



## Newsletter Fall 2021

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### Thanksgiving Gift Card Giveaway

Shop online on The Law Office of Brian H. Sumrall for the Thanksgiving holiday. We're offering \$50 Amazon Gift Cards to 4 lucky winners as a thank you for your support! Click below to enter – one entry per person. Enter by November 15, 2021; our drawing will be held on November 16, 2021. Winners notified by text or email.

Click Here to Enter

Feel free to share this with family and friends to give them a chance to win, too. Winners will be mentioned in our winter newsletter.

Stay safe and enjoy your online shopping on The Law Office of Brian H. Sumrall



Once upon a time, the only workers' compensation available to Georgia workers was for physical injuries such as a burn, back injury, fracture, concussion, or brain injury, etc. While still a small part of the workers' compensation program, claims for stress and mental anguish are increasingly becoming recognized and compensated for appropriately.

#### Types of Mental Injury in the Workplace

A workers' compensation claim can be filed for stress for the following reasons:

- **Combination of physical and mental injury**—this means that you have sustained a physical injury such as a head injury or brain bleed which can lead to mental issues such as memory loss, personality changes, learning disabilities, etc. Under these circumstances, you are suffering both physical and mental injuries.
- **Mental injury stemming from witnessing trauma on the job**—a worker who saw a devastating physical injury happen to another employee such as an accident that resulted in maiming or killing another person may suffer post-traumatic stress.
- **Direct mental injury**—an abusive manager or an impossible workload are two reasons for filing a workers' compensation claim for stress. Other examples include professions that are inherently stressful due to the nature of the work (ambulance driver, air traffic controller) or the work setting (extended periods of working alone at night or jobs with little or no breaks).

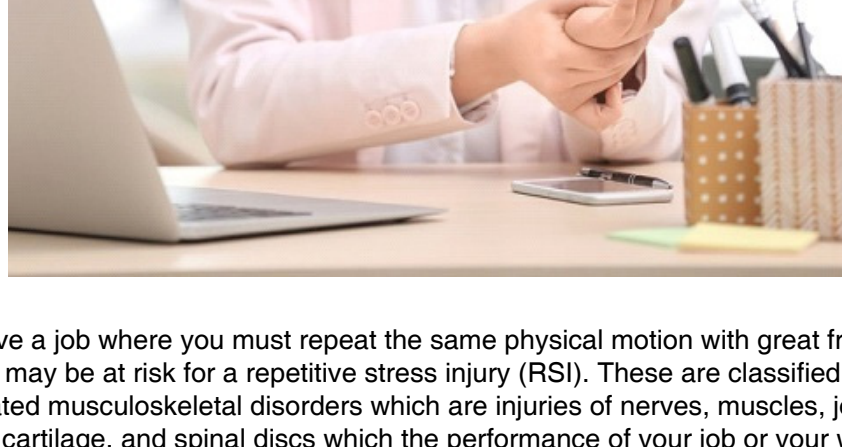
#### Signs of Stress

Stress from the workplace can manifest in several different ways. The symptoms may occur immediately or several weeks or months after a traumatic experience. Some signs of stress include:

- Depression
- Anxiety
- Difficulty sleeping
- Post-traumatic stress disorder
- Panic attacks

All of these types of mental anguish can also lead to additional physical problems. Sorting out a workers' compensation case for stress can be complex. An experienced attorney will know the right kinds of information you'll need to present a successful case.

### Recognizing Repetitive Stress Workplace Injuries



If you have a job where you must repeat the same physical motion with great frequency daily you may be at risk for a repetitive stress injury (RSI). These are classified as work-related musculoskeletal disorders which are injuries of nerves, muscles, joints, tendons, cartilage, and spinal discs which the performance of your job or your work environment are a contributory factor. Some types of injuries include:

- Hernia
- Sprains and strains
- Tears
- Carpal tunnel syndrome
- Back pain
- Chronic pain in the neck, shoulder, hand, wrist, elbow

A few examples of work activities that might result in an RSI include typing on a computer, lifting heavy objects, using a jackhammer, and bending down to take items off and on shelves.

