

Kalfus & Nachman

Attorneys at Law

INJURY AND DISABILITY LAWYERS

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Autumn's Hidden Health Risk: Raking Leaves

The days are growing cooler - and shorter - and soon the glorious colors of autumn will be just a memory as leaves begin to fall across Virginia.

Raking leaves may be a chore to some but for others it's a great way to get exercise while cleaning up your yard. But for many who suffer from allergies, piles of damp leaves can hold the common allergen: Mold.

You may suffer more than sneezes after a raking session. Poor technique with your rake may cause muscle aches and strains. The Consumer Product Safety Commission (CPSC) estimates that Americans sustain more than 42,000 raking-related injuries each year.



Reduce Your Risk of an Allergy Outbreak When Raking

If you have allergy symptoms, talk to your doctor about it. Symptoms can include sneezing; itchy, watery eyes; itchy mouth or nose; or a stuffy or runny nose.

Those with asthma **and** a mold allergy are at risk for an asthma flare-up and should avoid raking leaves. Children at risk should not play in leaf piles, especially if they are wet.

Avoiding raking is the best option for those with mold sensitivity. If you must do the fall clean-up, wear an N95 respirator mask available at home improvement stores.

Reduce Your Risk of Injury During Fall Clean-Up

For many of us, vigorous leaf raking is an unaccustomed workout. Follow these steps to lower your chance of injury:

- Don't go at it cold - warm up with some stretching and light exercise.
- Choose a rake that is a comfortable weight and height.
- Wear slip-resistant shoes.
- Work slowly and pace yourself.
- Avoid twisting while raking - keep your back straight.
- Make short strokes with your arms instead of long ones.
- Vary your movements to avoid excessive stress on one muscle group.
- When picking up filled leaf bags, bend at the knees - not at the waist - to protect your back.
- Don't twist to sling heavy bags over your shoulder or to throw them to the side.

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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Kalfus & Nachman Client Appreciation

The month we have all been waiting for! Winners for the 2 Tickets to the Dallas and Washington game at FedEx Field on October 29 at 4:25 pm. will be selected! **The drawing will be held on Monday, October 23rd** and winners will be notified immediately by email.

It's not too late to enter! Visit our website at www.kalfusnachman.com/ticket-contest to enter. There will be an additional twelve prizes of gift certificates to **Olive Garden®**, **Cold Stone Creamery®**, **Outback Steakhouse®**, **Ruby Tuesday**, **Applebee's®**, **Cracker Barrel®**, **Texas Roadhouse®**, and **movietickets.com™**.

Be sure to **send your family and friends the link to enter our drawing as well!!! Always be watching for our future raffles for additional chances to win!**

Please check our Facebook page www.facebook.com/KalfusNachman for updates.



Winners will be drawn at random. One entry per email address, IP address, per person. Must be 18 years or over to receive prizes. Must be a Virginia or North Carolina resident. Contest ends at 12:00 pm on 10/23/17. Be sure to check your email starting on 10/24/17.

Our Top 10 Halloween Safety Tips

Make this Halloween a safe and happy one with these commonsense tips:



- Choose a safe trick or treat time like just before dark for greater visibility.
- Avoid masks that can impair vision - use face paint instead. If you allow a mask, make sure that it is well-ventilated with large eyeholes.
- Look for brightly-colored costumes or apply reflective strips on clothing and shoes. Glow sticks and necklaces help with visibility as do flashlights.
- Never let your child go trick or treating alone. Make sure a trusted adult chaperone is included in the group.
- Coach your child on simple traffic rules like looking both ways before crossing the street and obeying traffic lights.
- Create a game plan and stick to it - no short cuts or side trips.
- Trick or treat only at homes where residents are known and avoid homes that are dark.
- Never go inside anyone's home.
- For older children who trick or treat without you, reinforce safety rules such as no rides from strangers as well as your curfew time. Make sure she carries along a flashlight and charged cellphone.
- No snacking - ask your child to wait until arriving at home before sampling Halloween treats.

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.

National Teen Driver Safety Week October 15 - 21



Motor vehicle crashes are the leading cause of death for 15- to 19-year olds in the United States. Parents need to take the time to talk with their kids about the many dangers of driving. Those dangers include alcohol, lack of seat belt use, distracted driving, speeding, and extra passengers.

**Daylight Savings Time - November 5th
"The Most Dangerous Driving Day of the Year"**

Making Strides Against Breast Cancer:



Kira Cook Joins the Kalfus and Nachman Team



Kalfus & Nachman announced the addition of a new attorney at the firm. Kira A. Cook has focused on workers' compensation law, toxic torts, product liability, and asbestos litigation throughout her career and will continue to do so as a member of Kalfus & Nachman.

Members of Kalfus & Nachman anticipate that Kira Cook will become a valued member of the team due to her experience, insight, and admirable ability to connect with clients from all walks of life. She herself has stated that she is impressed by her own ability to take legalese and jargon and turn it into simple-to-understand language for the client.

Ms. Cook received her Juris Doctor from Loyola University School of Law in the Spring of 2002. She was also able to earn an additional civil law certificate and received the President's Award while in attendance. Her professional education began when she attended the Virginia Polytechnic Institute and State University.

Ms. Cook has been admitted to practice in the U.S. District Courts for the Eastern District and Western District of Virginia, the U.S. Court of Appeals for the Third Circuit, and the U.S. Court of Appeals for the Fourth Circuit. She has even successfully argued a case before the Virginia Court of Appeals.

Welcome, Attorney Cook.



Case by Case - October 11th & 25th

Season One is in the books!

Tune in for more Case by Case in Season 2 on WTKR News Channel 3 @ 10 AM

Kalfus and Nachman Cares

Samaritan House



We all know the power of social media and Kalfus and Nachman is using its digital presence to help the community. Attorney Paul Hernandez talked about the "Kalfus & Nachman Cares" initiative and presented a check to Katherine Ashford of Samaritan House. View the presentation at: wavy.com/2017/08/17/legal-matters-supporting-the-community/.



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



Legal Matters October 5th & 19th



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

Employee of the Month



Mary Ann Wilson

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