Coronavirus: Is It Safe To Run Outside As Part Of Your Regular Exercise Regimen? Here Are A Few Pointers…

- **Risk of exercise from outdoor activities is very low according to The Centers for Disease Control and Prevention (CDC).**
- **Practice social distancing; that is, stay six feet away from other people when you’re outside.**
- **Run alone, and keep far away from other people when do run.**
- **Avoid locations with high pedestrian traffic.**
- **Run at off-peak hours.** So, if you would normally run at the end of your work day, try running early in the morning when there are less people around.
- **Should you wear a mask?**
  The CDC recommends wearing cloth face coverings in “public settings, where other social distancing measures are difficult to maintain”. If you would normally wear a mask to the grocery store, then wear one when running if you will likely be in close contact with other pedestrians or runners.
- **Keeping physically active is crucial for our physical and mental health, but it’s ok to run less than you normally would.**
Parmesan-Roasted Cauliflower

The combination of meaty, caramelized cauliflower florets and some just-this-side-of-burnt onions has become our go-to summer side dish.

INGREDIENTS:

- 1 head cauliflower, cut into florets
- 1 medium onion, sliced
- 4 sprigs thyme
- 4 garlic cloves, unpeeled
- 3 T olive oil
- Kosher salt and freshly ground black pepper
- 1/2 C grated parmesan

INSTRUCTIONS

Preheat oven to 425º. Toss cauliflower florets on a large rimmed baking sheet with onion, thyme, garlic, and oil; season with salt and pepper. Roast, tossing occasionally 35-40 minutes. Sprinkle with parmesan and toss. Roast additional 10-12 minutes.

LAURA CARPEY'S RECIPE OF THE MONTH

We empower people to make informed decisions about their legal case.

Here at Carpey Law we strive to stand out from the “other” law firms by offering advice and direction to anyone who calls our office with a legal issue. Truth is, not all law firms operate like we do. If we can’t help you directly, we’ll do our best to find you someone who can. As a client once told us, “Carpey Law is the information resource for accident victims in Pennsylvania”. We live by that every day.

If you know anyone who has a legal issue or question, give them this newsletter and tell them to give us a call. We’ll help any way we can.

(610)834-6030

OUR MISSION

AT CARPEY LAW

“...We recognize that our clients have several options of personal injury lawyers in the region and are honored every time we are chosen to deliver exceptional representation. We are committed to exceeding your expectations.”

- Stuart

Thank you.

REMINDER ABOUT OUR FIRM’S COMMUNICATION POLICY

About us: We perform very high quality legal work. We are highly competent and we have a highly competent support staff, but we are not perfect. We can make mistakes. We will correct a mistake if we find it or if you point it out.

It is our policy to return phone calls in the order they are received and based on the priority of the situation. If you leave a message, your call will be returned usually within 24 hours. Some clients feel that calling multiple times in a day will get their call answered faster, but that is not the case. Email is the quickest way to get a response from anyone in the office. We work by appointment only. Without an appointment, it is unlikely Mr. Carpey would be able to meet with you.

Please utilize our support staff to answer your questions and to give you status reports. Our legal assistants and paralegals are very experienced and will often be able to respond to your requests.
Carpey Law Continues To Serve Clients

At Carpey Law, we have a long history of serving our clients. That has not changed due to the fact that we are all dealing with coronavirus. We are continuing to serve our clients by:

- **Filing lawsuits in various jurisdictions, both in the state and federal courts.**
- **Investigating our clients’ claims.**
- **Getting our clients’ medical bills paid by insurance companies.**
- **Conducting discovery.**
- **Engaging medical experts to prove our clients’ cases.**
- **Aggressively negotiating with insurance companies and defense attorneys to settle our clients’ cases.**
- **Scheduling depositions and taking depositions through virtual stenographic connection.**

Complimentary Attorney Call In Hours

Have a quick question about an insurance policy, small business contract, rental property lease or other real estate documents? We’ve set aside time on Wednesday, July 22, 2020 as a bonus for our existing clients. This time is limited and is on a first come/first served basis.

**CLIENT BONUS CALL IN HOURS:**
**1:30 P.M. TO 3:00 P.M. JULY 22, 2020**

Call (610) 834-6030 and reference this **COMPLIMENTARY CALL IN OFFER.**

You will have up to ten minutes of free attorney time, but note that charges may apply if you need formal legal representation or help. You will never be charged unless you agree to the fee in advance.

Neck Pain & A Personal Injury Case

Neck pain is one of the most common reasons to visit a physical therapist, with approximately 20% of the population experiencing neck pain at some point in their life. This can be related to a personal injury case or not related to a personal injury case. For a majority of people, neck pain is not caused by serious pathology and can be readily treated by a physical therapist. This is good news because research has shown that people with neck pain often experience quicker improvements in the short-term and long-term in areas such as pain, disability and perceived recovery when working with a physical therapist.

Your treatment may include a manual therapy, a resistance exercise program, a progressive aerobic exercise routine, postural re-education and education on your pain/condition. You’ll also receive a home exercise program to empower you to self-manage and treat your pain. Each aspect of your care will be uniquely tailored to your ability, goals and interests.
INSIDE THIS ISSUE:

- Coronavirus: Is It Safe To Run Outside As Part Of Your Regular Exercise Regimen? Here Are A Few Pointers…
- Laura Carpey’s Recipe of the Month: Parmesan-Roasted Cauliflower
- Complimentary Attorney Call In Hours

The Carpey Chronicle

Experienced Attorneys Always Make A Difference!

We want you to think of us as more than just your law firm. We want you to feel a part of our family. We take great pride in our reputation and we are never too busy for your referrals. The highest compliment to our firm is the number of referrals we receive each and every week from our satisfied past and present clients who trust us to handle cases for their family members, friends and co-workers.

We Appreciate Your Referrals

800-422-8286    E-mail: scarpey@carpeylaw.com
Fax: 610-940-1743    www.carpeylaw.com