

Kalfus & Nachman

Attorneys at Law

INJURY AND DISABILITY LAWYERS

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Missing Medical Appointments Can Hurt Your Injury Claim

One of the worst things you can do after being injured in an accident is not to follow through with your medical treatments.

Keeping up with medical care may be difficult, especially if you are unable to use your car because of its damage. But when you pursue a personal injury claim against the at-fault driver, you are alleging that your injuries were caused by that driver and that you deserve compensation.

Missed Doctor Appointments Will Be Used Against You

The insurance company must determine if they must pay to compensate you for your injuries. Part of that determination is assessing whether you are hurt **and** how seriously. Whether via a settlement or in court, you must prove the extent of your injuries.

This is where records of your medical treatment comes in. When you receive emergency treatment at the scene of the accident or shortly thereafter, a record of your injury is created showing that you are injured and that the injuries were caused by the crash. Without that evidence, you do not have much of a case.

Similarly, if you miss follow-up doctor appointments, physical therapy, and diagnostic tests, it will be hard to argue that you were in pain because of your injuries. It will appear that your injuries aren't as severe as you are claiming since apparently, you have few side-effects without receiving the recommended treatments. Even with the very real difficulties of getting to these appointments because of work, child care, and transportation concerns, you must try to make all appointments.

Another word of caution: always follow your doctors' recommendations. If you don't, the insurance company may claim that you are making your condition worse, leaving you with unpaid medical care bills.

Of course, with all good intentions to follow through with your medical care, there may be circumstances where you are unable to make a medical appointment. In that case, call the doctor and ask that your record is documented as to the reason for the missed appointment, then reschedule right away.



Our Offices

Norfolk
Military Circle
870 North Military
Highway,
Suite 300
Norfolk, VA 23502
757.461.3303

Newport News
749-B J. Clyde
Morris Blvd.
Newport News,
VA 23601
757.245.4878

Roanoke
Southwest Virginia
1322 Plantation Road
Roanoke, VA 24012
540.343.4878

Call 1-888-hurtline or
visit us
www.kalfusnachman.com

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North Carolina

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It's Back - Kalfus & Nachman's St. Patrick's Day Safe Ride Home Program



Kalfus & Nachman's Safe Ride Home Program will be available in the 757 area from 6pm until midnight on the night of St. Patrick's Day **only**.

To get a free cab ride, call Norfolk Black, White Cab at 757-855-4444, say "**Kalfus & Nachman**" and they will pick you up at any bar or restaurant in the Hampton Roads area and drop you off in any adjacent city to this area to assure you get home safely.

Or use your **Uber** and **Lyft App**. If you send your receipt to our Norfolk Office at 870 N Military Highway, Norfolk, VA 23502, Attn. Mary Murray, we will reimburse your trip. For more details click here: <https://www.kalfusnachman.com/safe-rides-home/>

*The following rules apply. Must 21 or older to participate, rides from 6:00 to midnight only on 3/17/2018. Rides must be with "Norfolk Black and White" Cab Service, Uber or Lyft. Rides cannot be guaranteed; however, every attempt will be made to accommodate all requests. Pick up is from any bar or restaurant in any city in the Hampton Roads area (Black and White Cab will not pick up in Portsmouth, VA). There is a \$30 cap on Lyft & Uber reimbursement. Go to <https://www.kalfusnachman.com/safe-rides-home/> for more details or call **757-461-4900**.*

Daylight Savings Time Can Be Bad for Your Health!

Daylight savings time begins Sunday, March 11, 2018, and most Americans relish the extended daylight hours in the evening.

But we all pay the price for the loss of an hour's sleep. This small time change can actually raise the risk of health-related issues. Research shows that the overall stroke rate was 8% higher in the two-day period after daylight savings time kicks in, especially for cancer victims and those over age 65. The transition is also associated with a 10% increase in heart attacks.

Our bodies follow a circadian rhythm that is also called a circadian clock. This rhythm is a 24-hour internal clock running in the background of our brains that cycles between alertness and sleepiness at regular intervals.

