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**IMPORTANT NEW
BOOK**

If you've been injured, read this book before talking to an insurance company. To get your FREE copy, go to our website,

www.RohrstaffLaw.com
or call us at
703-260-6070.



The Rohrstaff Reader

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My THANKS SPOTLIGHT

My THANKS spotlight this month goes to Janelle Blanchette. If you have called the office or walked in our door or read our newsletter or seen some of the pictures on our website, then you know something about Janelle. Let me tell you some other things.

She's my daughter. We have worked together for ten years. Don't ask me why she puts up with me or how it works; I just know it does. And I'm grateful for that. She doesn't have just one job; she has several, and she does them all with one goal in mind: **helping clients.**

She knows how to get things done. She answers questions when clients call and helps them understand the claims/litigation process. She knows who to call to get answers when she doesn't have them.

She sings. She has always been a singer (and a dancer; you should have seen her when she was two years old dancing in a small church in Aldie, Virginia, to the music of a gospel choir). Now, she sings with the Reston Chorale, a great group of people under the leadership of the Artistic Director David Lang. They perform interesting, exciting music that is "accessible" to the audience and performers alike. We'll have links to the performances on our website – just in case you'd like to hear some great music.

She has always loved animals and has an adorable miniature dachshund Mina – who is really the boss of her house.

She is an incredible giver. Need help? She's ready to do what is needed. Need blood? She donates. Need brain-



power for putting together a trial? She's there to make it happen. (She recently spent several days helping another lawyer prepare for trial – preparing exhibits and witnesses, organizing documents, helping with early stages of the trial. She loved it!) Parents-of-twins need an extra pair of hands? She happily arrives at their door to help out. Need an understanding shoulder to lean on? Just ask her friends how many times she's given that strong shoulder.

I hope you'll have an opportunity to get to know Janelle better. I think you'll be glad you did.

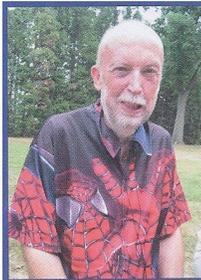
Presidents Day Parade

The Nation's largest Presidents Day Parade was held in Old Town, Alexandria on February 21. It's a time-honored tradition that Alexandria residents proudly carry on. Alexandria was President and Mrs. Washington's hometown. The annual event began around 1923, and it celebrates this day with lots of fun, including marching bands, scout troops, horses, floats, historic reenactments and other performances. In 1971, President Richard Nixon combined the birthdays of Presidents Washington and Lincoln to be celebrated on the third Monday of February.



Caring for Those Alexandrians Who Need It the Most

The **Alexandria Community Services Board** is made up of a group of volunteers who oversee projects that support residents affected by mental health, intellectual disability and substance use disorders. (The CSB executive director serves as the Director of the City's Department of Mental Health, Mental Retardation and Substance Abuse.) For 18 years, Sandra has served as the guardian for



Arthur, an 18-year client of Extended Care Services.

Arthur, a consumer who has needed the support of the CSB. Every one of the employees who Sandra has met while supporting Arthur has been compassionate, respectful of his civil rights, knowledgeable about resources that will help him live as independently as possible and has a real caring spirit. Sandra salutes the people who make such an important contribution to the community.

It was informative, well written, and easy to understand.

What People are Saying about Sandra's Book *Now What?*

Here are a few responses we have had from people who have read my book *Now What?*, the book I wrote to help people through the process of what happens when you have been injured by someone.

- We sent the book to BP. She asked for a couple more copies, and we sent them to her. Then, we got another call from her, asking for more. We happily sent them to her. Here's what she said about the book:

I recently received "Now What?" from the Rohrstaff Law Firm which detailed what one should do, and equally important, what one should NOT do if involved in an automobile accident. It was informative, well written, and easy to understand. Every person who gets behind the wheel should have this information. Call the firm for your copy. It's well to be prepared.

- We also gave the book to an insurance agent and asked her to review it and see if it was accurate. She said it was. We asked her if it would be helpful to her clients and she said, "Yes". We gave her some copies to hand out in her office.
- We gave a book to a 95-year-old woman who lives in a senior citizens community. She liked it so much, she asked if she could give it to others. Of course, we said "Of course!" Frankly, I wondered how many people in her seniors community were still driving, so I asked her who she would give it to. She said, "My children."

Call the office (703-260-6070) or email us (Janelle@RohrstaffLaw.com) to ask for your copy if you don't already have one. If you live in Virginia, we'll give it to you at no cost.

Updates on Our Last Newsletter

We mentioned in the last newsletter that phone books were not useful anymore, were being phased out in several cities and asked for reader comments. Well, we heard from a friend who lives in rural Loudoun County who says she still needs her phone books, that her internet connection is dial up (i.e. VERY slow), so phone books are still useful to her. Thanks, KT, for your comment. Now, would you mind checking the Yellow Pages

and let us know what you think of the lawyer ads you find there? We're always glad to hear from folks who have something to say about what they read in the Rohrstaff Reader!



CAUTION: Senior Citizen Driving

"I was backing out of my driveway and ran over my mailbox and I almost hit the kid mowing my lawn."

