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Spring Break



March Newsletter 2020

www.kalfusnachman.com

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Welcome to the Spring Break Edition of Our Newsletter! Read on for seasonal tips, info, a contest and more!

7 Super Ideas for a Spring Staycation

Here on the East Coast, we are enjoying a mild winter. In fact, groundhog Chesapeake Chuck in Newport News recently predicted an early spring! Good weather or bad, it's time to make fun spring break plans and that includes crafting your own **staycation**.



A staycation is when you and your family stay close to home. Instead of long-distance travel, you'll take pleasure in your house and choose to enjoy leisure activities within driving distance of your hometown.

Scheduling a staycation does **not** mean that you feel cooped-up in your house! Instead, it's a time to get cozy and enjoy your home, try out that new restaurant and explore everything that your region has to offer.

Make the Most of Your Time Off with These 7 Staycation Suggestions

1. **Unplug.** Pledge to limit smartphone and computer access to only those calls, texts and emails that are really necessary. Avoid anything related to work – this is your time after all. Take a break from social media, games and online shopping. You'll be surprised how relaxing this type of time-out can be. Persuade your kids to do the same – this is family time, after all.
2. **Transform your home.** Add flowers, scent diffusers and cozy throws to make it inviting. Experimenting with the Danish cultural phenomenon hygge to make your environment cozy can bring comfort and contentment.

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3. **Sleep late.** Relax but don't overdo it. Don't worry about getting up at the crack of dawn, but stick to regular sleep hours for a good mix of rest and fun.
4. **Schedule board game day.** Light the fire, plan some special snacks and bring out the games. Board games bring out the kid – and competition – in the whole family.
5. **Get outdoors.** If your usual outdoor time is spent walking from the house to the car to the office, it's time to enjoy some fresh air. Take a hike or, depending on the weather, a snowshoe walk. Plan ahead and study your trail online to make sure of its difficulty and length – here are trail ideas for [Virginia](#) and [North Carolina](#). Tote along plenty of water and enjoy a picnic when you find that special spot.
6. **Pick a town or city and plan a tasting tour.** Set a budget – this is important – and visit your favorite eateries or try something more adventurous.
7. **Go to the movies.** If you don't usually frequent the big screen, check your local schedule and enjoy a great movie-watching experience. Some theaters offer meal and drink service and you'll watch in luxurious recliners. Stick to matinees for bargain prices.

Springing Forward: Losing One Hour of Sleep Can Affect Your Health

On March 8th, at 2:00 am, our clocks move ahead one hour to adjust to Daylight Saving Time. On the surface, this does not appear to be an earth-shaking change, with many of us able to sleep an hour later on Sunday morning. However, Monday morning may be more of a challenge as you struggle to stay awake during your morning commute, which may be in the dark.

Light is our principal time cue for setting our 24-hour circadian rhythm or natural cycle. Changing the clocks by one hour – either springing forward or falling back – can put our internal clock out of sync.

Tips on Handling the Daylight Saving Time Transition

Sleep deprivation may cause performance declines like lack of concentration and memory problems. Fatigue and daytime sleepiness can increase your risk of an [auto accident](#).

Here's how to reset your internal clock more quickly:

- Reduce your light exposure at night. Use nightlights or dimmer switches to move around your home during sleep hours.
- Make your bedtime and rising time consistent from day to day, even on your days off.
- Reduce caffeine and alcohol consumption late in the day.
- Don't exercise before bedtime.
- Calm yourself before bed with a hot bath.
- Wear eye masks and earplugs for undisturbed sleep.

Importantly, avoid using devices with blue light as you wind down toward bedtime. Blue wavelengths such as those present in flat-screen TVs, computers, smartphones and tablets can make it take longer to fall asleep and produce less REM sleep, making you sleepier in the morning.

Read a book – a real paper book, not an e-book – to relax you into a natural sleep!

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.

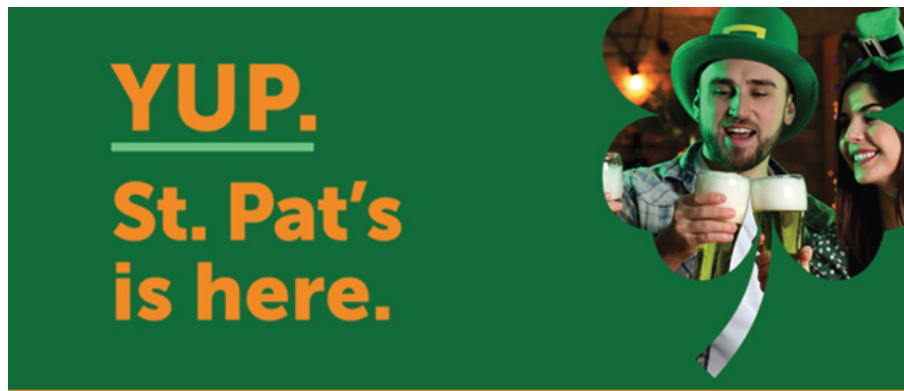




Win four 2020 Fun Cards with unlimited admission to
 Busch Gardens Williamsburg & Water Country USA
 (ALL SPRING & SUMMER)

Enter To Win

Winners will be drawn at random. One entry per email address, IP address, per person. Must be over 21 years to receive prizes. Must be a Virginia or North Carolina resident. Contest ends at 12:00pm on 3/29/20. Be sure to check your email starting on 3/31/20. Employees are not eligible. Fun Cards are valid from March 15 - Sept 13, 2020.



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 and 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](#).

If you are starting to see a few leprechauns on your St Patrick's Day night out, take a Safe Ride on us!



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....continued from page 3 **It's Back! Kalfus & Nachman's St. Patrick's Day Safe....**

These Rules Apply:

The following rules apply. Must 21 or older to participate, rides from 6:00 to midnight only on 3/17/2020. 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 \$35 cap on Lyft & Uber reimbursement. Go to <https://www.kalfusnachman.com/safe-rides-home> for more details or call 757-461-4900.



What Our Clients Are Saying About Us



Donna N. recommends **Kalfus & Nachman PC.**

I would highly recommend Kalfus & Nachman for all of your legal needs. The team that I worked with was very knowledgeable, professional and always answered my questions in a timely manner. Laurie Marsh, my Attorney's Paralegal was fabulous. She always put my mind at ease with her calming demeanor and handled everything concerning my case with expertise. She is definitely an asset to this firm. Brian Slaughter became my attorney after my originally assigned Attorney left the practice and was quickly able to familiarize himself with my case which eased my mind. This team (Laurie & Brian) was truly a blessing to me! Thank you both so very much!



Brian Slaughter

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 March 5th & 19th



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 March 18th



Case by Case on WTKR News
Channel 3 @ 10 am

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