



serving
the injured
worker
since 1933

MARKHOFF &
MITTMAN, P.C.

Disability News

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

Published by Markhoff & Mittman, PC
www.markhofflaw.com
1-866-205-2415

Volume 1, Issue 16
February 2011

In This Issue

Winter Wonder	1
Stay Safe While Shoveling	2
Hink Pinks	2
Follow Us On Facebook and Twitter	2
Are You A Drainer? 8 Behaviors to Avoid at Work	3
Meet the Team	3
Special Days in February	3
Markhoff & Mittman In the Community	3
Ask the Attorney	4



Winter Wonder

Thankfully the Groundhog has seen his shadow and we will have an early Spring. In the past four weeks we've had over 39 inches of snow in the New York City area (not to bad compared to my days in Rochester) and my children have missed more school than I can remember, things were shut down and people hunkered down! Wow what a time its been. I have become an expert sled/tuber and haven't broken a bone, yet! Even though the weather has disrupted just about everything, you have to admit it is WINTER and it is beautiful—especially right after a storm when there is quiet all about, fresh snow, unplowed streets (just don't ask our friends in New York City about the unplowed streets!) and it gives you a chance to think, even in

our connected, instant message, get a text world!

One thing I did think about was how people deal with adverse situations for which they have no control.

I saw people jamming the supermarket as though the prognostications from the tv were for the end of the world, I saw others just taking their time on the road and getting to where they had to go.

Best of all though was my 15 year old son Noah. As a Freshman he is adjusting to high school life. Well wouldn't you know it. The first set of midterm exams he ever had to take (five of them!) took place during the week that we had the worst winter weather. He studied hard, but woke up twice to school being cancelled and having to keep the knowledge and the stress in his head.

Ever so slowly from Monday through Friday he got three exams done. During the weekend (which we planned to do a few really fun things 'post exams') he had to give up some of what he wanted to do and study—a bummer, some would say an adversity. But by the next Tuesday he had his first set of major exams completed.

What he learned besides congruent angles and poetic license was that sometimes life throws monkey wrenches in your way, but how you handle it counts as much if not more than what you missed, or what you had to endure during an event. Seeing him deal with this particular adversity helped me take a moment to look around and think. Good job Noah and thanks for the lesson.



You asked for information— we got it!

Check out the disability specialists at

www.markhofflaw.com

Stay Safe While Shoveling

".....11,500 people are sent to the emergency room each winter for shoveling-related injuries, the most serious being a heart attack."



Snow. We can't seem to get around it this year. No matter where you live, city or suburbs, the majority of us will be picking up a shovel this winter—if we haven't done so already! Before you head out to clear your walkway or driveway—or even to clear off your car—consider this information and read these safety tips. You'll be glad you did!

Shoveling snow is a moderate to difficult workout—the heavier and wetter the snow, the bigger the burn. Did you realize you can burn up to 400 calories an hour shoveling? As with starting any exercise program, shoveling snow can be hazardous to your health especially if you're not used to strenuous activity. Think about it. You wouldn't jump right into a hard core exercise class or run a few miles, so why jump right into shoveling? Because it has to get done one might say but NOT at the risk of your health.

A recent study in the American Journal of Medicine found that 11,500 people are sent to the emergency room each winter for shoveling-related injuries, the most serious being a heart attack.

Other shoveling injuries include pulled muscles, strained backs and ruptured or herniated disks. Hopefully, following these guidelines will keep you from injury.

1. Do stretches and warm up exercises before going outside.
2. Bring that water bottle outside with you! Staying hydrated is important as dehydration during physical activity can increase your heart rate.
3. Keep your body warm and well-insulated. Wear boots with good traction to reduce your risk of falling.
4. When you grip the shovel, place your hands 12 inches apart. This distance will increase your leverage and reduce the strain on your body.
5. As much as possible, push snow to the side instead of lifting it. Pushing puts much less pressure on your spine than lifting.
6. Practice safe lifting by bending at the knees and keeping your upper body straight.



7. Avoid twisting your torso. Don't throw snow over your shoulder. Instead, walk your shovel full of snow over to where you want to dump it and release.
8. Shovel an inch or two of snow at a time rather than trying to shovel deep snow all at once.
9. Consider purchasing a snow blower. Used correctly, a blower puts much less strain on your back than shoveling.



And, if there is any question about your health or physical fitness, hire someone else to do it. This is not the time to be macho or to focus on saving money!

Follow Us

facebook



Go to www.markhofflaw.com and click on the icons. Or visit directly:

<http://www.facebook.com/disabilitylawyers>
<http://twitter.com/hockeylawyer>

Hink Pinks

Have you ever heard of a Hink Pink? We didn't—that is until we started researching different games for our newsletter!! Hink Pinks are fun rhyming word riddles. The answer to the riddle is a pair of words that rhyme with each other. For example, a soda store would be a pop shop. Got that? Why not give these a try?

Answers are upside down on the right — no peeking, please!!

- | | |
|--------------------|------------------|
| 1. Fry literature | 10. Frail Male |
| 2. Nude rabbit | 9. Brain Drain |
| 3. Alcohol, spat | 8. Shy Guy |
| 4. Tripped nicely | 7. Fast Blast |
| 5. Tiny Sphere | 6. Fine line |
| 6. Thin border | 5. Small Ball |
| 7. Quick Explosion | 4. Fell Well |
| 8. Timid Man | 3. Liquor Bicker |
| 9. Mind Exhaust | 2. Bare Hare |
| 10. Weak Man | 1. Cook Book |

No peeking!



