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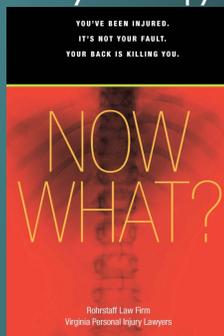
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**IMPORTANT
NEW BOOK**

This book is filled with information to help injured people in Virginia. This FREE BOOK is available on our website, www.RohrstaffLaw.com

or call us at 703-260-6070 and, we'll

send you a copy.



The Rohrstaff Reader

Volume 2, Issue 1

January 2011

A New Friend

I "met" a great guy from Chicago. Well, I haven't actually met him face to face, but we've exchanged email communications and spoken on the phone and plan to meet when he's in town in a few weeks.

No, it's not internet romance. **Ken Levinson** is a lawyer in Chicago who also represents injured children, and he found me when I posted a blog on my child injury blog:

www.VirginiaChildInjuryLawyer.com. I don't even remember now what the posting was about, but he emailed me and our friendship began.

Ken also has a blog devoted to child safety: www.thesafestline.com.

Take a look at his blog. I love it. His blog is full of his personality and his unfettered enjoyment of his sons.

Ken and I talked about our commitment to helping keep children safe and helping those who are injured recover from their injuries. We talked about how much we enjoy practicing law and how much we enjoy our families.

I was stunned when a few days later I got a notice from Amazon that Ken had sent me a gift card! All I had done was spend a few minutes talking to someone who shared my commitments and values. I used Ken's fantastic gift to get books for my office

so children who come to my office with their families will have wonderful books to read.

Thank you, Ken!



Dozens of children will benefit from your generosity for years to come.

P.S. The photo of the grandfather and his grandbaby was taken by Steve Miller, a photographer in Washington, D.C. www.SLMphoto.com

Raising Money for Charities

The area's first snowfall created a beautiful backdrop for Sandra Rohrstaff and other attorneys who rang bells in front of the Alexandria Courthouse in the annual fundraising event. The snow and cold did not dampen anyone's spirits, and several folks who stopped by were happy to give -- and to request that we not sing.

Volunteers from the Alexandria Bar Association took turns throughout the day to greet passersby and catch up with neighbors and colleagues.



Among the charities that will benefit from the fundraising event are:

- Community Partners for Children's Toy Drive
- Alexandria Battered Women's Shelter
- Beat the Odds Program of Alexandria

THANKS TO ALL FOR YOUR GENEROUS DONATIONS!

Nursing Home Restraints: The Exception, Not the Rule

The National Consumer Voice for Quality Long Term Care represents consumers nationally in issues related to long term care and helps ensure that consumers are empowered to advocate for themselves. It provides valuable information and tools for consumers, families, caregivers, advocates and ombudsmen. It recently released a guide for consumers:

Restraints: The Exception, Not The Rule
by Sarah Greene Burger RN-C, MPH, FAAN.

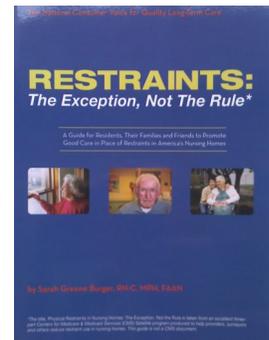
The guide features:

- An easy-to-understand definition of a restraint
- Pictures of the most common types of restraints
- A chart showing what can happen to residents who are restrained
- Myths and realities of restraints
- Case studies showing how restraints can be avoided

- An easy-to-understand formula for determining if something is a restraint
- Internet resources

The guide costs \$10 and can be ordered through the Consumer Voice website, www.theconsumervoice.org/node/477.

If you or someone you know would benefit from having this guide but cannot afford to purchase it, please call us at 703-260-6070 or send an email to Janelle@RohrstaffLaw.com. We will see that you get a copy of the guide.



Goodbye Phone Books

My son posted this picture on his Facebook page with the caption beneath.



*Biggest Waste of Money Ever.
Straight from my mailbox to my
trash (with a pit stop on the
kitchen table for a FB pic).*

A couple of his friends commented that they did the same thing and that phone books were being phased out by some cities.

What about you? Do you still use phone books (for looking up phone numbers; not as booster seats for grandbabies)? Leave us a message (or actually talk to us) at 703-260-6070 to let us know.

Why am interested? Lawyer advertising in Yellow Pages has notoriously been awful. I've even checked Yellow Pages lawyer ads in Spain when I was visiting there a few years ago, and they were awful there, too. I'm thinking those days may soon be over.

Cases Coming Through Our Office

Patient admitted to a hospital for alcohol detox. Nurse put scalding hot cup of tea on rickety bedside tray. The tray tipped over when the patient reached for the tea, and she received 2d degree burns to inside of thighs.

Husband and wife on their way to spend a weekend away to celebrate their 50th anniversary. On I-95, a car struck them from behind and their car ran off the road. The wife suffered a broken leg. After the fracture healed, she underwent extensive rehabilitation. However, although she had been ambulatory and independent in her home before her injury, she was not able to regain the ability to walk, her husband could not take care of her in their home, and she was admitted to a nursing home for long term care.

