

news

OVERCOMING INJURIES

# Medical recovery top priority

I set out, last week, to provide a priority list of what to do after being injured in a crash.

I got carried away with the highest priority item—pursuing medical recovery. So today let me continue with the priority list.

Your injuries, and the pain, stiffness and other symptoms that are part and parcel with those injuries, are only a part of the post-crash aftermath.

The other is the impact those injuries and symptoms have on your life.

Impacts can be relatively small, limited "only" to the physical experience of enduring those symptoms, and leaving the victim able to carry on with work, household duties, recreation, hobbies and all the other bits and pieces that make up our day to day lives.

At the other end of the spectrum, impacts can be profound—disability from an established career path, interfering with home and yard functions, and taking away the ability to participate in (or enjoy) recreation, hobbies and "life" in general.

Here comes my recommendation of your next critically important priority, second to the diligent pursuit of your recovery.

I recommend that you

**Achieving Justice**

**PAUL HERGOTT**



unproductive, or your doctor to order you away from work.

If ordered away, I recommend pushing to get back to work as quickly as possible

struggle with every fibre of your being to let go of as little of your life as possible during the initial, most acute stage of your injuries and symptoms and, as symptoms ease during your recovery, to kick, claw and scratch to take back as much as possible of your life that you initially lost hold of.

You are the victim of a negligent driver. There was nothing you could have done to avoid the injuries.

Your goal, second to achieving as complete and quick a recovery as possible, is to minimize the impacts those injuries and associated symptoms have on you, your life, and the lives of those around you.

How do you accomplish this? It takes a complete shift of approach from what the world expects.

Instead of asking your doctor for a note to take time away from work, and returning for more notes as time goes on, I recommend struggling to try not to take any time off work, leaving it up to your employer to send you away if you are clearly

and, in the meantime, working with your employer and doctor to figure out lighter duty work, or a shortened shift, that you might be able to handle.

Not cost effective for your employer? Offer to work at a reduced wage, or even on a volunteer basis; anything that will keep you in the loop and as productive as possible.

The same goes for life outside of work.

Certainly, consult with your doctor and others on your treatment team if you are fearful that returning to this or that activity might interfere with the top priority of recovery from your injuries, but continually try to get back to your activities except as medically restricted.

If your treatment team holds you back in any way, get clarification to know exactly what the restrictions are so that you can work around them.

Also, push to have those restrictions lifted as your recovery progresses.

Does this sound like medical or rehabilitation advice? Is this what

you would expect to hear from an insurance company?

It happens to be the best legal advice you could get to maximize the prospect of fair financial compensation for your injuries and losses.

I did it again; I took an entire column for the top priority and now again for number two. I promise to wrap up my list of priorities in my column next week.

*This column is intended to provide general information about injury claims. It is not a substitute for retaining a lawyer to provide legal advice specifically pertaining to your case. Paul Hergott is a personal injury lawyer at Hergott Law in West Kelowna. paul@hlaw.ca*



The White Sails A Cappella Chorus is an award-winning, auditioned show chorus dedicated to musical excellence, performance education and sharing the joy of singing a cappella four-part harmony. The chorus is also affiliated with a 25,000-strong international women's singing organization. The White Sails group wants to encourage anyone interested in joining to attend their Guest Night (recruitment) on Tuesday, Sept. 15, 7 p.m., at their rehearsal space in Ridgeview Church, located at Springfield and Hollywood in Kelowna. For more information, contact Joan at 778-755-0562 to RSVP or get more information, or check out the website whitesailschorus.com.

## 'Poutine Express' comes to Kelowna

The 2015 Poutine Gravy Train Tour will make a stop in Kelowna on Tuesday, from noon to 1:30 p.m.

The promotion will include free poutine and a poutine speed eating competition at the downtown Kelowna location on Bernard Avenue of Smoke's Pouterie.

Participants can clock their best poutine eating time for the chance to win an all-expense paid trip to compete in the 6th annual World Poutine Eating Championship to be held in Toronto on Oct. 3, 2015.

The current record to beat is 20.13 seconds achieved on July 25 in Sault Ste. Marie.

