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THE LAW OFFICES OF  
**KEVIN J. ROACH, LLC.**

OCTOBER NEWSLETTER

## We are proud to announce our Education Matters Scholarship!



Our firm is passionate about education and believes that a good education should be accessible to everyone. This scholarship was created to encourage students to look into the American education system, discuss its benefits and shortcomings based on personal experiences especially in recent times, and detail solutions for improvement.

To find out more about the application process, visit our [scholarship page!](#)



In this issue:

Meet the Newest  
Member of Our  
Team!



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[1. Welcome to the Team, Ashley!](#)

[2. Creative Ways to Celebrate Halloween at Home](#)

[3. How to Resume Working Out After an Injury](#)

## Welcome to the Team, Ashley!

Originally from Kansas City, Ashley attended University of Kansas City-Missouri where she received a Bachelor of Arts degree in Criminal Justice & Criminology. Since moving to St. Louis in 2019, Ashley has fully embraced the St. Louis life by attending Cardinals games and enjoying The Hill's toasted ravioli. In her spare time, she likes to explore new places and spend time with her family and dog, Charlie. We are so thrilled to welcome Ashley to our team as our newest paralegal!





## Creative ways to celebrate Halloween at Home



People of all ages look forward to Halloween--it's their chance to wear a fun costume, eat lots of candy, and let their imaginations run wild. However, Halloween traditions look a little different during a pandemic. It may not be possible to safely trick-or-treat door to door. Sharing food is not recommended during a pandemic. It's also challenging to ensure that everyone who knocks on the door or answers the door is properly masked. Fortunately, there are plenty of ways to celebrate Halloween even without trick-or-treating.

### **Ideas for a Fun Halloween Celebration at Home**

Your family can still have a fun and memorable Halloween, even if you're celebrating at home this year. Here are some ideas to get you started.

#### **Go All-Out on Decorations**

There's no better way to get in the Halloween mood than decorating your house. Have fun making Halloween crafts and displaying them indoors and outside. A quick web search will turn up dozens of fun projects your kids can do together. Here are just a few ideas:

- Make leaf ghosts. Gather fallen leaves, paint them white, then draw eyes on them with magic markers.
- Create a Halloween wreath and hang it on your door.

pom-poms with hot glue.

- Create paper-plate spiders by attaching pipe cleaners to paper plates.
- Gingerbread houses aren't only for Christmas. Build a gingerbread house and deck it out with a spooky theme.

### **Watch a Scary Movie**

What's Halloween without a spooky movie? Many TV stations feature Halloween movie countdowns in October, and online video services also have plenty of films to choose from. With so many titles available, you're sure to find a movie that kids of any age will enjoy.

### **Do a Halloween Dance**

Dancing is a great way to have fun, get some exercise, and relieve stress. Crank up "Monster Mash" and let loose as a family.

### **Have a Backyard Camp-Out**

Camping is spooky and fun for the whole family. If the weather is still warm enough, have a backyard camp-out for Halloween. Light a campfire, make s'mores, and tell ghost stories around the fire pit.

### **Make Your Own Costumes**

Even if you're not able to trick-or-treat, there's no need to miss out on the fun of dressing up. Challenge your family to a do-it-yourself costume contest. Create a costume using whatever you can find around your home. You can even decorate a face mask and incorporate it into your costume. Send pictures of your fun outfits to your family and friends.

### **Have a Scavenger Hunt**

Instead of trick-or-treating, send your child on a Halloween scavenger hunt in your home. Hide candy or toys throughout your home and have the kids search for all the hidden prizes.

### **Host a Neighborhood Zoom Party**

Connect with friends and family for a virtual celebration. Put on a costume, gather some candy and treats, and invite your loved ones for a Halloween party over Zoom or FaceTime. Play games, tell spooky stories, and have a costume contest.

### **Visit a Pumpkin Patch**

It's still possible, as long as the pumpkin patch follows safety precautions and social distancing guidelines. Remember to wear a mask.

### **Find a Drive-Thru Haunted House**

Haunted houses look different in a pandemic, but they still draw visitors. Socially distant, drive-thru haunted houses are becoming popular. Search online for "drive-thru haunted house" or "haunted road" to see if there's one close by.

A pandemic doesn't mean we can't enjoy Halloween with our families. These activities will make any Halloween one to remember.

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## **How to Resume Working Out After an Injury**



While recovering from injuries, you can't keep up with your workout routine. While you may be anxious to get back to the gym or train for a fitness goal, rushing can make things worse instead of better. Here's how to approach getting back into shape after illness or injury without sacrificing your health.

There's no hard and fast rule for starting a workout after illness or injury, as so much depends upon your underlying condition. Your doctor is the best resource for determining when you should resume working out.

Depending on your situation, your doctor may suggest that you start with light stretching or walking before resuming more strenuous exercise. If you were injured, physical therapy may be necessary. Take your doctor's advice even if you are impatient to resume a workout. If you ignore your doctor's advice you could cause serious side effects, such as an infection of a wound or inflammation of muscle tissue.

If you've been feeling the strain of being cooped up, simple exercises such as walking will help you feel as though you're being active. You'll burn off some extra energy and get a mood boost.

Later in your recovery you may be able to introduce more strenuous forms of exercise, such as cycling or jogging.

If you're unclear about your doctor's recommendations, ask follow up questions so you fully understand. "Light workouts" may mean a 2-mile run for you, but your doctor may have intended you to take nothing more than a brisk walk. If there are specific exercises you'd like to resume, ask whether those activities are safe.

### **Tips for Getting Back to the Gym Safely**

Once you're cleared to return to the gym, it's important that you take things slow. Always start with a warm-up to get your heart rate up and circulate blood through the body.

Whether doing cardio or strength training, take things slow and listen to your body for any signs that you're overdoing it. Do only the amount of exercises you can do while maintaining proper form. If your form becomes sloppy, take it as a sign that it's time to rest.

Give yourself several weeks to get back to the same level of fitness you enjoyed before the illness or injury. It's better to do a shorter workout and feel good

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After you work out, stretch. Feed your body with nourishing, healthy food. Drink plenty of water. Taking care of your body with water, healthy food, and plenty of rest will support your recovery.

By listening to your doctor and slowly reintroducing activities, you can get back to the gym after illness or injury without putting your health at risk. It's better to be safe than sorry, since your health is top priority.

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