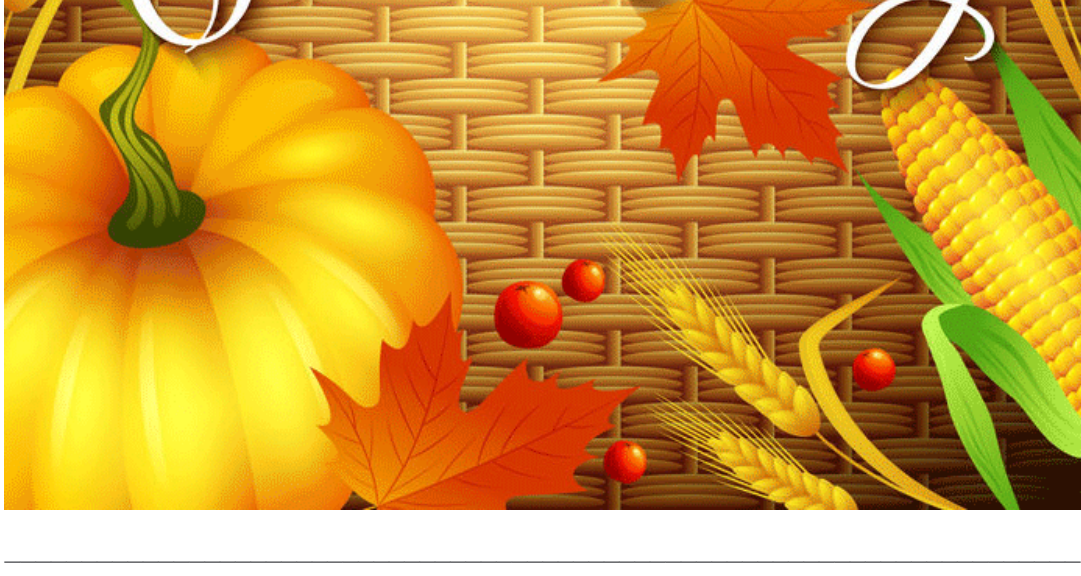
#### Signs and Symptoms of RSI

There are several different ways an RSI can manifest. Some symptoms to be aware of are:

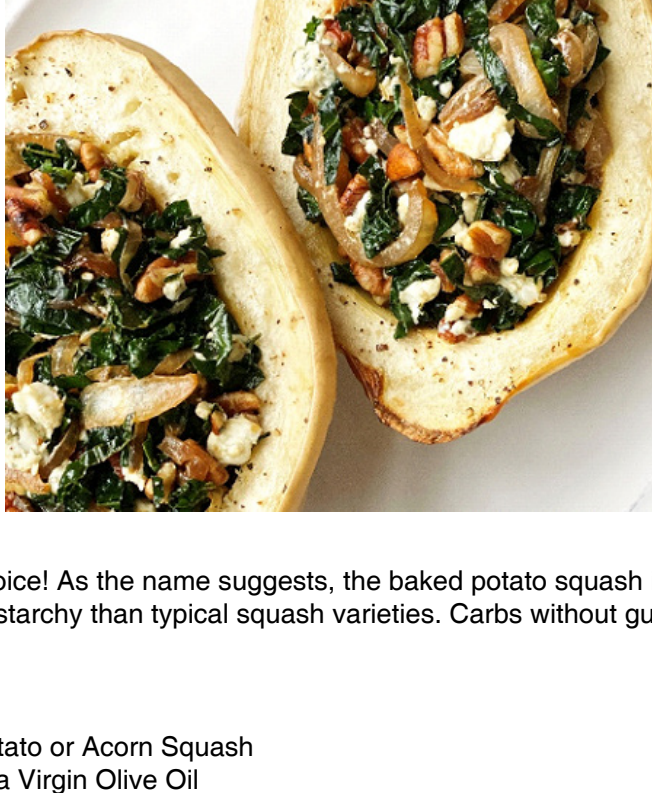
- Pain
- Numbness
- Tingling
- Swelling
- Redness
- Fatigue
- Weakness
- Clumsiness

If you are experiencing any of the above symptoms or other signs of an RSI you must visit a doctor as soon as possible. You should also report the occupational injury to your employer immediately.