Poutine eating champion Tim "Gravy" Brown and "Mark the Knife" will demonstrate how to make the perfect poutine.

The Poutine tour

started in Nova Scotia on July 13 will stop in 18 cities before concluding in Vancouver on Aug. 6.

At every tour

destination, the public is invited for free poutine and to qualify for the poutine eating national finals.




**Ukrainian Dance and Culture Classes**

**Ages 4 to adult - no experience necessary**

**Early registration bonus before August 15, 2015**

**First Class September 15, 2015**

**Contact - www.dolynadancers.com**  
**dolynadancers@gmail.com**  
**Terri - 250-300-0233**  
**Diana - 250-451-9363**

**CAPITAL news**  
**2 DAYS A WEEK**  
**NO WEEKENDS**

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<p><b>Kelowna North &amp; Glenmore</b></p> <p><b>#KC01004502 - 62 Papers</b> Ethel St. 1330 to 1388 Even Side Only, Fuller Ave. 555 to 886, Richter St. 1317 to 1383 Odd Side Only, Wilson Ave. 719 to 895</p> <p><b>#KC04000301 - 49 Papers</b> Woodpark Cres, Woodpark Ct.</p> <p><b>#KC04000303 - 73 Papers</b> Rio Dr. S. 309 to 417, Woodcrest Ct, Woodwind Ct.</p> <p><b>#KC04000305 - 51 Papers</b> Avonlea Way, Knightsbridge Way, Lambeth Ct, Rio Dr. S. 288 to 308</p> <p><b>#KC04000600 - 44 Papers</b> Rialto Dr, Rio Dr N. 1252 to 1257, Redondo Pl. Clear Pond Ct, Clear Pond Pl.</p> <p><b>#KC04000702 - 24 Papers</b> Cars Glen Way 1501 to 1533, Caramillo Rd. 8 to 20 Even Side Only, Clifton Rd. S. 523 to 599</p> <p><b>#KC04001605 - 44 Papers</b> Long Ridge Dr. 995 to 1284, Long Ridge Ct. 900 to 1018</p> <p><b>#KC04002500 - 30 Papers</b> Glenarry St, High Rd. 1575 to 1599, Mountain Ave. 1512 to 1696 Even Side Only</p> <p><b>#KC04003700 - 38 Papers</b> Augusta Ct, Ryder Dr, Walker Dr.</p> <p><b>#KC04004903 - 52 Papers</b> Alder Ct, Stockwell Ave. 1100 to 1199, Wilson Ave. 1107 to 1357</p> <p><b>#KC04005200 - 49 Papers</b> Athans Ct, Bernard Ave. 1410 to 1622, Elm St. 1363 to 1500, Leaside Ave. 1576 to 1614</p>	<p><b>#KC03010503 - 29 Papers</b> Windermere Ct, Wintergreen Cres. 1110 to 1200, Wintergreen Dr. 1105 to 1165</p> <p><b>#KC03011701 - 57 Papers</b> Dunvegan Ct, Edinburgh Ct, Kensington Dr, Kirkby Ct, Lyons Cres, Metcalfe Ave.</p> <p><b>#KC03012100 - 63 Papers</b> Lakeshore Rd. 4429 to 4489, Nottingham Rd, Rat-tentbury Ct, Sherwood Rd, Sherwood Ct.</p> <p><b>#KC03012500 - 48 Papers</b> Gordon Dr. 4260 to 4346 Even Side Only, Paret Pl, San Juan Ct, San Michelle Ct, San Michelle Rd.</p> <p><b>#KC03013400 - 34 Papers</b> Blueridge Rd, Mission Ridge Ct, Westridge Dr. 4600 to 4650</p> <p><b>#KC03014003 - 50 Papers</b> Conally Lane, Main St, McCarran Ave. 351 to 436, Winslow St.