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Attorneys at Law

INJURY AND DISABILITY LAWYERS

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January Newsletter 2023

www.kalfusnachman.com

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January 2023, Vol 89

Your January Message From Attorney Paul Hernandez



[Click here to play the video](#)

Do's and Don'ts for Better Password Protection

It's a new Year and that means time for New Year's resolutions. A good one to consider is changing the passwords on all your accounts and taking steps to keep your information safe. Below are some do's and don'ts for making your accounts less hackable.



Do: change your passwords regularly. Set a reminder in your datebook or calendar to do this every three months.

Do: get smarter about your password choices. Did you know that one study of breached data found 13 million instances of "qwerty123" as a password?! Sure, these types of passwords are easy to remember but hackers are well aware of this and will often try common passwords to get your information. The more complex your password, the less likely your accounts will be breached. Choose a long string that consists of a mix of upper- and lower-case letters and symbols for highest security.

....continued on page 2

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....continued from page 1 **Do's and Don'ts for Better Password Protection**

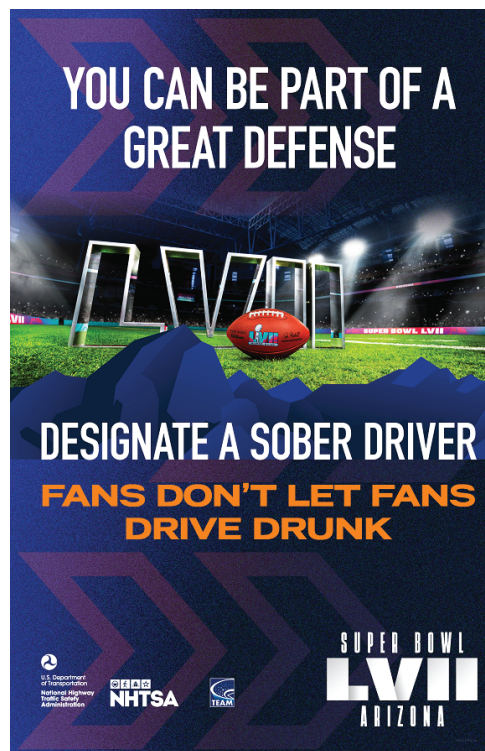
Don't: reuse the same password for all your accounts. Another typical password strategy is to use the same password or a slight variation (add a 1 or!, capitalize the first letter, etc.) for all your accounts. The problem with this is when a site is compromised, criminals will sell the data they get to other hackers. They can test your passwords or slight variations on your other accounts and gain access to sites that have not been breached.

Don't: ignore breach alerts. If you get one for a trusted site, change your passwords. Be cautious, however. Check the email to make sure it's legitimately from the site claiming to send the breach and never enter your current password online or in an email.

Do: consider 2-step authentication. Many sites offer this now. It means in addition to a password; the site will send a message to your phone or email or require fingerprint or retina scan in order to gain entry to your account.

Do: get a password manager. You're probably wondering how you'll be able to keep track of all these different and complicated passwords. A password manager will help generate and store your passwords for all your sites. Choose one that supports the platforms you use and has a built-in breach credential monitor in place.

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 **888-Hurtline (487-5463)** 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 Law Firm of Kalfus & Nachman is kicking off its 8th annual "Safe Ride Home Program". The program offers FREE rides from any restaurant or bar to home for the "Big Game" from kick off to midnight to help fans celebrate safely. This year's program includes Norfolk Coastal Cab, Uber® and Lyft®. Simply send your receipt in to our Norfolk Office at 870 N. Military Highway Norfolk, VA 23502. Attn. Mary Murray and we will reimburse your trip. Or, just call Norfolk Coastal Cab at 757.855.4444 and say "Kalfus & Nachman" and they will pick you up at any bar or restaurant in the Hampton Roads area and drop you off at a residence in the Hampton Roads area to assure you get home safely.

The following rules apply. Must 21 or older to participate, rides from kick off to midnight only on 2/7/2023. Rides must be with "Norfolk Coastal" Cab Service. Uber or Lyft. Coastal Cab does not service pick-ups in city of Portsmouth. There is a \$35 cap on Lyft & Uber reimbursement. Rides cannot be guaranteed; however every attempt will be made to accommodate all requests. Go to www.kalfusnachman.com for more details or call 757.461.4900.



