

From Melanie's Desk: The Midnight Library



I just finished a book called "The Midnight Library" by Matt Haig. The main character wanted to die by suicide because she felt hopeless and lost in life. She was given a chance in the midnight library to experience the different lives she could have lived if she had made different choices. Life is made up of millions of decisions. Some big. Some small.

Most accidents happen in seconds. Lives change in those seconds and in the minutes, days and years after.

What if you could turn back time and make a different choice that would save you from an accident? Over the last 20 years I can't think of one person who was happy they were in an accident. I can think of countless examples of clients who wished their accident never happened and just wanted their old life back.

Until we can figure out time travel, we are stuck in the here and now. Accident victims are forced to "mitigate" their damages. Mitigation for accident victims means trying to get better and back to your

best life with the injuries you have. This is not always quick or easy. Rehabilitation is hard work. We know the value of making sure our clients have a great rehabilitation team around them. Having the right support makes all the difference.

Just in case you want to read the book, I don't want to spoil it. I will say it did make me feel even more grateful for the life I have created and the choices I have made. We at Velocity are honoured to use our advocacy skills to fight for the injured and ill.

The book also inspired me to think without limits. This applies to everyone. If you are not where you want to be with some aspect of your life, think about how you can change it. A positive mindset and determination are valuable on any journey, injured or not.

We wish you all health and happiness in this journey called life.

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Making the Most of Summer: Sun Safety Tips

We all want to make the most of summer, but it's possible to have too much fun in the sun. Here are some tips to help you stay safe in the summer heat:

Sun Safety Tips

- Avoid exposure to the sun during the hottest time of day, around lunch.
- Stay in the shade whenever possible.
- Wear light clothing and hats that covers your skin.
- Apply sunscreen or sunblock and remember to reapply every few hours, after exercising, or after swimming.
- Plan ways to cool down, like going swimming, drinking cold drinks or eating cold foods, bringing fans or umbrellas, or being close to a building or car with air conditioning.
- Avoid long periods of exercise in the heat. Take frequent breaks when working outside.
- Stay hydrated.
- Watch out for signs of illness from heat exposure because people might not recognize their own symptoms.



Photo credit: Mick Haupt via Unsplash

What is Heatstroke?

Heat stroke is the most serious heat-related illness. It occurs when the body can no longer control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. When heat stroke occurs, the body temperature can rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause permanent disability or death if the person does not receive emergency treatment.

Heatstroke Symptoms

- Confusion, altered mental status, slurred speech
- Loss of consciousness
- Hot, dry skin or profuse sweating
- Seizures
- Very high body temperature (more than 103°F).

How to Treat Heatstroke

- Call 911 for emergency medical care.
- Stay with the person until emergency medical services arrive.
- Move the person to a shaded, cool area and remove outer clothing.
- Cool the person quickly, with cold water, cold damp cloths.
- Place cold wet cloths or ice on the head, neck, armpits, and groin; or soak the clothing with cool water.
- Circulate the air around the person to speed cooling.
- If possible, place the person in an ice bath.
- Remember, heatstroke can happen to anyone at any age.



Cooking Corner: Cold Brew Coffee

This summer, try substituting your regular cup of Joe with a cold brew coffee. Steeping your coffee grounds in cold water overnight will produce a brew that is smooth, flavourful, and less likely to be bitter than coffee that is brewed with hot water. Don't let the name fool you: cold brew coffee can be enjoyed hot or cold.

Ingredients

- Coarsely ground coffee
- Cold water
- Sugar

Special Equipment

- Fine-mesh strainer or colander
- Cheese cloth
- Or a French press

Directions for Cold Brew Coffee

1. Grind the coffee coarsely, which you can do yourself at home or wherever you buy the beans. Using a coarser grind will make the filtration process easier and your coffee taste far less bitter.
2. Determine how much cold brew coffee you'd like to make. For every cup of coffee grounds you will need two cups of water. This will produce a concentrated brew, but you can adjust the ratio of water to grounds to suit your taste.
3. Mix coffee grounds into cold water, then store in the fridge overnight. You can do this in any container.

4. The next day, place the colander or fine-mesh strainer inside a bowl and line it with cheese cloth. Strain the cold brew coffee from the coffee grounds then dispose the grounds (See cook's note). Alternatively, strain the grounds using a French press.
5. To make a sweet iced coffee, serve the cold brew coffee over ice with simple syrup (see recipe below) and ice. Remember that the cold brew coffee is quite concentrated so consider diluting your drink with cold water or milk.
6. To make hot coffee, pour some cold brew coffee into a mug and top it with hot water. The strength of the coffee will depend on the proportion of cold brew to water.

Directions for Simple Syrup

1. Simple syrup is a mixture of equal parts boiling water to sugar. We suggest dissolving 1 cup of sugar into 1 cup of boiling water.
2. Decant the simple syrup into an airtight container and store in the fridge for up to 3 weeks.

Cook's Note

Spent coffee grounds are a great source of nitrogen for your plants – don't forget to mix them into the compost pile!

Fun Fact: Campfires Lower Your Heart Rate

Whether you're at a campsite, on a beach, or in your own backyard, there's nothing like a campfire in the middle of summer. Campfires are irresistible with their flickering flames, crackling wood, warmth, light, and distinctive smell.

A 2014 study discovered that humans find campfires to be so relaxing that they actually lower our blood pressure. Scientists split the study participants into three experimental groups: one group saw a control image, one group saw a video of a campfire with the sound turned down, and the final group saw a video of a campfire with full volume. The scientists found that participants who got the full campfire experience had lower blood pressure compared to the other two groups.

Another good reason to get outside and enjoy summer while it lasts!



About Us: Who Do We Work With at Velocity Injury Law?



- Sometimes our clients are the families of loved ones who have died in a tragic accident.
- Most of our clients became injured as a result of a motor vehicle collision or slip and fall accident.
- Sometimes our clients are residents of a nursing home who have been injured.
- Some clients have not been involved in an accident, but have become ill. They look to us to help them with their short-term and long-term disability claims.
- Most of our clients are from Windsor and Essex County, but occasionally people from other parts of the province request our services. We have some clients in Chatham-Kent, Sarnia, London, Toronto and a few in northern Ontario.

For more information about our services, visit our website: www.VelocityInjuryLaw.com or give us a call at **519-946-4300**.