</p> <p><b>#KC03014100 - 38 Papers</b> Ash Rd, Okaview Rd. 382 to 458</p> <p><b>#KC03014201 - 60 Papers</b> Carina Ct. 700 to 799, Southcrest Dr. 700 to 786, South Ridge Dr. 5026 to 5114</p> <p><b>#KC03014204 - 50 Papers</b> Benmore Ct, Benmore Pl, Burnell Ct, Dougherty Ave. 630 to 672, South Ridge Dr. 5161 to 5251</p> <p><b>KC03014800 - 26 Papers</b> Dunsmuir Rd, Maquanna Rd.</p> <p><b>#KC03016708 - 37 Papers</b> Dillon Ct, Dillon Pl, Quarry Ave, Quarry Pl.</p> <p><b>#KC03017102 - 69 Papers</b> Crozier Ave, Kuipers Cres, Kuipers Ct.</p>	<p><b>#KC06028700 - 60 Papers</b> Hayashi Rd. 1625 to 1700, Horning Rd, McKenzie Rd. 1551 to 1775, Panorama Lane, Stayman Rd.</p> <p><b>#KC06029301 - 80 Papers</b> Qual Run Dr. 2200 to 3058, La Serena Bay, Brindisi Pl, Volterra Ct, Allegro Mews, Valentino Ct, Salerno Ct.</p> <p><b>#KC06029302 - 112 Papers</b> Capistrano Dr, Capistrano Pl, Capistrano Ct, Capistrano Cres, Capistrano Track, Country Club Dr.</p> <p><b>#KC06029303 - 110 Papers</b> Qual Cres, Qual Lane, Qual Pl, Qual Run Dr. 3059 to 3098, Qual Ridge Blvd.</p> <p><b>#KC06029401 - 17 Papers</b> Spencer Rd. 6200</p>
<p style="text-align: center;"><b>West Kelowna</b></p> <p><b>#KC08001311 - 25 Papers</b> Derrickson Pl, Manuel Rd, Tomat Ave. 2036 to 2106</p> <p><b>#KC08001312 - 24 Papers</b> Abel Pl, Abel St, Tomat Ave. 1996 to 2030</p> <p><b>#KC08001411 - 22 Papers</b> Alexander Pl, Michelle Cres.</p> <p><b>#KC08001412 - 29 Papers</b> Tomat Ave. 2108 to 2197</p> <p><b>#KC08001610 - 34 Papers</b> Hayman Rd. 2200 to 2377, Keele Rd, Thacker Dr. 2210 to 2438, Thacker Dr. 2215 to 2469</p> <p><b>#KC08002011 - 27 Papers</b> Arlington Pl, Cordova Way, Boucherie Rd. 2702 to 2740 Even Side Only</p> <p><b>#KC08002210 - 34 Papers</b> Britt Rd, Franwil Rd, Kerry Lane, Thacker Dr. 2815 to 2925</p> <p><b>#KC08002910 - 50 Papers</b> Boucherie Rd. 3200 to 3299, Gregory Rd. 1100 to 1199, Mission View Ct, Sunnyview Rd, Vector Dr.</p> <p><b>#KC08003011 - 38 Papers</b> Menu Rd. 1105 to 1181 Odd Side Only, Neale Rd, Ourland Rd. 3000 to 3099, Saturn Rd.</p> <p><b>#KC08003012 - 53 Papers</b> McCaullum Rd, Menu Rd. 1108 to 1152 Even Side Only, Menu Rd. 1240 to 1435, Timothy Pl, Topham Rd.</p> <p><b>#KC08003110 - 15 Papers</b> Ogden Rd. 1000 to 1099, Ourland Rd. 2790 to 2999, Trevor Dr. 1070 to 1129</p> <p><b>#KC08003213 - 47 Papers</b> Lakewood Cove Pl, Lakewood Cove Rd, Rock Rose Pl.</p> <p><b>#KC09009611 - 77 Papers</b> Shannon Heights Ct, Shannon Heights Pl, Shannon Hills Dr, Shannon Hills Pl.</p> <p><b>#KC09010214 - 56 Papers</b> Tuscany Dr, Mountains Hollow Lane, Paramount Dr, Ryser Pl, Tallus Green Cres.</p> <p><b>#KC10004114 - 49 Papers</b> Braeburn Ct, Ridge Blvd.</p> <p><b>#KC10005312 - 33 Papers</b> Carrall Rd, Boucherie Rd. 2150 Only</p> <p><b>#KC10006914 - 43 Papers</b> Bridlehill Dr. 3021 to 3037, Saddle Ridge Dr. 2539 to 2660</p> <p><b>#KC10009112 - 53 Papers</b> Chelsea Ct, Coral Ct, Gates Ct, Gates Rd. 3267 to 3329, Regent Rd, Stonegate Ct.</p>		
