

# Quarterly Newsletter

## Winter 2023 Edition



**Personal Injury Attorney**  
*Years of Experience Helping South Florida  
Accident Victims*



Welcome to our second issue! In our previous issue we covered upcoming local events, seasonal tips, exciting recipes for you to try and the founding owner spotlight. If you missed it, you can have a look [here](#).

In this issue, we have more news on local events, seasonal tips, a new exciting recipe and you can learn more about my assistant, Chezrae and his skills which plays an integral part in the successful running of the law firm.

Thank you for reading our newsletter, and please stay tuned for more information throughout the year.



### Happy New Year!

We hope you had a wonderful Holiday season filled with friends and family. With the start of 2023, we wish you the very best!

This year we say goodbye to our long time assistant, Andrea Tarud, as she moves on to pursue personal endeavors. We will miss her dearly and wish her all the best in her future pursuits.

-Nerina

### Our Website

Have you seen our website recently? We have been busy adding new articles and frequently asked questions (FAQs) you have.

[Should I Get a Lawyer After a Car Accident?](#)  
[What To Do After a Pedestrian Accident](#)  
[Things A Lawyer Can Help You with After a Car Accident](#)  
[Things To Know About Florida Car Accident Laws](#)

And so much more.

Visit our website at [smartlawpa.com](http://smartlawpa.com) to see how we can help you with your personal injury claim.

## Seasonal Tips

### Start The New Year with Healthy Tips

Everyone aims to be healthier as part of their New Year's resolutions. Here are some healthy tips to help keep your goals on track.

**Exercise Regularly** – Take walks during your lunch break or do exercises during commercial breaks of your favorite T.V. shows

**Eat Right** – Make your own lunches and dinners from home, so you are less tempted to buy fast-food

**Get Enough Sleep**– Set a schedule for continuous bedtime and wake-up time, and stop using screens an hour before bed.

**Protect Yourself from Illness** – Wash your hands regularly and get a flu shot. Cough and sneeze into a tissue or into your arm.



## Recipe Corner

### Leftover Cranberry Sauce Overnight Oats By Alena Kharlamenko

SERVINGS: 2

$\frac{2}{3}$ cup rolled oats  
2tablespoons chia seeds  
 $\frac{2}{3}$ cup unsweetened vanilla almond milk (or milk of choice)  
 $\frac{2}{3}$ cup plain Greek yogurt  
 $\frac{1}{4}$ cup cranberry sauce  
1tablespoon chopped walnuts (optional - for garnish)

#### Instructions:

1. Mix the oats, chia seeds, almond milk, and Greek yogurt.
2. Store the oats mixture in an airtight container in the fridge overnight or for at least two hours.
3. Top the oats mixture with cranberry sauce and walnuts. Enjoy!



## Upcoming Events in Plantation, Florida

### Rock The Park Free Concert Series – Rolling Stones Tribute

Friday, January 6, 7pm – 10pm

Central Park – [9151 N.W. 2nd Street](#)

The 2022-23 *Rock the Park* Concert series are free, outdoor, live musical events held on the first Friday of every month, November through April.

### Dr. Martin Luther King, Jr. Day Celebration

Monday, January 16, 10am – 2pm

Jim Ward Community Center – [301 NW 46th Ave.](#)

Movies In the Park – *Black Widow*

Friday, January 20, 5:30pm – 9pm

Plantation Community Center – [5555 Palm Tree Road](#)

The movie that will be showing in January is *Black Widow* (PG-13 | 2Hr. 13Min.). Families can bring their lawn chairs and blankets to set out in their space, and there will be light snacks, candy, and drinks available for purchase (cash ONLY)

### Rock The Park Free Concert Series – Bruce Springsteen Tribute

Friday, February 3, 7pm – 10pm

Central Park – 9151 N.W. 2nd Street

The 2022-23 *Rock the Park* Concert series are free, outdoor, live musical events held on the first Friday of every month, November through April.

### Movies In the Park – *Encanto*

Friday, February 17, 5:30pm – 9pm

Jim Ward Community Center – [301 NW 46th Ave.](#)

The movie that will be showing in February is *Encanto* (P.G. | 1 Hr. 49 Min.). Families can bring their lawn chairs and blankets to set out in their space, and light snacks, candy, and drinks will be available for purchase (cash ONLY).

## Employee Spotlight

### Chezrae Chui



Chezrae Mark Chui is a South African native and is the firm's first point of contact, handling client intake and other administrative duties. He has also become more involved in various aspects of the law firm's marketing. His favorite aspect of working with this team as a legal assistant is the constant learning and collaboration opportunities. Chezrae enjoys using his technical skills to automate processes to effectively streamline file handling.

The legal profession necessitates a high level of attention to detail, administrative efficiency, and interpersonal skills, all of which Chezrae possesses, contributing to the law firm's growth, success, and reputation.

Chezrae is involved in church youth activities outside the office and is passionate about assisting younger children through difficult times. He also enjoys participating in general charitable activities that benefit the less fortunate. He enjoys spending time with his family, exercising, gaming, reading, and watching good T.V. shows and movies.

Chezrae's favorite sport is soccer, and his favorite team in the English Premier League is Manchester United. He enjoys a wide variety of cuisines, but his favorites are Chinese, seafood, and curries. Chezrae has seen The Big Bang Theory numerous times and enjoys reading in general, particularly fiction.

## Contact the Law Offices of Nerina Smart, P.A.

If you've been injured through no fault of your own, you may be wondering where to turn. You could have medical bills that are increasing in an alarming manner, and you may be injured severely enough that you are unable to return to work.



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