Win a Romantic Dinner for two and a Bouquet of Roses for your Sweetheart.

Kalfus & Nachman wants your Valentine's Day to be perfect! **3 Lucky winners** will receive a gift card for the restaurant of their choice (valued at \$100) and a bouquet of roses delivered to their sweetheart!!

CLICK HERE TO ENTER

WINNERS

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WE HAD SO MANY ENTRIES WE GAVE AWAY EXTRA TICKETS

**TAMMY M
DEBORAH P
JENNAGER H
DEANNA B**

**EXTRA WINNERS
ARNOLD W
SHANNON G**



Kalfus & Nachman

“ I was unaware of having to reimburse my health insurer for what they paid out for my injuries, but I understand why they are to be reimbursed. My attorney Chris Jacobs stepped up the communication with me and made sure I had access to reach him directly. Chris worked hard and settled my case while exceeding my expectations. I would recommend Chris Jacobs if you need a great attorney.

- Vaughn G. ”



Chris Jacobs
★★★★★

Google
Reviews ★★★★★

Participate in our monthly contest and like us on FACEBOOK





Kalfus & Nachman

IS PARTNERING WITH



Soba

K&N

Furry Friends

The firm is covering the cost of the adoption fees *

Soba, a husky, is a regal gentleman at 8 years young. He's easy-going and spry. Soba lives in foster care in the company of other huskies. He enjoys lounging in the sun and ordering around the younger dogs. He loves a good scratch behind the ears and doesn't mind the occasional brushing to keep his coat in check.



LAW TIGERS[®]
MOTORCYCLE LAWYERS

December has been a month of giving for Law Tigers Virginia, supporting several toy, food and coat drives hosted by kind-hearted motorcyclists. Motorcycle charity events around the holidays give people an opportunity to ride their motorcycles and share in the camaraderie so often found in the warmer months.

We have built relationships with shops and racing teams that are as passionate about riding motorcycles as we are. Cruising into 2023, we are expecting a long and generous riding season with excellent conditions.

Office Fun at Kalfus & Nachman!



Celebrating December Birthdays!

Garlic Sriracha Chicken Wings

A spicy blend of buffalo and Sriracha make for the perfect Super Bowl Wing Sauce!

Ingredients:

3 pounds split chicken wings
 3 Tbsp Sriracha
 2 Tablespoons garlic paste (or 1 Tbsp garlic powder)
 kosher salt, pepper
 1 cup buffalo sauce

Instructions:

1. Put the wings in a gallon size plastic bag. Put 2 Tbsp of the Sriracha (save 1 Tbsp for the sauce), garlic paste (or garlic powder), kosher salt, and pepper in the bag. Close the bag and massage until the chicken wings are evenly coated. Marinate for at least 1 hour or overnight.
2. Mix the buffalo sauce with the remaining 1 Tbsp Sriracha and set aside.
3. Cook the chicken wings according to one of the following methods, use a thermometer to make sure they are at 170 degrees:
4. In the oven: Place wings on a lined baking sheet and put in a 400 degree oven for 45 minutes, flip them halfway through. Brush the sauce on the wings and bake an additional 5 to 10 minutes. Serve with extra sauce on the side.



Prep Time: 10 mins

Cook Time: 45 mins Servings: 4

Recipe and image courtesy of cookswellwithothers.com

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 Cases**



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 Personalized Printable Certificate!**

ONE TEXT OR CALL COULD
WRECK
 IT ALL

TAKE THE PLEDGE

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Distracted driving kills and injures thousands of people each year. I pledge to:

- Protect lives by never texting or talking on the phone while driving.
- Be a good passenger and speak out if the driver in my car is distracted.
- Encourage my friends and family to drive phone-free.

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[Click Here to Take The Pledge](#)



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 2/2 and 2/16



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 2/1 and 2/15



Case by Case on WTKR News
Channel 3 @ 10 am

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MARKETING