



Kalfus & Nachman

INJURY AND DISABILITY LAWYERS

24/7 Call For A Free Consultation
1-888-HURTLINE



SE HABLA ESPAÑOL

February Newsletter 2023

www.kalfusnachman.com

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February 2023, Vol 90

Your February Message From Attorney Paul Hernandez



[Click here to play the video](#)

Having Trouble Beating the “Winter Blues?”

The holidays are over, spring's not quite here yet, and the days tend to be gray and chilly. This time of year can get anyone down and feeling a bit “blah.” But how do you know when the “blues” have progressed to a more severe threat to your mental health? Seasonal Affective Disorder (SAD) is a form of depression that occurs most often during the fall and winter months and is at its peak in January and February. That's because SAD is linked to fewer hours of daylight. Decreased exposure to sunlight can throw off your circadian rhythm and trigger a biochemical imbalance in some people. The symptoms of SAD are similar to those of other forms of depression and can be pretty overwhelming. They can include prolonged periods of sadness, loss of enjoyment in pleasurable activities, feelings of hopelessness, and changes in sleeping and eating patterns.



Tips for Managing SAD

Fortunately, you can take several positive steps to help reduce SAD symptoms. These include: *....continued on page 2*

Our Offices

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Newport News,
VA 23606
757.245.4878

Roanoke
Southwest Virginia
1322 Plantation Road
Roanoke, VA 24012
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Call 1-888-hurtline or
visit us
www.kalfusnachman.com

We service Virginia and
North Carolina

Follow us...



....continued from page 1 **Having Trouble Beating the “Winter Blues?”**

- Seek Light Daily—this is the most crucial step. Strive for 2-3 hours a day, outdoors or through indirect exposure, such as sitting by a sunny window. There are also artificial sources of light you can buy that mimic sunlight.
- Get Enough Sleep—aim for a regular sleep schedule throughout the week that will allow you to get at least seven hours each night.
- Exercise Regularly—not only will this boost your metabolism, but it will also help you sleep better and releases "feel good" hormones in the body.
- Enjoy a Healthy Diet—reducing the number of processed foods you eat and increasing your intake of lean proteins, vegetables, and fruits is vital. Be sure to stay hydrated with plenty of water too.
- Stay Connected—It's normal to feel down now and then. Reach out to friends and family members to talk it out. Scheduling regular time with those you love will improve mental health all year round.

If you feel that your symptoms are interfering with your ability to function daily, it's essential to seek out a mental health professional for an evaluation and possible treatment.

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.

Must Personal Injury Settlements Be Reported on Your Taxes?

Personal Injury Claims

NOT Taxable

Damages - amount provided to compensation for medical expenses, lost wages, emotional distress, pain and suffering and attorney fees.



ALWAYS Taxable

Punitive Damages - payments over amount of compensation awarded to punish the defendant

Interest - amount state may pay based on time from filing date until payment date

Employment Related Claims & Workers' Compensation

NOT Taxable

Attorneys' Fees - amount received to cover these fees

Damages - amount compensating for personal injury or physical sickness

Mental Anguish - amount equal to or below actual medical expenses for the emotion distress

Workers' Compensation Benefits - EXCEPTION- if you are receiving SSD, SSDI or SSI benefits



ALWAYS Taxable

Wages - front pay and back pay

Interest - amount state may pay based on time from filing date until payment date

Emotional Distress - except for the actual medical expenses

Punitive Damages - payments over amount of compensation awarded to punish the defendant

*It is always best to seek the advice of a tax professional.

Kalfus & Nachman
Attorneys at Law
INJURY AND DISABILITY LAWYERS

We Offer Free Safe Rides Home on St Patty's Day



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 - zTrip 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!

Kalfus & Nachman
INJURY AND DISABILITY LAWYERS

WIN A POT OF GOLD FOR ST. PATRICK'S DAY!

CLICK HERE TO ENTER

3 LUCKY PEOPLE WILL WIN A \$100 AMAZON GIFT CARD

Kalfus & Nachman
Accident Injury Attorneys

Valentine's **GIVEAWAY**
Congratulations

DAIJAH BARNETT MELISSA SHOEN NATASHA BEASLEY

Kalfus & Nachman
Accident Injury Attorneys



GREAT DAY AT GREEN RUN HIGH SCHOOL

Attorney Paul Hernandez spoke to over 200 10th-grade students today on the dangers of **DISTRACTED DRIVING**. We have found that communicating with students early has been most effective and stopped bad driving habits.

Thank you, *Green Run High School*



LAW TIGERS
MOTORCYCLE LAWYERS



Our Law Tigers Division is giving away a Pan Am Bike, so please go to our [Facebook Page](#) for more details on how to sign up; there is an excellent article on the 15 Best Rides in the US.

What Our Clients Are Saying About Us



“ I was extremely happy with my interaction with K&N PC. Mr. Hernandez sat down with me and ensured I understood everything K&N was doing for me. I was shocked at how seriously K&N took my case. My case wasn't large; however, I was treated as if I was their most important client. I had always seen the commercials growing up. I highly recommend giving them a call first just to see for yourself. These people do take care of their clients. 6/5 stars from me.

- Joshua K. ”



Paul Hernandez



Office Fun at Kalfus & Nachman!



Staff Fun!

Office Fun at Kalfus & Nachman!



Celebrating January Birthdays!

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



Treat Your Valentine to a Homemade Red Velvet Latte!



For that smooth, velvety Valentine’s Day drink, simmer a cup of milk and a tablespoon of sugar in a saucepan. Stir it until the sugar dissolves, remove it from heat and stir in a quarter cup of chocolate morsels. Once the chocolate melts, stir in a half-cup of coffee, a half teaspoon of vanilla extract and three drops of red food coloring. Pour in a cup, top with whipped cream and chocolate chips and serve.

Courtesy of theexoticbean.com

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 1st & 15th



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



Norfolk
Military Circle
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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 1st & 15th



Case by Case on WTKR News
Channel 3 @ 10 am

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MARKETING