

Disability News

Your One Stop For Injury and Disability News
 (and some fun stuff, too!)

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Bouncing Back



As December and the Holiday flurry descends upon us all (amazing how quickly it went from Thanksgiving to Christmas Sales) I was thinking about what goals I have for myself and my clients and most importantly, where I have been and still want to go. This got me thinking about my knee surgery (oh those six months ago) -- I am glad I had the surgery and I did well, but about six weeks ago I had a serious set back while playing ice hockey (I know, I know, but why do the surgery in the first place!)- what to do?

I didn't do much for a few weeks or so and really felt stinky. But I did reflect on what I had been through. What others with far worse situations are going through and decided enough self-doubt and pity and that it was time to bounce back and work at it -- and now as the Holiday season is upon me I am glad to say I am feeling better and looking forward to the annual Mittman family walk about NYC (Rockefeller Plaza Christmas tree, store windows and jolly times) and of course our Christmas day ski trip!

So my point is that we can all dwell on where we have landed, or decide to bounce

back -- and there wonderful people out there whom I have personally seen bounce back. It doesn't matter whether they were injured on the job or disabled due to a disease or an accident—many people I work



with are always finding ways to improve their situation -- two quick stories -- a former client of mine was paralyzed in an awful construction accident. He received his workers' compensation benefits and settled his lawsuit - he struggled for years learning to take care of himself and adjust to his new 'abilities'. I hadn't heard

much from him until I opened the NY Times the other day and there he was -- testing out a special external brace designed to help paraplegics walk on their own - finding a way to bounce back and move on...which leads me to one last story that is truly and utterly inspirational.

I haven't seen Rebecca Levenberg for about twenty years until I received an interesting Wall post on FaceBook. She was doing some special 1000 mile walk -- and boy is it special. Rebecca traumatically lost her left leg above the knee a year ago (and almost lost her life). She has truly bounced back (certainly with some hard bounces) and with her new prosthetic leg has decided to walk a 1000 miles one step at a time. Follow her journey at <http://www.my-1000-miles.blogspot.com/>.

Bouncing Back doesn't have to occur after a tragic physical injury, but can be about anything -- its how you look at life and where you are going to be! **I encourage EVERYONE to BOUNCE BACK!**

*Happy New Year,
 Brian*

You asked for information— we got it!

Check out the disability specialists at

www.markhofflaw.com

Holiday Safety Tips—Focus on Crime Prevention

The holiday season is upon us with all its hustle, bustle and excitement. More people are out and about—in the shopping malls and on the roads. We hear so much about being extra careful while driving this time of year and the precautions to take with Christmas trees and holiday lights. But what about crime prevention which always increases this time of year, especially in tough economic times? Take note of these tips—reduce the possibility of a crime while enjoying a safe and happy holiday.

1. Stay alert! Be mindful of your surroundings and those around you.
2. Women—If you must carry a purse, keep it close to your body not dangling by the straps and definitely, no matter how heavy, do not place it in your shopping cart!
3. Avoid carrying large amounts of cash and only carry the credit cards you'll need.

4. Going from one mall to the next? Don't leave packages visible in your car—place everything in the trunk. Why tempt anyone?



5. Stores and malls are extremely crowded this time of year. If you're shopping with children don't let them out of your sight! Be sure they know what to do if they are lost or separated from you, i.e. go to a store employee, police or security person.

6. Shopping on line? Do not enter any financial information if you see a broken-key or open padlock symbol on your internet browser. This means your transaction isn't secure and can be intercepted by a third party.
7. When getting money from the ATM, be aware of anyone in line behind you and ensure your PIN number is protected from others' view. And, be discreet—do not count your money in plain view of others.
8. Did you receive that brand new 60 inch television or computer you've been eyeing? Don't advertise expensive gifts to burglars! Rather than leaving the empty boxes curbside, break down the boxes so it's not as obvious what was inside. If your recycling rules permit, place the broken down boxes in large garbage bags to assure privacy.

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Holiday Health and Safety Tips

The holidays are an exciting and busy time—time to celebrate, give thanks, and reflect. They can also be a stressful time which makes it important to pay special attention to your health which is too often neglected during this time of year. Keep these tips in mind so that you stay healthy and can enjoy this time of year with family and loved ones.