If you or a family member have been injured on the job in a [construction site accident](#), a [slip and fall accident](#), or any other work-related incident [The Law Offices of Brian H. Sumrall](#)—Atlanta's Workers' Compensation Attorney—is where you should turn. Our expert legal team will handle your claim to help you recover lost wages and also file [workers' compensation appeals](#) as needed. Get the compensation you need to cover your expenses and take care of yourself and your family. Call 404-857-3835 24/7 for your free, no-obligation consultation today.



### Recipe of the Month Savory Stuffed Squash



Potato lovers rejoice! As the name suggests, the baked potato squash is less sweet and seemingly more starchy than typical squash varieties. Carbs without guilt!

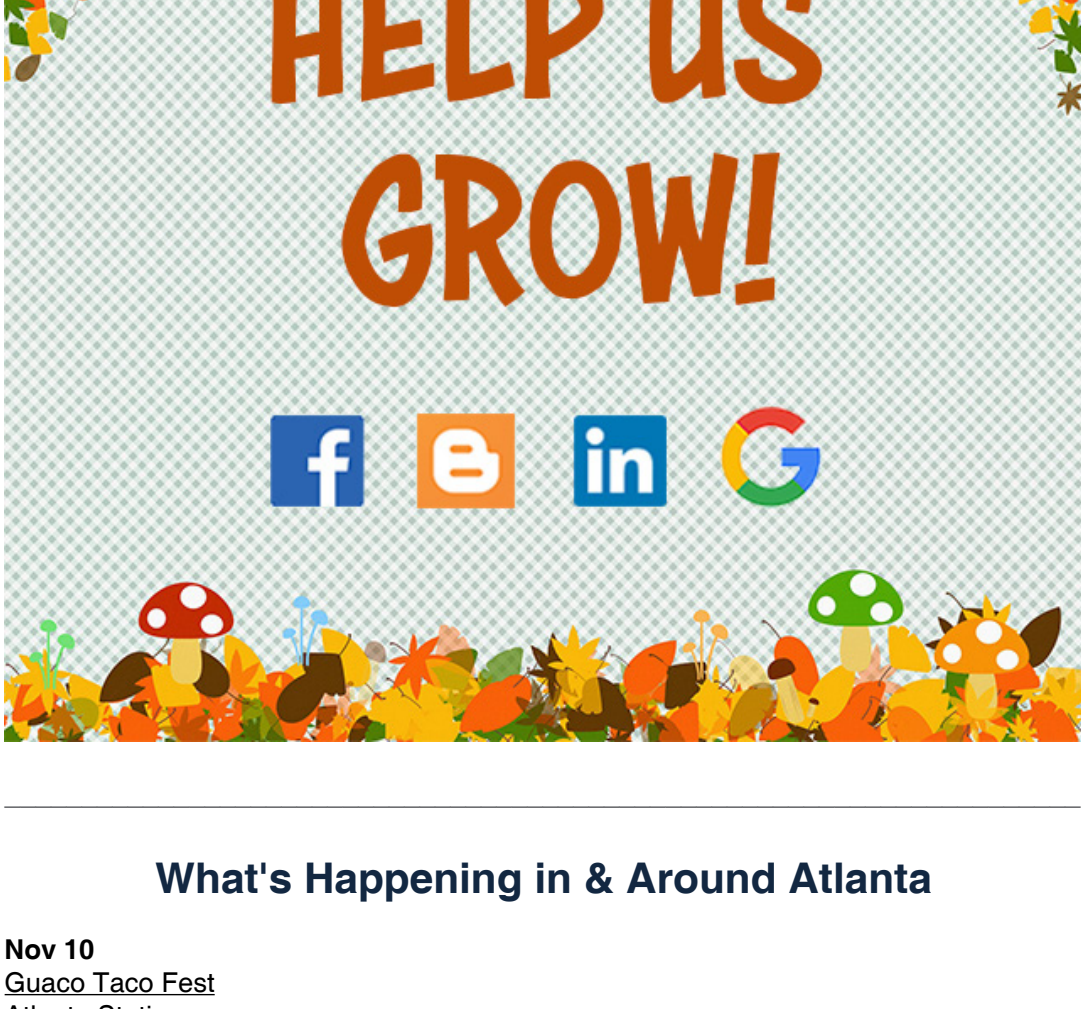
#### Ingredients:

