

The **GAME** Plan

For a Peaceful Tomorrow



Jennifer Porter
Founder

January's Reset—and Its Reality

By Jennifer Porter

January always seems to come wrapped in bright intentions. A new year, a clean slate, a fresh start. The podcasts tell us to declutter. The planners promise productivity. The social media posts urge us to “live our best lives.” And for a few weeks, it feels like anything’s possible.

But let’s be honest—it doesn’t always feel like a transformation.

In my house, January is less about big resolutions and more about jumping back into the deep end of life. One of my daughters plays club volleyball, which means weeknight practices and weekends quickly start filling up with tournaments. And this year, the “college chapter” begins in full force—my twins will be taking the SAT or ACT, touring schools, and deciding where to apply. That alone is enough to make any parent feel like time is sprinting forward.

At the firm, January isn’t about overhauling everything—it’s about realigning with what matters most. We’re checking in on our systems, setting thoughtful goals, and making sure that the pace we’re keeping actually serves our clients and our team. It’s less about chasing something new, and more about strengthening what’s already working.

Personally, I’ve realized that traditional resolutions don’t work well for me. But this year, I’m focusing on something different. I’ve been reading *Outlive – The Science & Art of Longevity* by Dr. Peter Attia, and it’s completely reframed how I think about health and aging. His core message is simple but powerful: You are the captain of your ship, not just the passenger. The choices we make now and everyday, between now and the end, shape what the last act of life will be like and whether we can move with ease, stay independent, and live fully in our later decades. In addition, I’m a big Instagram fan, and I found a new person to follow who is really sharing a message that resonates with me. The focus is on moving your body, being mindful about what you’re eating, and remembering you have to be intentional every day. If you’re looking for a new account to follow on Instagram, I’m loving @slowslimmer

That’s the lens I’m bringing to 2025. Not pressure. Not perfection. Just purpose. I’m paying more attention to what Dr. Attia calls the “Big Four”: exercise, nutrition, sleep,

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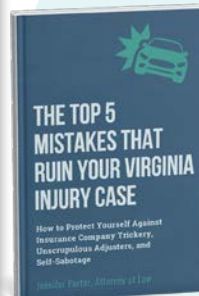
How We Can Help

At Jennifer Porter Law, we focus on giving our clients the information to make smart choices about their legal needs.

In personal injury, we help the seriously injured avoid being taken advantage of with a customized game plan. In estate planning, we create custom-designed plans that protect families, their future and their privacy.

In both practice areas, our goal is to help people make proactive, informed decisions for a peaceful tomorrow.

Call us today at 571-532-9070 or visit www.jenniferporterlaw.com to schedule a consultation.



FREE DOWNLOAD The Top 5 Mistakes That Ruin Your Virginia Injury Case

In this important guide, Jennifer Porter shares her insider knowledge of insurance companies to help people avoid

common mistakes if they are injured due to others’ negligence.

Request this valuable resource to keep on hand so you can be prepared to protect yourself against insurance companies and unscrupulous adjusters.

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ESTATE PLANNING TIP



When 'Good Enough' Isn't Good Enough

By Stephanie Himel-Nelson,
Estate Planning Attorney

A client recently came in with what she called a “perfectly fine” will – one she’d drafted more than a decade ago. She just wanted a few quick edits: change a name, update an address, maybe swap an executor. But when we looked closer, it was clear the world around her plan had changed – and her documents hadn’t kept up. Tax laws had shifted, her family’s needs were different, and the language in her old will no longer reflected her real goals. So instead of patching the old plan, we built a new one that protected her assets under current law and actually matched her life today.

That’s why at Jennifer Porter Law, we don’t “amend around the edges.” Estate planning isn’t a one-and-done document; it’s a living reflection of your life. Because laws change. Families grow. Priorities shift.

Takeaway: A plan that once worked perfectly may not protect you now and a fresh start can save your family from future stress. •

Need assistance? Our estate planning attorneys are here to help – call 571-532-9070 to schedule a consultation.

SUPERSTAR SPOTLIGHT

Welcome Missy!

We are excited to share that Missy Thompson has recently joined our personal injury team, bringing 40+ years of paralegal experience to the firm!