That's what we call a "close call".

It's predicted that in the next 20 years, the number of drivers 70 years old or older will triple in the U.S. Seniors are more likely to be in multiple-vehicle accidents than younger drivers. Those accidents are more dangerous and involve more fatalities. Most accidents occur at intersections while making a left turn.

There are many things that can affect our ability to drive safely while we age. Physical disabilities, medications, poor eyesight or hearing, stiff joints, slower reflexes, and muscle weakness may impair our ability to look over our shoulder, cause us to have a slower reaction time, and other problems on the road.



accidents are more dangerous and involve more fatalities

Things you can do to help you or your family:

- Get your hearing and eyes checked every year.
- Make sure you have a vehicle that has helpful features (i.e. auto transmission, power brakes, large mirrors).
- Limit your destinations to close-by and familiar places.
- Find other forms of transportation (i.e. family or friends, public transportation, taxis, community shuttles).
- Think of the money you'll save on insurance, maintenance and gas.
- Get your groceries delivered to your home.

Other Resources

AARP Driver Safety Course

Local Agency on Aging

AAA Foundation for Traffic Safety

National Highway Traffic Safety Administration

Recipes from the past

We were DELIGHTED to hear from folks who tried our pumpkin dip and veal recipes. Thanks Ang, Shirley and Edna, for letting us know that the recipes were a success. Here's the March recipe:

Irish Champ

I've got a lot of Irish in me, so no wonder I love potatoes. Champ is a dish native to Northern Ireland. It's made by blending scallions or green onions with creamy mashed potatoes. Great on its own, served steaming hot with extra butter which will melt through it, but it's also the perfect side dish for good quality sausages. (4 servings)

- 2 pounds potatoes, peeled and halved
- 1 cup milk
- 1 bunch green onions, thinly sliced
- 1/2 teaspoon salt, or to taste
- 1/4 cup butter
- 1 pinch freshly ground black pepper to taste



Place potatoes into large pot. Fill with enough water to cover. Bring to a boil and cook until tender, about 20 min.

Drain well. Return to very low heat and allow the potatoes to dry out for a few minutes. (It helps if you place a clean dish towel over the potatoes to absorb any remaining moisture.)

Meanwhile, heat the milk and green onions gently in a saucepan, until warm.

Mash the potatoes, salt and butter together until smooth. Stir in the milk and green onion until evenly mixed. Season with freshly ground black pepper. Serve piping hot in bowls. Set out some extra butter for individuals to add to their servings.

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

NOW WHAT?

Rohrstaff Law Firm
Virginia Personal Injury Lawyers

Sandra's Twin Grandbabies
Malynn & Jack - 9 mos. old
(Mike's (Sandra's son) kids)



T 703.260.6070
F 703.260.6305

www.RohrstaffLaw.com
http://

VirginiaChildInjuryLawyer.com
Sandra@RohrstaffLaw.com



Sandra & Janelle
Mother & Daughter Working
to Help Other Families

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.

If you would like to be removed from our mailing list, or if you or someone you know would like to receive the Rohrstaff Reader in **LARGE PRINT** please call Janelle at 703-260-6070, or e-mail her at Janelle@RohrstaffLaw.com.

A GREAT YOUNG ALEXANDRIA TALENT - GEOFFREY GALLANTE, Trumpet Prodigy

Ten-year-old Geoff Gallante has been playing trumpet since he was four. Geoff recently performed with the Allentown Band of Allentown, PA and will be performing with the Naples Concert Band in Naples, FL, on March 6. Locally, he has performed at the Kennedy Center and the White House, and performs annually at the Jazz for Justice concert at George Mason University Center for the Perform-

ing Arts. (J4) raises money for the Fairfax Bar Foundation. Edward Weiner, the force behind the fundraiser, regularly conducts one of the jazzy pieces.). Way to go, Geoff!

Here's a link to a recent article about Geoff:
<http://forhunt.patch.com/articles/fort-hunt-prodigy-geoff-gallante-plays-cool-as-a-cucumber>

Thanks, Garrett Scott!

I've worked in personal injury law in Northern Virginia for almost 10 years. Many of our clients are treated at the same hospitals/facilities in the area and have radiological studies done. So, I frequently request bills from Fairfax Radiological Consultants.

Garrett Scott works in their billing department. I can always count on a fast turn-around within a day or two (which is fast), without my having to call and follow up on my request.



(The average turn-around on a medical record or billing request is 2-3 weeks.)

I've dealt with many medical providers and their medical records and billing departments. I have rarely found someone like Garrett who is so willing to take the time and effort to help me and doesn't get annoyed with my calls.

Because he is so exceptional, I wanted to acknowledge Garrett's work ethic and thank him for great service. I look forward to working with him.

- Janelle Blanchette

We always appreciate people who refer matters to us. This month, we thank: Yvette Schuler, Michele Stephens, Ben Glass (attorney), Betsy Perkins, Michael Chamowitz (attorney), Debra Katz (attorney). These cases involved issues of insurance coverage, injury from automobile negligence, child injury and malpractice.