- 1 Baked Potato or Acorn Squash
- 2 Tbsp Extra Virgin Olive Oil
- 1 Bunch Tuscan Kale
- 1 Sweet Onion
- 1/3 Cup Blue Cheese
- 1/3 Cup Chopped Pecans
- Salt
- Black Pepper

#### Instructions:

1. Preheat your oven to 400 degrees.
2. Wash and dry the squash. Using a sharp knife, cut each squash in half length wise. Scoop out the seeds with a metal spoon and place the squash cut side up on a baking sheet.
3. Drizzle 1 tablespoon of olive oil over the two halves and use clean hands or a basting brush to distribute the oil evenly. Season with salt and pepper and bake for 45 minutes to an hour, until the flesh can be easily pierced with a fork.
4. Peel the onion and cut it in half. Lay the cut side of each half down and slice the onion into 1/8 inch or so pieces. Heat the remaining 1 tablespoon of olive oil in a saucepan over medium heat and add the onion. Season with salt a pinch of salt and some black pepper and stir to coat. Allow the onion to cook, stirring occasionally until it become soft and translucent, about 10 minutes.
5. While the onion is cooking, wash your kale and peel or cut the leaves away from the hard stem, discarding the stem (or saving it for stock).
6. Stack the leaves on your cutting board horizontally and begin to slice them vertically creating short little ribbons. Add the kale to the cooked down onions and stir. Allow the kale to cook for 5 minutes or until it has wilted and is soft. Turn the heat off and stir in the pecans and blue cheese.
7. Divide the filling equally amongst the squash halves and place in the 400-degree oven to bake for 10 minutes.
8. Remove the squash and cut each half in half again before serving.

*Recipe courtesy of [a wellbasedlife.com](#)*



### What's Happening in & Around Atlanta

**Nov 10**  
[Guaco Taco Fest](#)  
Atlanta Station  
Atlanta

**Nov 13-14**  
[The Nutcracker](#)  
Gas South District  
Duluth

**Dec 9**  
[Christmas with the ASO](#)  
Atlanta Symphony Orchestra

**Dec 12**  
[Trans-Siberian Orchestra](#)  
Gas South District  
Duluth

### Check Out What Others Are Saying About the Law Office of Brian H. Sumrall

#### 5★ on Google, August 2021

**Arthur Y.**  
Brian is an excellent lawyer. I have worked with him over the years and I have seen first-hand his dedication and passion for his clients. He is highly skilled with great client service. I have never had anyone who went to him have anything less than a terrific experience. Highly recommend.

#### 5★ on Google, October 2021

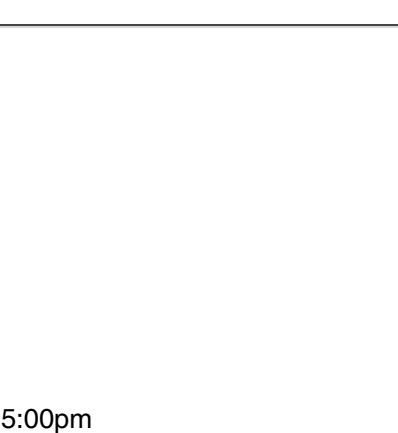
**Lisa T.**  
Best in the business! Personable and prompt.

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### Meet Our Attorney



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