Missy Thompson, Paralegal

Her experience of helping injured individuals has allowed her to tap into her passion for taking care of and encouraging others. She earned her paralegal studies – paralegal certification (8.4 CEUs) at George Mason University.

Missy is very involved in her church and has held leadership roles as the Chair of the Deacons, Director of the Seniors’

Ministry, and Director of Vacation Bible School. She is also a breast cancer survivor, having learned in April 2025 that she is now cancer free.

In Missy’s spare time, she enjoys assisting seniors with their daily needs, distributing food to those in need, going on local homeless missions with her church, enjoys her prayer time with her prayer family, and spending quality time with her adult daughter, son, daughter-in-law, family and friends. She cannot leave out that she’s a foodie. •

WHAT OTHERS ARE SAYING ABOUT JENNIFER PORTER LAW

I Recommend Jennifer Porter Accident Attorney!



mike smith

1 review • 0 photos



4 weeks ago

NEW

I would like to say that I had a great experience dealing with Jennifer Porter along with her assistant Emily providing the best legal advice along with their well seasoned experience in accidental law and victims rights. If you are searching for an accidental lawyer and may be deciding who to choose, I recommend Jennifer Porter Accident Attorney for the people!



Jennifer Porter Law has a 5.0 star Google rating with 145 reviews and counting. If we have helped you, please consider sharing your experience.

Stephanie's Louisiana Black Eyed Peas Recipe

INGREDIENTS

4 slices cooked and crumbled bacon
 16 oz of dried black eyed peas (or chickpeas and use 3 cans, drained)
 14 oz chicken broth
 1/4 tsp Tabasco
 1 Tbsp Tony Chachere's seasoning (if you like it spicy, measure with your heart)
 1 bay leaf
 If you have a ham bone, add it in (optional, but tasty)



INSTRUCTIONS

- 1 Bring all the beans and spices to a boil in a pot, cover and simmer for about an hour. (If you're using canned beans, cook for 15-20 minutes.) You may need to add more water or chicken broth as the beans cook down.
- 2 Crumble in the bacon before serving and don't forget to fish out the bay leaf. Serve it with cornbread (savory, not sweet) and cooked greens for a lucky and tasty southern New Year's experience!

Did you make it? Take a picture and send it to us. We may use it in our upcoming social media posts! We'll also send you a surprise gift! Email your photos to lupe@jenniferporterlaw.com •

Something to Smile About – JANUARY'S Under-Known Celebrations



We all know January can feel a little... gray. But did you know it's also packed with quirky, uplifting celebrations?

Here are a few worth marking on your calendar:

- **Jan 2 – National Motivation & Inspiration Day:** A good excuse to write that encouraging email or compliment a coworker.
- **Jan 10 – Houseplant Appreciation Day:** Talk to your plants. They deserve it.
- **Jan 15 – National Bagel Day:** No explanation needed.
- **Jan 18 – Winnie-the-Pooh Day:** Perfect reminder to slow down and enjoy “the simple things.”
- **Jan 24 – National Compliment Day:** Kind words are free – and needed more than ever.
- **Jan 29 – Puzzle Day:** Great metaphor for estate planning, actually – the satisfaction of seeing every piece fit just right.

Whether you celebrate with bagels, compliments, or a little plant TLC, we hope you find small reasons to smile all month long. •

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and emotional health. Every day, our bodies need some movement but it doesn't have to be hardcore cross-fit. It can be just a daily walk. Small things, but they add up.

At the firm, we talk to our clients about this all the time—whether you've been hurt in an accident or are planning for the future through estate work, progress often comes one steady, intentional step at a time. The same goes for healing, clarity, and peace of mind.

So here's my hope for you this January: that you find your rhythm, even if it's not flashy or perfect. That you give yourself grace to begin again, even if you're starting small. And that you do one thing today—just one—that your future self will be grateful for.

From all of us at **Jennifer Porter Law**, we're wishing you a year of warmth, clarity, and quiet confidence. You're the captain of your ship—and we're here when you need a steady hand on deck. •

—Jennifer

Planning for the Future, Protecting What Matters Most

Don't put off estate planning until it's too late. Call **Jennifer Porter Law** at 571-532-9070 or visit www.jenniferporterlaw.com to schedule your consultation today.