The client and her husband were avid, frequent bikers. They were biking on one of the area bike trails when they came upon a runner. As they approached and prepared to pass the runner, the wife rang her bicycle's bell and moved to the left lane. Without warning, and without checking to see if anyone was behind her, the runner made a U-turn immediately in front of the wife's bicycle. She swerved to avoid hitting the runner and lost control of her bike. She suffered a broken hip and broken wrist.

We also reviewed many automobile accident injury cases with minor injuries. We gave these people a copy of our WHAT NOW? book that guides injured people through the claims process. Of course, we offered to answer any additional questions they may have.

Winter Safety - Shoveling Snow

Janelle's
Corner

BEFORE

1. *Buy a good snow shovel.* Metal shovels are the easiest to use and are less likely to break.
2. *Shoveling snow is exercise.* So, treat your body the same way. Have a light snack before you go out. Avoid alcohol and caffeine. Drink plenty of water.
3. *Check with your doctor* if you have any health issues.
4. *Dress in layers* so you can remove them as you get warmer.

DURING

1. *Bend with your knees, not your back.* Fluffy snow can be pushed. Shoveling is like lifting weights, so, take smaller chunks. Don't throw it over your shoulder or to the side.
2. *Start shoveling during the snowfall.* It's better to shovel in smaller rounds than all at once.
3. *Take breaks and pace yourself.* Shovel for 30-45 minutes, then take a break for an hour or two. Stop immediately if you feel any kind of pain.

4. *Don't forget the sidewalk* and areas around your mailbox and garbage cans.



Shoveling
Snow is
Exercise

AFTER

1. *Take a hot shower.* Or use a heating pad on your back to relax the muscles. You can also take an aspirin anticipating aches and pains.
2. *Treat yourself* to some hot chocolate (solely Janelle's suggestion).

Or, you could just pay a neighborhood kid to do it.

www.weather.com; www.ehow.com
www.startrighthstarthere.com

Winter Safety - Driving

BEFORE

1. *Remove all ice and snow from your entire car.* Get a good scraper and clean off all snow and ice from windshield, rear and side windows. Don't forget to clean off snow and ice from your headlights, taillights and license plate.
2. *Fill 'er up.* A full gas tank adds weight to the car and improves traction. It could also save your life if you get stranded, since you'll be able to keep the car running with the heat on. Also, top off the windshield washer fluid.
3. *Keep blankets, food and water* in the your car. If you get stranded or in an accident, it could take hours for help to reach you.
4. *Tell someone* where you're going and when you expect to return/arrive. You want people to realize you're missing as soon as possible.
5. *If you don't have to drive in a snow storm, then don't go.*



DURING

1. *Wear your SEATBELT!*
2. *Slow down!* No vehicle, big or small, can defeat icy roads.
3. *Should you pump or not pump?* Know what to do if your vehicle has anti-lock brakes or not.

Thank You

We always appreciate referrals. We hope you think of us if you, your family, or friends, have any legal matters that need attention. If we are not able to help you, then we will find a law firm that is. We welcome the opportunity to help you and those you care about.

YOU'VE BEEN INJURED.
IT'S NOT YOUR FAULT.
YOUR BACK IS KILLING YOU.

NOW
WHAT?

Rohrstaff Law Firm
Virginia Personal Injury Lawyers



Jack & Malynn
6 Months Old

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http://

VirginiaChildInjuryLawyer.com



I wrote this book to help injured people in Virginia. Over the years, I saw that there was no reliable source of good information for people who have been injured in Virginia. There either was NO information or BAD information. People make better decisions when their questions are answered accurately. So, I wrote this book. It explains what happens when someone has been in an accident and gives tips for getting through it the best way possible. It's not legal advice (every case is different - really), but it is full of valuable reliable information. After reading this book, you should consult an attorney for legal advice.

NOW WHAT? is available FREE of charge to Virginia residents. You can request a copy by calling 703-260-6070 or at our website, www.RohrstaffLaw.com, or by e-mailing us at Janelle@RohrstaffLaw.com. Let me know what you think of it.

Veal Piccata

Last month, we went to the American Red Cross to donate blood. It's just a few blocks from our office, so we walked. As a reward for donating, we were given a copy of *Cooking for Heroes*, a compilation of recipes from blood donors, volunteers and American Red Cross staff, as well as celebrities. Here's a recipe from Caroline Manzo, one of the Real Housewives of New Jersey. (Call us at 703-260-6070 or email Janelle@RohrstaffLaw.com if you'd like her recipe for spaghetti that goes with the veal.)



Veal Piccata

(Veal in Lemon Sauce) (serves about 4)

1 lb veal cutlets
¼ cup flour
3 Tbsp olive oil
3 Tbsp butter
3 Tbsp lemon juice

Minced parsley, salt, pepper (eyeball it).
Make sure to pound the veal THIN. Take the flour, add salt & pepper, mix it up and dredge the veal in it.

Heat the oil and add butter in skillet. Let it "percolate" – you want a little sizzle to it.

Add the veal, sauté until golden brown on both sides. Remove veal from pan, skim off the fat from skillet and add parsley and lemon juice.

Return the veal into the pan and, on a low heat, coat the veal with lemon juice.