

Kalfus & Nachman

INJURY AND DISABILITY LAWYERS

24/7 Call For A Free Consultation



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August Newsletter 2021

www.kalfusnachman.com

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Your August Message From Attorney Paul Hernandez



[Click here to play the video](#)

Kalfus & Nachman Was Awarded the 2020 Pink Ribbon of Hope Award



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We service Virginia and North Carolina

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7 Reasons You Should Go to Physical Therapy After an Accident

If you've been injured in a car accident your doctor may prescribe physical therapy as part of your treatment plan. Although physical therapy can be painful and time-consuming there are several ways that it will aid in your full recovery and help strengthen your case if you are pursuing a claim from the accident. Here's how:



- 1. Shows the seriousness of your injuries.** It's not uncommon for insurance companies or the driver who caused the accident to claim that the victim is overstating their injuries. Physical therapy shows that your injury is serious and requires significant care and rehabilitation.
- 2. Demonstrates you are being conscientious about your recovery.** Not going to physical therapy if your doctor has prescribed it can be used against you to show that you're not doing your part to heal or that your injuries are not that significant.
- 3. Sets the stage if long-term care is needed.** Some injuries can take months or even years to fully recover from. If the medical treatment needed for your injury will extend beyond the time it takes to resolve your claim, attending physical therapy establishes a pattern of care that can help determine compensation needed for future treatment.
- 4. Helps you heal better and faster.** PT helps you strengthen muscles surrounding injured areas and increase your range of motion. This in turn increases your overall mobility and helps speed healing. It addresses areas that medicines may not with an eye to long-term rehabilitation.
- 5. Reduces the need for pain medication.** Although it's often the case that pain killers are needed initially after a serious injury, they carry dangers of side effects and dependency. Physical therapy provides a natural way for your body to move past the pain by helping heal and support damaged areas of the body.
- 6. Helps prevent additional injury.** Weakened muscles and pain in the body can result in a secondary fall or injury. By working to eliminate pain and build up the strength of your body PT greatly decreases this risk.
- 7. Improves your mental outlook.** Participating in PT can help you feel that you are not helpless by allowing you to take an active role in your recovery. Physical exercise is known to release endorphins in the brain which elevate mood. Feeling better emotionally will aid in the physical healing of your body as well.

The cost of physical therapy is part of the medical expenses you are incurring because of the accident and can be included in your claim. An experienced attorney can help you get the compensation you need to restore you financially as you work to become whole physically.

If you or a family member has been injured in a pedestrian accident, bicycle accident or 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.

The "Dog Days of Summer" Are Here

It's Hot Out!

Don't Leave Your Pet in the Car!



A car can overheat **even** when the window has been left cracked an inch or two.



Young, overweight or elderly animals, or those with short muzzles or thick or dark-colored coats are most at risk for overheating.



Shady spots offer **little** protection on hot days, and move with the sun.



Even if the temperature outside is only 70°, the inside of your car may be as much as 20 degrees hotter!

On an 85° day, it only takes ten minutes for the inside of your car to reach 102°.

Within just 30 minutes, the car's interior can climb from 85° to a scorching 120°.



Many states and local governments have laws that prohibit leaving an animal unattended in a motor vehicle under dangerous conditions, which includes hot days. Your car could be damaged or you could be charged with a crime.

ASPCA

If you see an animal trapped in a car on a hot day, try to locate the owner or call 911! Stay by the car until assistance arrives.



Temps Over 100 in Virginia

Infographic provided by ascpa.org

This Labor Day - Commit to Driving and Riding Sober!

One of the deadliest and most often committed - yet preventable - of crimes (impaired driving), has become a serious safety epidemic in our country.

Did you know:

The highest percentage of alcohol-impaired drivers involved in a fatal crash are often motorcyclist. In 2019, motorcycle riders involved in fatal crashes had higher percentages of alcohol impairment than any other type of motor vehicle driver.