Disruptions to the circadian clock as well as sleep fragmentation – both types of a disturbed sleep cycle – are associated with an increased risk of stroke. Even a small change such as switching to daylight savings time disrupts our circadian clock, but our bodies and the clocks gradually adapt in the days after the transition.



Losing an Hour of Sleep with Daylight Savings Time Leads to More Accidents

Yes, it's only an hour, but studies show that the removal of just one hour of sleep is linked to more workplace injuries and auto accidents.

The National Highway Traffic Safety Administration (NHTSA) reports a small but significant increase in traffic fatalities on the Monday after daylight savings time begins, compared to a typical Monday. Many Americans are already on the verge of sleep deprivation and the loss of this crucial hour of sleep creates body-wide stress.

On Sunday, March 12, relax and sleep late, and enjoy a nap in the afternoon to help reset your circadian clock.

If you or a family member has been injured in a car accident or any personal injury, or has been denied Social Security Disability benefits, it's important to get an attorney experienced in these types of cases involved immediately. Call **800-361-0430** for your initial free consultation. Kalfus & Nachman PC, Personal Injury attorney in Norfolk, can help you determine whether you need a lawyer for any personal injury case.



Happy St. Patrick's Day

Thank You FOR YOUR REFERRAL

The highest compliment you can provide to our business is to recommend those colleagues, friends and family whom you feel might benefit from our services. If you know of someone, please feel free to forward our contact information and website (www.KalfusNachman.com) or let us know directly and we'd be happy to set up a meeting. Thank you.



I was referred to Christopher Jacobs by my friend Ben. Chris was persistent in making sure that the hospital provided my records even

when they made a mistake in my information. He had to have the court order the hospital to give he and I ...I was referred to Christopher Jacobs by my friend Ben. Chris was persistent in making sure that the hospital provided my records even when they made a mistake in my information. He had to have the court order the hospital to give he and I my medical records in order to move my case forward. Even though my daughter had used another attorney for a different accident, my friends Ben and Jesse, and I were referred to Chris and he was great at motivating me and communicating with me about my case. I would refer anyone I meet who was in a serious crash to Christopher Jacobs as he was wonderful to have looking out for my best interest. - Hilary Edgcombe



Kellam Seat Belt @KHS_seatbelt

Jan 25 - Special thanks to @Kalfus Nachman & Attorney Paul Hernandez for supporting our Safe Teen Driving Program Kellam high School.



Irish Chicken and Dumplings

Ingredients

- 2 (10.75 ounce) cans condensed cream of chicken soup
- 3 cups water
- 1 cup chopped celery
- 2 onions, quartered
- 1 teaspoon salt
- 1/2 teaspoon poultry seasoning
- 1/2 teaspoon ground black pepper
- 4 skinless, boneless chicken breast halves
- 5 carrots, sliced



....continued on page 4

...continued from page 3 **Irish Chicken and Dumplings**

- 1 (10 oz) package frozen green peas
- 4 potatoes, quartered
- 3 cups baking mix
- 1 1/3 cups milk

Directions

1. In large, heavy pot, combine soup, water, chicken, celery, onion, salt, poultry seasoning, and pepper. Cover and cook over low heat about 1 1/2 hours.
2. Add potatoes and carrots; cover and cook another 30 minutes.
3. Remove chicken from pot, shred it, and return to pot. Add peas and cook only 5 minutes longer.
4. Add dumplings. To make dumplings: Mix baking mix and milk until a soft dough forms. Drop by tablespoonfuls onto BOILING stew. Simmer covered for 10 minutes, then uncover and simmer an additional 10 minutes.

Recipe by CLAIRELLEN, Courtesy of AllRecipes.com



Norfolk
Military Circle
870 North Military
Highway,
Suite 300
Norfolk, VA 23502

Roanoke
Southwest Virginia
1322 Plantation Road
Roanoke, VA 24012

Newport News
749-B J. Clyde
Morris Blvd.
Newport News,
VA 23601

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Legal Matters March 1st & 15th



Tune in for a double dose of Legal Matters on WAVY and FOX at 10 AM & 11 AM

Case by Case March 14th & 28th



Case by Case Season 2 on WTKR News
Channel 3 @ 10 am

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