<p style="text-align: center;"><b>Rutland South &amp; Rutland North</b></p> <p><b>#KC05024401 - 46 Papers</b> Autumn Rd, Fulmer Rd, Lozeth Rd. 1600 to 1799, Lymrick Rd. 1634 to 1843</p> <p><b>#KC05024501 - 82 Papers</b> Lymrick Rd. 1931 to 2287, Lytx Rd, Sunrise Lane, Sunrise Rd. 1679 to 1773</p> <p><b>#KC05024700 - 65 Papers</b> Begley Rd. 1373 to 1665, Begley Rd. 1665 to 1702, Jayson Rd. 1366 to 1486, Lund Rd. 1449 to 1665, Shaunna Rd. 1300 to 1499</p> <p><b>#KC05024800 - 47 Papers</b> Begley Rd. 1233 to 1365, Gran Rd, Lund Rd. 1233 to 1448</p> <p><b>#KC05025001 - 78 Papers</b> Feedham Ave. 1285 to 1560, Lozeth Dr. 1520 to 1584 Even Side Only, Tanemura Cres.</p> <p><b>#KC05025003 - 58 Papers</b> Feedham Ave. 1601 to 1799, Large Ave. 1660 to 1691, Lozeth Dr. 1351 to 1375 Odd Side Only, Wilmot Ct.</p> <p><b>#KC05025005 - 48 Papers</b> Large Ct, Lozeth Dr. 1348 to 1380 Even Side Only, Wilmot Ave. 1251 to 1591</p> <p><b>#KC05025010 - 48 Papers</b> Longley Cres, Lozeth Dr. 1242 to 1342</p> <p><b>#KC06028200 - 48 Papers</b> Ain Ct, Klassen Rd. 110 to 216, Kriese Rd, Maple Rd, Moyer Rd. 100 to 308, Rains Rd, Rutland Rd. N 1345 to 1665</p>		
<p style="text-align: center;"><b>Kelowna South &amp; Mission</b></p> <p><b>#KC02006100 - 52 Papers</b> Abbott St. 1749 to 1894, Lake Ave, Maple St, Riverside Ave.</p> <p><b>#KC02006300 - 38 Papers</b> Buckland Ave. 525 to 535, Ellis St. 1715 Only, Harvey Ave. 515 to 653 Odd Side Only, Marshall St, Rosemead Ave. 535 to 552, Rowcliffe Ave. 500 to 699, Sutherland Ave. 500 to 699</p> <p><b>#KC02007702 - 55 Papers</b> Glenwood Ave. 500 to 699, Pandasy St. 2149 to 2291 Odd Side Only, Richter St. 1966 to 2286 Even Side Only, Rose Ave. 509 to 699, Royal Ave. 500 to 699, Speer St.</p> <p><b>KC02009601 - 62 Papers</b> Abbott St. 2520 to 2691, Bath St. 2630 to 2784, Gore St. 2627 to 2693, Morrison Ave. 433 to 494, Osprey Ave. 425 to 480, Pandasy St. 2518 to 2696, Patterson Ave. 368 to 496, Wardlaw Ave. 380 to 484,</p> <p><b>#KC03010301 - 30 Papers</b> • Watt Rd.</p> <p><b>#KC03010303 - 52 Papers</b> • Meikle Ave, Walnut St.</p> <p><b>#KC03010502 - 58 Papers</b> Athalmer Rd, Barnes Ave. 1022 to 1088 Even Side Only, Francescutt Ct, Invermere Ct, Invermere Rd, Windermere Rd.</p>		