



YOUR BEST LIFE

Honest. Excellent. Real.

APR
2021

THANK YOU JOHN

John, we thought it would be a good idea to help you out this month and handle the newsletter article. You've been working extremely hard on cases and trials, so we wanted to take this task off of your to-do list. We appreciate you in so many ways, so we wanted to share our whys...Thank you John.

BETHANY- John is not only my Boss, but he is a Teacher, Mentor, and Coach. But most importantly, he is Family. Since the day I started in May of 2015, John has challenged me everyday to learn and grow both professionally and personally. You will often here him ask, 'what can I do to help you improve?' His patience, compassion and sincerity are qualities that I seek everyday to mimic. I will be forever grateful for his leadership and his commitment to fostering a balanced work-life environment. Thank you, John, for all that you do. My family and I greatly appreciate you.

LIVIA- First off, I appreciate John for giving me the opportunity to work at GriffithLaw. Being fresh out of college, I struggled to find someone who would give me a chance, and John did and I am forever grateful for that. He has pushed me and given me many marketing responsibilities, that have allowed me to learn and grow so much! He gives me freedom to be creative and he trusts my opinion.

NATHAN- For one, John is my brother. I'm fortunate that I have the opportunity to work with family. I get to witness him share his knowledge and experience with younger attorneys. He let me read a book called *Leaders Eat Last*, and after reading that book I definitely see how he put those practices into use. The work environment at GriffithLaw is one where I enjoy coming to work every day. It's work family here and we all help out each other when needed...Plus he always brings Chick-fil-A chicken biscuits for everyone!

ASHANTI- John is so humble and down to earth, it's a pleasure working for him. He genuinely cares about his clients and employees. We all love it when he treats us to breakfast and lunch. John inspires us, listens, and does his best to bring out the best in us. Thank you John, we are all very lucky to have a boss like you!

KIRBY- What I like most about working for John is he lets me do my thing. He gives me freedom to make decisions and he trusts me to make the right ones. He values my opinion and we work well as a team!

JONATHAN- There are a lot of things I love about working for John, but the most significant to me are that he never asks any of us to check our faith or family at the door and he encourages each of us by praising our strengths but also challenging us to constantly grow. It's been a blessing.

SYDNEY- I appreciate having a boss that cares about each person growing personally and professionally. He is generous with his knowledge and experience and truly desires for each member of his team to reach their full potential. Grateful for his Christian leadership!



Easter Sunday



We hope everyone had a happy Easter! We rounded up some family photos to share with everyone.



CLIENT SPOTLIGHT: ALI HENDERSON

Our former client, Ali Henderson, has accomplished incredible things recently, and we wanted to share with everyone!

Ali Henderson has accepted an offer to join the United States Air Force Academy. She will report to the Academy at the end of June, and we are all wishing her the absolute best!

Along with this accomplishment, she also:

- Earned the Spatz Award (the Civil Air Patrol's highest cadet honor) that only 0.5% of Civil Air Patrol cadets nationwide accomplish
- Was selected by the Civil Air Patrol's Wing Awards Board to be recognized as the Wing's 2020 Cadet of the Year.
- Has been a Cadet Squadron Commander in Civil Air Patrol
- Is a member of the volunteer fire department



Let Us Share Your Story!!

Email Livia@griffithinjurylaw.com to be featured in the next newsletter

How to Get the Most Out of Your Physical Therapy Appointments

First, skipping physical therapy appointments is bad for your health because it extends the length of your recovery time. If you decide to stop physical therapy prematurely, you run the risk of re-injuring yourself, forcing you to start the recovery process from square one.

Second, failing to finish the full course of treatment can hurt your injury case. An insurer may claim that since you stopped going to physical therapy, your injury must not have been as severe or painful as your claim suggests. Always attend your appointments until your therapist agrees that you will no longer see the benefits of continued therapy.

If your doctor orders physical therapy for pain or an injury, you should:

- **Listen and learn.** Your physical therapist should educate you on the mechanics, anatomy, and potential long-term effects of your accident injuries. They work with you to develop a treatment plan aimed at improving your injury.
- **Aim for a collaborative recovery.** Your therapist may manipulate the injured parts of your body to encourage the soft tissues to stretch or relax. While they know how to stretch your body without injuring you (and can get you into positions that would be difficult or impossible for you to do on your own), always tell them to stop if it's too painful.
- **Do your homework.** Your physical therapist may send you home with a list of stretches and simple movements to perform a few times a day. These may be painful or uncomfortable, but they may greatly improve your range of motion and reduce the chances you will suffer arthritis.
- **Express your goals.** Your treatment plan isn't just about mending a broken leg or getting you walking again. It should be specifically tailored to your lifestyle and activities, making sure you are able to do the things that make you who you are. If you want to be able to play a certain sport, drive long distances, or meet the physical demands of your job, tell your therapist so they can focus on those goals.
- **Don't try to rush it.** Your physical therapist will know if you have been overdoing your activities. Follow the treatment plan and pay attention to any restrictions on movement or lifting. You are literally only hurting yourself if you attempt to recover too quickly.
- **Celebrate milestones.** Physical therapy can go on for months, and it's easy to feel as if you aren't making progress. Your therapist should set out a few short-term goals on the path to your long-term goal and focus your attention on how far you have come rather than how far you have to go.
- **Communicate your concerns.** If you have chronic pain or stiffness, make sure your therapist is aware of it so they can devise ways to relieve the discomfort at home. Any long-term complications should also be noted in your medical records to give the judge in your case a clear picture of how your injury continues to impact your daily life.

Chicken Bacon Ranch Pinwheels

Ingredients

- 1/2 lb rotisserie chicken (shredded)
- 8 oz. cream cheese (softened)
- 1/2 cup Ranch dressing
- 1 cup cheddar cheese (shredded)
- 8 pieces bacon (cooked and chopped)
- 2 tablespoons green onion or chives (chopped)
- 3 large flour tortillas (or 6 smaller tortillas)

Summer is right around the corner and we cannot wait!

These are the perfect summer snack, for both the kids and adults!

Instructions

1. In a small mixing bowl, combine shredded chicken, cream cheese and Ranch, mix until smooth.
2. Stir in cheddar cheese, bacon, and chopped green onions.
3. Spread in a generous layer over tortillas.
4. Roll tortillas tightly and slice into 1 inch pieces.



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We love hearing from our clients &
want your referrals and reviews!

To Share Your Story
email:
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