Coming Soon to a High School Near You!

Through the help of our local schools, we have been able to present to over 10,000 high school students in Hampton Roads. We are a Proud Sponsor of [Enddd.org](https://www.enddd.org/). visit: <https://www.enddd.org/> for more information.

** Attention Administrators and Driver Education Instructions **

Contact us for more information on this very important presentation at thelawteam@kalfusnachman.net.



Kalfus & Nachman
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Summer Olympics 2021 *Everybody has a chance for Gold*

We're giving away (4) \$100 Gold Visa Gift Cards

[Click Here to Enter](#)

Summer Time 2021 Giveaway WINNERS!

Look Who's Headed to the Parks!

These 10 lucky winners received a set of 2 tickets
to the park of their choice!

Colleen T. Cynthia D. Demya S. Holly H. Karen N.
Stephanie C. Carmen D. Gerald P. Tammy W. Antonessa M.



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Furry Friends

This month's pet is George, a senior terrier mix who is so laid back that he's normally napping. George is currently in a foster home where he gets along well with the other resident pups! This sweet older guy is patient and loving. He recently had a complete wellness exam, neuter, and dental cleaning!



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The lucky contest winners

[Click Here](#)

Helmet Safety “Playing Safe with Preston”



Virginia Beach Police Squad proudly presented the bike rodeo with special guest Marna J. Smith. Free autographed books were supplied to each registered child “Playing Safe with Preston” a book on Helmet Safety by Kalfus & Nachman. If you are interested in obtaining a free copy of the book, please e-mail thelawteam@kalfusnachman.net for more information.

What Our Clients Are Saying About Us



Kalfus & Nachman

“★★★★★

I think my son AMARI SMITH CASE WAS HANDLED FAIR AND IN A TIMELY MANNER IF I RECOMMEND ANY LAW INJURY FIRM IT WILL BE THIS ONE KALFUS & Nachman ...Love Shantia Backus

D S Backus
1 week ago

Richard F. Aufenger

SOURCE: **Google** Reviews

Steakhouse Burger

The Best Burger of the Summer

Ingredients

Steakhouse Spice Mix:

- 2 teaspoons cracked black peppercorns
 - 1 1/2 teaspoons dried minced garlic
 - 1 1/2 teaspoons dried minced onion
 - 1 1/2 teaspoons dried parsley
 - 1/2 teaspoon dry mustard
 - 1/2 teaspoon crushed red pepper flakes
-continued on page 7



....continued from page 6 **Steakhouse Burger**

Burger:

- 12 ounces beef chuck, coarsely ground
- 12 ounces beef sirloin, coarsely ground
- Kosher salt and freshly ground black pepper
- 2 tablespoons unsalted butter, at room temperature

Directions:

1. Heat a large cast-iron skillet over medium-high heat for 20 minutes.
2. For the steakhouse spice mix: Mix together the peppercorns, garlic, onion, parsley, dry mustard and red pepper flakes in a small bowl.
3. For the burgers: Gently toss together the chuck and sirloin in a large bowl, making sure not to overwork the mixture. Form the beef into four 3/4-inch-thick patties, each about 4 inches in diameter. Sprinkle them generously with salt and a few grinds of pepper.
4. Spread the steakhouse spice mix evenly on a plate. Coat both sides of the patties with the mixture.
5. Place the patties in the hot skillet; do not press down with a spatula. Cook until the patties are seared and browned on one side, about 3 1/2 minutes, then flip and top each patty with one-quarter of the butter. Cook on the second side until browned and the burgers are medium-rare, about 3 1/2 minutes more.
6. Assemble the burgers using your favorite buns, toppings, and condiments.

Recipe courtesy of foodnetwork.com

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our number
handy!**

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to your contacts
with a **Simple Click**

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TO YOUR PHONE**



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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 Sept 2nd and 16th



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



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Case by Case Sept 1st and 15th



Case by Case on WTKR News
Channel 3 @ 10 am

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