, so you need to purchase it through your eye doctor (this can be an ophthalmologist or optometrist). You can't buy VUITY off the shelf. To learn more about this process and find the answers to frequently asked questions, visit **VUITY.com**. You can also simply ask your doctor about the product at your next appointment.

The FDA's approval of VUITY in October 2021 was a big win for everyone with age-related vision problems. LASIK surgery can be expensive (\$1,000–\$4,000 per eye on average), and reading glasses are easily lost, broken, or forgotten. VUITY could be a good alternative for a big portion of the 128 million Americans with presbyopia. We can't wait to see (pun intended) what our medical innovators come up with next.



Act (FMLA) was created to allow employees to take reasonable unpaid leave for a particular family or medical reason so they can maintain a work/life balance.

### WHAT DOES IT PROVIDE?

The FMLA provides eligible employees up to 12 workweeks of unpaid leave a year with the requirement of group health benefits to be maintained during the leave as if employees were continuing to work. They are also entitled to resume their same or equivalent job at the end of their FMLA leave.

### WHO IS ELIGIBLE FOR FMLA?

FMLA applies to all public agencies, all public and private elementary and secondary schools, and companies with 50 or more employees.

Employees can be eligible for FMLA if they have worked for their employer for at least 12 months, worked at least 1,250 hours over

# LIFE CAN BE UNPREDICTABLE

## Preserving the Balance of Work and Family Life

Workers shouldn't have to choose between the job they need and the family members they love. The Family and Medical Leave

the past 12 months, and work at a location that employs 50 or more employees within 75 miles.

### WHEN CAN I USE FMLA LEAVE?

An eligible employee can be granted up to 12 workweeks of unpaid, job-protected leave in a 12-month period for the following reason(s):

- Birth of and/or bonding with a newborn child
- The placement of a child for adoption or foster care with the employee
- To care for an immediate family member with a serious condition (child, spouse, or parent, but does not include parent in-laws)
- To take medical leave when the employee is unable to work due to a serious health condition
- For qualifying exigencies arising out of the fact that the employee's spouse, child, or parent is on covered active duty or call to covered active-duty status as a member of the National Guard, Reserves, or Regular Armed Forces

The FMLA exists so employees can tend to their families without worrying about their job, allowing them to provide the best care for their loved ones. For more information regarding whether or not your company is eligible for FMLA, check out your local government agency for more details.

# OUR CLIENTS SAY IT BEST

“Joe Miller, Beth, and Andrew were very easy to talk to and were very helpful when I had questions. I hope I never need another lawyer, but if so, I will call them.”

–Mark

“Joe and his staff were extremely helpful to my case. They were easy to communicate with and explained everything in layman terms so I could understand what the workers comp company was doing. During 4 years of pain and suffering for me after my accident and Joe and his team gave me the support I needed to get through it. They handled all the legal problems so I could

focus on my health and getting better. I can't thank them enough for being by my side and treating me like family.”

–Janet



## Joe's Monthly 'SOUL SNACKS'

“The only thing in this world that cannot be measured is the potential of a human being.”

–Daniel Agalar

## Frozen Mocha Torte

*As summer slips away from our grasp, enjoy one last refreshing hurrah with this sophisticated frozen treat.*



Inspired by TasteOfHome.com

### Ingredients

- 1 cup chocolate wafer crumbs
- 1/4 cup sugar
- 1/4 cup butter, melted
- 1 8-oz package cream cheese, softened
- 1 14-oz can sweetened condensed milk
- 2/3 cup chocolate syrup
- 2 tbsp instant coffee granules
- 1 tbsp hot water
- 1 cup heavy cream, whipped
- Chocolate-covered coffee beans (optional)

### Directions

1. In a small bowl, combine the wafer crumbs, sugar, and butter.
2. In a greased 9-inch pan, add the wafer mixture and press to the bottom.
3. In a large bowl, beat the cream cheese, sweetened condensed milk, and chocolate syrup until smooth.
4. In a separate dish or cup, dissolve coffee granules in hot water. Once combined, add to the cream cheese mixture and fold in whipped cream.
5. Pour mixture evenly over the crust. Cover and freeze for 8 hours or overnight.
6. Remove from the freezer 10–15 minutes before serving. Garnish with chocolate-covered coffee beans if desired.