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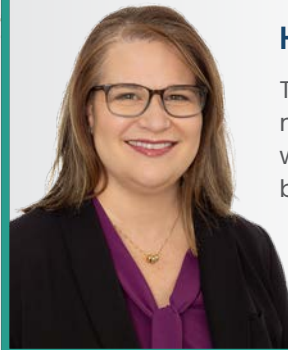
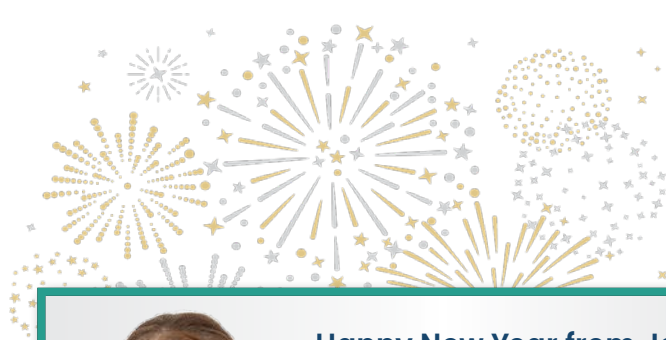
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THANK YOU FOR THE REFERRALS

We're grateful for the trust you place in us. Your referrals are the highest compliment—and every time you send someone our way, you're helping them find a team who truly cares. Thank you for being part of our journey.



Happy New Year from Jennifer Porter Law

This month, take one small action that gives you more peace — whether that's updating your will, going for a walk, or just taking a deep breath before another meeting.

Here's to calm, clarity, and community in 2026.

Your team at Jennifer Porter Law, PLLC

Team Traditions: How We Welcome the New Year Around the World

At Jennifer Porter Law, we love starting the year not just with new goals — but with the comfort of old traditions. While our office is based in Virginia, our team brings together a mix of cultures, foods, and celebrations that remind us how connected (and delicious!) the world really is.



Emily and her family kick off the new year with a fun tradition. At midnight, they eat twelve grapes — one for

each wish for the new year. She explains they also wear certain colored clothes on New Year's Eve to represent the good things they wish to bring into the new year — yellow for good luck, red for good relationships, and green for money.



Lupe welcomes her birthday on New Year's Eve, keeping her family traditions alive with a celebration at

her parents' house. At 9 p.m., everyone gathers to enjoy delicious food, cake, and laughter as the last hours of the year slip by. When midnight arrives, they raise their glasses and toast to a new beginning—both the year ahead and Lupe's 30 years, 0 km, ready to start fresh.



Michelle celebrates the New Year with Korean traditions. On

January 1st, she wakes up early to watch the sunrise — a way to welcome light and clarity into the year ahead. Then comes tteokguk (rice cake soup), a warm, comforting dish that symbolizes growing a year older and wiser.



Maggie uses December 31 as a day for reflection on all the things that

happened, big and small, over the past year and to set her intentions for the upcoming year. It's a very mindful and intentional practice that sounds just like our Maggie.



Missy embraces the new year with her church family.

In her words, she "church-hops," going first to her church for evening service and then to another service with friends. Afterwards, she and her friends round out the night with an early morning meal.



Erin finds creative ways to celebrate the holiday

while still getting her younger-aged kids to bed. Last year, they watched the ball drop in London and celebrated on England time!



Stephanie celebrates with a Cajun-Creole twist. After midnight, it's time for Réveillon, a late-night feast loaded with gumbo,

jambalaya, and red beans and rice. On New Year's Day, it's all about black-eyed peas for luck, cornbread for gold, and greens for money — though convincing the kids to eat collards remains an annual challenge. And then comes January 6th — Epiphany and the kickoff to Mardi Gras season. That means one thing: King Cake! In her household, it's a double celebration because it's her son's birthday.



Jennifer and Allison look at this list and realize they have nothing good to share. They're too busy prioritizing sleep and rarely even stay up until midnight!

From all of us at Jennifer Porter Law, PLLC, may your 2026 be full of warmth, laughter, and the traditions that make home feel like home.