Are You a Drainer? 8 Behaviors to Avoid at Work

Are you tired at work? Frustrated? Having difficulty with co-workers, bosses and/or subordinates? Rather than positive, "can do" attitudes are you dealing with negative folks? Or, are you one of these negative folks? Whether you are one or not, the fact is many of us work in a world of "drainers" - negative folks who suck the life and energy right out of you. Take a look at this list, perhaps give them to your supervisor and suggest an employee meeting—some of these "what not to do's" might be just what you need to change the environment in your workplace.

1. Respond constructively when someone makes a suggestion, don't let negativity become your go-to response.
2. Offer solutions, instead of giving into the temptation to whine or focus on why something can't be done.
3. Be mature and conduct the tough talks in person, rather than leaving critical or harsh messages on voicemail or sending via email.
4. Make an effort to keep organized and on top of tasks.

5. Take the time you need to do the job correctly rather than allowing disorganization to interfere with productivity. Better to submit a project that's done right, even if you need to ask for an extra day.
6. Try to be realistic when setting deadlines. Too often workers agree even when they don't think they can accomplish something on time—this impacts others who are waiting for the information.
7. Have a co-worker that constantly comes in to complain and complain and complain? Listen but set limits. Constantly listening will zap your energy and positive outlook.
8. Accept responsibility. Don't point fingers or place blame on others if you are at fault.

ADMIT IT!

Meet the Team.....Mike Dunne



Hi, my name is Mike Dunne. I have been with Markhoff & Mittman since 2006 after a stint with the dark side (that is the Insurance

When not helping injured workers and their families I like to bike ride, travel, golf and try different brands of beers at the locale brew pubs of Brooklyn and Queens. I also watch all of my favorite New York sports teams. In fact I have been a Giants season ticket holder for 25 years (and Brian even tolerates me since he is an Eagles fan). I am a graduate of Fordham and the Red Storms of St Johns. Since it is Valentine's Day month, I am always looking for my sweetheart— feel free to email me at mdunne@markhofflaw.com.

companies!) I mainly practice in the world of workers compensation in Brooklyn and Staten Island.

"...Since it is Valentine's Day month, I am always looking for my sweetheart — feel free to email me at mdunne@markhoff-

Markhoff & Mittman in the Community

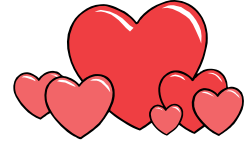
Nice shot!

Time for some fun after hours!

Managing Partner, Brian Mittman and attorney, Scott Daniels attended the UJA Federations Fifth annual Westchester Sports Talk on Thursday, January 20th in Harrison, NY and were fortunate to meet legendary sportscaster Bob Costas. In this photo, Brian (right) and Scott (left) are joined by Ron Klausner—UJA's B&P Division Chair.



Special Days In February...



- G.I. Joe DayFeb. 1
- Groundhog DayFeb. 2
- Chinese New YearFeb. 3
- National Carrot Day.....Feb. 3
- Bubble Gum Day.....Feb. 5
- National Fettuccine Alfredo DayFeb. 7
- Super Bowl SundayFeb. 7
- Boy Scout DayFeb. 8
- Read in the Bathtub Day..Feb. 9
- Toothache Day.....Feb. 9
- Don't Cry Over Spilled Milk DayFeb. 11
- Abraham Lincoln's Bday..Feb. 12
- Get a Different Name DayFeb.13
- Valentine's Day.....Feb. 14
- National Gumdrop DayFeb. 15
- Do A Grouch A Favor Day Feb. 15
- National Almond Day.....Feb. 16
- National Battery DayFeb. 18
- Chocolate Mint DayFeb. 19
- Love Your Pet DayFeb. 20
- Mardi Gras DayFeb. 20
- National Cherry Pie Day ..Feb. 20
- Presidents DayFeb. 21
- National Sticky Bun Day..Feb. 21
- George Washington's BirthdayFeb. 22
- National Dog Biscuit Day...Feb. 23
- Mexico Flag Day.....Feb. 24
- National Pistachio Day....Feb. 26

And, February is.....

- American Hearth Month
- Black History Month
- National Cherry Month
- Friendship Month
- National Grapefruit Month
- Sweet Potato Month
- Responsible Pet Owners Month



Ask the Attorney

For a **FREE**
No Obliga-
tion
Legal
Consulta-
tion
Call Us
Today
1-866-
205-2415



Brian M. Mittman,
Attorney at Law

Question: Can My Social Security Pension and 403B Be Garnished?

Answer: Probably not. Social Security Section 207 of the Social Security Act (42 U.S.C. 407) protects Social Security benefits from assignment, levy, or garnishment. However, the law provides five exceptions: (1) To enforce child support and/or alimony obligations (2) Allows benefits to be levied to collect unpaid Federal taxes (3) Allows beneficiaries to elect to have a percentage of their benefits withheld and paid to the Internal Revenue Service to satisfy their Federal income tax liability for the current year (4) Allows benefits to be withheld and paid to another Federal agency to pay a non-tax debt the beneficiary owes to that agency (5) Authorizes the Internal Revenue Service to collect overdue federal tax debts of beneficiaries by levying up to 15 percent of each monthly payment until the debt is paid.

However, if you are co-mingling (mixing up) your Social Security money in an account with other money then it may get garnished unless you can show that it is specifically Social Security money. I suggest that if you have someone seeking to collect a debt (creditor) you advise them you have your Social Security money and unless they meet one of the five exceptions above then they are out of luck.

You asked for information— we got it!

Check out the disability specialists at

www.markhofflaw.com