

Kalfus & Nachman

INJURY AND DISABILITY LAWYERS

24/7 Call For A Free Consultation

1-888-HURLINE



SE HABLA ESPAÑOL

March Newsletter 2023

www.kalfusnachman.com

Page 1

March 2023, Vol 91

Your March Message From Attorney Paul Hernandez



[Click here to play the video](#)

This month's vital health observance focuses on the importance of protecting your eyes on the job. The Centers for Disease Control (CDC) report that approximately 2,000 U.S. workers sustain a job-related eye injury serious enough to require medical treatment every day. The most common causes of eye injuries in the workplace include:

- Flying debris, such as pieces of metal, glass, or tools
- Chemicals
- Harmful radiation
- Eye strain from digital devices



The good news is that most workplace eye injuries are preventable. The Occupational Safety and Health Administration (OSHA) requires companies to assess the hazards at their workplace and provide or pay for the appropriate protective gear. Some ways that companies should be working to protect your eyesight include:

....continued on page 2

Our Offices

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

Newport News
11719 Jefferson Ave.
Newport News, VA 23606
757.245.4878

Roanoke
Southwest Virginia
1322 Plantation Road
Roanoke, VA 24012
540.343.4878

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

We service Virginia and North Carolina

Follow us...



- Installing and utilizing machine guards, engineering controls, and work screens to eliminate potential hazards to eyesight
- Using appropriate eye protection that is fitted properly--some examples would be non-prescription and prescription safety glasses, face shields, goggles, helmets with shields, and full-face respirators
- Training employees on the proper use and maintenance of eye safety equipment
- Following the Prevent Blindness recommendations to reduce digital eye strain
- Periodically reviewing and updating eye safety equipment effectiveness and new needs

What to Do if You Are Injured on the Job

Workers' compensation cases can be complicated. If you are injured at the workplace or while performing job-related activities, there are workers' compensation laws in place to protect you and aid in medical, lost wages, and other expenses resulting from the injury. However, there are specific steps you need to take to receive benefits. Starting with the fact that you must inform your employer of any injury or accident within 30 days of the incident or 30 days of being notified by a qualified medical provider. You then have two years to file a claim with the Workers' Compensation Commission.



If you have any reason to suspect you may experience issues with your claim or if you have had your claim delayed or denied, our experienced attorneys are here to help. We have helped many workers injured on their job to get the compensation that is rightfully theirs, and we can assist you too. If you or a family member has been injured in a pedestrian accident, bicycle accident, 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 **888-Hurtline (487-5463)** for your initial free consultation. Kalfus & Nachman PC, a Personal Injury Attorney in Norfolk, can help you determine whether you need a lawyer for any personal injury case.

Kalfus & Nachman
Post-Accident Checklist

Accidents can throw you for a loop! As stressful as they can be, you can save yourself with a little calm and proper preparation. Follow this brief checklist to get through your accident as painlessly as possible.

- TAKE CARE**
A personal inventory is VERY important. Before attempting to move your car, check for injuries.
- MOVE YOUR CAR OUT OF TRAFFIC**
Turn on your hazard lights to alert other drivers. If you have a flare, use it.
- EXCHANGE INFO WITH THE OTHER DRIVER**
Get names, phone number and address first. Next, get the insurance company, policy number, driver's license number and plate number.
- CALL 911**
Filing a police report now will help speed up your insurance claim later.
- CALL YOUR INSURANCE COMPANY**
Provide a detailed report. You can avoid trouble later by offering specifics.
- TAKE NOTES TAKE PHOTOS**
You can never have too much! The more evidence you gather, the happier your claims adjuster will be.
- CALL YOUR MECHANIC**
You can never have too much! The more evidence you gather, the happier your claims adjuster will be.

Accidents are scary. Take a deep breath, stay calm, and follow these helpful hints and you'll be on the road again soon.

Kalfus & Nachman
INJURY AND DISABILITY LAWYERS

Get ready for some
Spring
BREAK FUN
3 LUCKY WINNERS
Win a pair of tickets to the park of your choice*

Busch Gardens | **Kings Dominion** | **Six Flags**

*Winners receive **TWO TICKETS** to their choice of **Busch Gardens, Kings Dominion or Six Flags.**

[Click Here to Enter](#)

St Patrick's Day Winners



Our Marketing Director, Mary Murray, was acknowledged for her valuable service to the citizens of Portsmouth as a member of the Board of Zoning Appeals from January 2017 through December 2022.

The firm applauds Mary on her outstanding public service.



Law Tigers Virginia has been organizing and prepping for a full event season. Departure Bike Works will be hosting its annual Swap meet on March 19. Motorcycle and especially V-Twin enthusiasts bring rare motorcycles, parts, and memorabilia to sell and trade. The event is open to the public and is the perfect resource for those looking to keep, build and obtain rare and vintage motorcycle parts. Departure Bike Works has been building custom motorcycles in Richmond Virginia since 1973. They are passionate about motorcycles and craftsmanship, offering a full machine shop they are able to build custom parts no longer available. They also participate in the "Sons of Speed" where they race pre-1925 American-made V-Twins with no brakes! The dedication to classic American Motorcycles is tangible at Departure Bike Works.