1. **Wash your hands often**—keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others.
2. **Stay warm** — If the weather gets extremely cold, dress warmly in several layers of loose-fitting tightly woven clothing. Cold temperatures can cause serious health problems, especially in infants and older adults.



3. **Manage stress** — Avoid over-committing yourself and over-spending on gifts and entertaining. Try splitting your time among work, home and play and don't hesitate to seek support from family and friends if you begin feeling overwhelmed. Make sure to get plenty of sleep.
4. **Handle and prepare food safely** — be sure to cook foods to the proper temperature, don't leave perishable foods out for hours on end and avoid cross-contamination by keeping raw meat and poultry away from cooking surfaces.
5. **Prevent injuries** — keep candles away from children, pets, Christmas trees and gifts and be sure to put them out before going to bed. Pay close attention to fireplaces and stoves, especially if you have little ones running around.



Holiday Cookie Contest

YOU COULD BE A WINNER!

How many of these chocolate chip cookies were able to stuff into this cookie jar?



E-mail your responses to JFogelson@markhofflaw.com by midnight December 25th. Be sure to include your name and mailing address. Winner will receive — you guessed it — a holiday tin of cookies!!! Winner(s) will be listed in our next issue of Disability News and posted on our website.

Rules -

- Only one guess per reader
- There can be more than one winner!
- If no one guesses the number exactly, the winner will be the one(s) who come closest **without** going over



Take a look inside!
Does seeing me empty help you guess?



HAPPY HOLIDAYS!

Meet the Team.....Debra J. Reisenman-Renert

You can take the girl out of the City but not the City out of the girl. Please join the M&M family in welcoming our latest member – Debra J. Reisenman, Esq. Born in the Bronx, raised in Forrest Hills, Queens and now helping M&M protect the rights of injured workers throughout the Five Boroughs, Westchester and North!

After sixteen years representing thousands of clients in the field of personal injury, Debra is bringing her unique insights and expertise to the M&M family with the objective of helping you and your family!

And speaking of family, Debra, her husband Richard and her sons Robert and Michael love spending their free time biking, camping, swimming, kayaking and white water rafting! Oh yeah, Debra also attended the prestigious LaGuardia High School of Music & Art as a voice major – not only do you get a spectacular attorney – you get a killer soprano!

For more of the 'boring' stuff check out Debra's profile at www.markhofflaw.com/bio/debra-reisenman.cfm.

Welcome Aboard!



Surfs up, suits off the Renert crew on outdoor mode!

Special Days in January

You ask, We listen!!

We're so glad to hear how much you continue to enjoy this column! It was suggested that we provide these "unique" holidays for the month *after* the newsletter is published so you can celebrate all of them! Happy to do that for you — enjoy!

- New Year's Day Jan. 1
- Fruitcake Toss Day Jan. 3
- Humiliation Day Jan. 3
- Trivia Day Jan. 4
- Cuddle Up Day Jan. 6
- Peculiar People Day Jan. 10
- Blame Someone Else Day .. Jan. 13
- Friday the 13th Jan. 13
- Martin Luther King Jr. Birthday Jan. 16
- National Nothing Day Jan. 16
- National Hugging Day Jan. 21
- National Pie Day Jan. 23
- Compliment Day Jan. 24
- Spouse's Day Jan. 26
- Fun at Work Day Jan. 28
- National Kazoo Day Jan. 28



And, January is.....

- Hot Tea Month
- National Bath Safety Month
- National Oat Meal Month
- National Thank You Month



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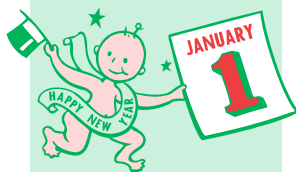


**Brian M. Mittman,
Attorney at Law**

Ask the Attorney

Question: What a way to start my holidays! While visiting my neighbor, I fell down the steps in her apartment building. She lives in a rental apartment. Who is responsible for my injuries?

Answer: Depending on the situation, you might have a claim against your neighbor or her landlord. Or, you might even have a claim against a different 3rd party such as a contractor or someone who caused the dangerous condition. But then again, you might just have had an accident that is really no one's fault. Be sure to seek medical care and if you think something was wrong you should contact an experienced attorney who knows the right questions to ask and can investigate to determine who is responsible for your injuries. Contact us for a FREE consultation - we can help.



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