Kalfus & Nachman

IS PARTNERING WITH



Princess

K&N
Furry Friends

The firm is covering the cost of the adoption fees *

Today, I'd like to introduce you to Princess! Princess's family was going through a major life change, and it just wouldn't allow them to continue sharing their home with Princess. She is a petite 2.5-year-old lab looking for a new family to team up with! She lives in a foster home, so we are lucky to have lots of information about her! She enjoys the company of other dogs and has some experience around cats. Princess has some uplifting quirks that are sure to keep her new family laughing. She likes to play and chomp the water from the garden hose, and sometimes she chooses to walk backwards instead of forward! She's a quiet girl looking for a family that lives a life as low-key as her.

Kalfus & Nachman
INJURY AND DISABILITY LAWYERS

We are so Excited.

Soba our Jan & Feb Furry Friend of the month went to his forever home on February 20th! We are so excited because he has been waiting since April of 2022! Thank you to all our social media and newsletter followers for your help in finding Soba his forever home!

For more details on our Furry Friend of the Month go to our website.

What Our Clients Are Saying About Us



“ Attorney Deborah Vaughn, for a Social Security Disability case, came "highly" recommended, and I decided to retain her for my case. Amanda Oliver, her legal assistant, assisted her, and they were both phenomenal! Amanda kept in contact with me along with Attorney Vaughn checking and double checking on my health status along with all legal status and or issues involving my case.. documents needed..everything was explained so I could understand it. I was very comfortable with Amanda and Attorney Vaughn...Attorney Vaughn won my case after I had been denied several times before on my own, our first time in court!

- Ricky Wysong



Ms. Vaughn



Office Fun at Kalfus & Nachman!



Staff Fun!



Celebrating January Birthdays!

Participate in our monthly contest and like us on **FACEBOOK**



Irish Beef Stew

Ingredients:

3 tbsp extra-virgin olive oil, divided
 2 lb beef chuck stew meat, cubed into 1" pieces
 Kosher salt
 Freshly ground black pepper
 1 yellow onion, chopped
 2 medium carrots, peeled and cut into rounds
 2 stalks celery, chopped
 3 cloves garlic, minced
 3 medium russet potatoes, peeled and cut into large chunks
 4 C low-sodium beef broth
 1 (16-oz) bottle Guinness
 2 tsp fresh thyme
 Freshly chopped parsley, for serving



Directions:

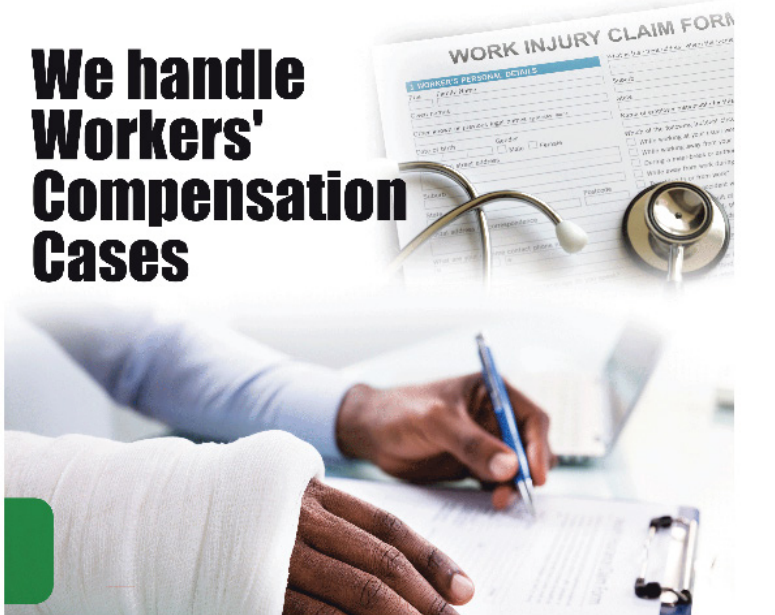
Step 1 - In a large Dutch oven over medium heat, heat 2 tablespoons oil. Season beef with salt and pepper. Add to pot and cook on all sides until seared, 10 minutes, working in batches if necessary. Transfer beef to a plate.

Step 2 - In same pot, add remaining 1 tablespoon oil and cook onion, carrots, and celery until soft, 5 minutes. Season with salt and pepper. Add garlic and cook until fragrant, about 1 minute.

Step 3 - Add beef back to Dutch oven. Add potatoes, broth, beer, and thyme. Scrape the bottom of the pot to release the browned bits at the bottom. Bring to a boil, then immediately reduce heat to a simmer. Season with salt and pepper. Cover and let simmer until beef and potatoes are tender, 30 minutes.

Step 4 - Garnish with parsley before serving.

We handle Workers' Compensation Cases



Kalfus & Nachman
INJURY AND DISABILITY LAWYERS

Always have
our number
handy!

Add our Number
to your contacts
with a Simple Click

**ADD OUR NUMBER
TO YOUR PHONE**

Save to your Android

1. Tap Link Below
2. Tap "Download"
3. Tap "Open"
4. Tap "Add to Contact"

Save to your iPhone

1. Tap Link Below
2. Tap "Create New Contact"



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.

Legal Matters April 6 and April 20



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



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

Roanoke
Southwest Virginia
1322 Plantation Road
Roanoke, VA 24012

Newport News
11719 Jefferson Ave.
Newport News,
VA 23606

Case by Case April 5 and April 12



Case by Case on WTKR News
Channel 3 @ 10 am

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of an attorney. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional legal advice.



blue orchid
MARKETING