

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 26
 January 2012



In This Issue

Still Bouncing	1
Ski Time Safety	2
Announcement from the Social Security Administration	2
Social Media Alert	2
Follow Us On Facebook and Twitter	2
Markhoff and Mittman in Pictures	3
Special Days <i>NEXT</i> month	3
Ask the Attorney	4

Still Bouncing

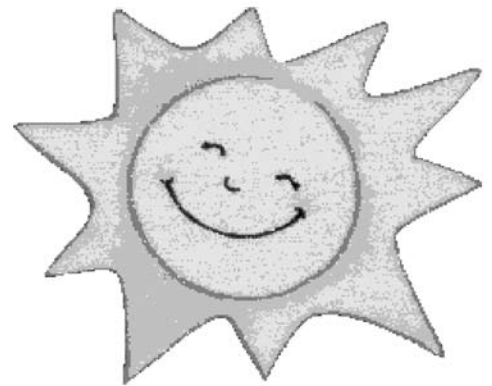
Last month I wrote about people 'bouncing back' and being able to pick up and keep going – little did I know I would have first "hand" experience this new year.

My wife, the kids and I snuck in at least three days of skiing in the Catskills (all man-made snow but good enough for a sweat and some fun). Unfortunately, we got to meet the ski patrol as well. Stefanie had a bit of a fight with the chairlift – and lost. Needless to say – hand injury with emergency surgery. (dominate hand of course!) And here we are, one week into the New Year and 'bouncing back' – she's off the driving schedule, lunch making schedule and general making all our lives so easy schedule – and the kids and myself are in the helping Mom out and keeping things going schedule...All is good (could be a heck of a lot worse) – so why write about all this – because it

is a great way to look forward, make plans and cope.

Things happen (and some would use a stronger word – kind of like my kids) – so it's not the thing or the event, but how you react to the thing or event. Yes, relatively speaking it stinks (and I truly sympathize with Stefanie – I'm just six months post knee surgery myself and know the road ahead of her!) but in a few weeks, months or whatever it's done and behind us. During this time we can recalibrate – test the old meddle and realize hey – it's just another turn in the road.

I challenge everyone, even on the darkest days to take a breath, step back and look at what is going on to you or about you and realize that it is life and that if you look at it in a negative



way then it will be bad, and if you try to look at the event in a positive way that path will find you and you will find that path!

This doesn't have to be limited to physical injury and set back – this can be dealing with the economy (if you listen to the media then we are in fiscal purgatory!) or the challenge of dealing with kids in school, or just having a bad day --- and little Orphan Annie really IS right – the sun will come out tomorrow! So make some plans, don't get derailed by events and look for the sunshine!

You asked for information— we got it!

Check out the disability specialists at

www.markhofflaw.com

Ski Time Safety *Skiiers - Take Note....*

The biggest thing to know is that you assume the risk when skiing. Although over the last twenty years the ability to sue ski resorts for injuries has been allowed, it generally is very difficult to sue the slopes when you have been injured, so be sure to take some precautions such as:

- **Don't ski beyond your ability** (don't go black diamond if you can only do the bunny hill)
- **Take a lesson, or two or three**
- **Be aware of who is around you**—if you stop in the middle of a trail, do so to the side
- **Wear a helmet**
- **Check Your Bindings**—they should be loose enough so that they release if you fall, but not so loose that your skis will slip off on their own.
- **Are you in shape?** Conditioning is the key to prevention. Get aerobic exercise and strength-training in before hitting the slopes. Stretching is also important.



Accidents Do Happen—
Stefanie Mittman with Ski Patrol



Announcement from the Social Security Administration

The Social Security Administration (SSA) has announced improvements to its Spanish-language web-site, www.SeguroSocial.gov, with expanded online services available in Spanish. The website now includes the ability to apply online for retirement benefits and for Medicare. Those who already receive Medicare can also

apply for "Extra Help" from the Medicare prescription drug program. An individual cannot yet file an online application in Spanish for disability benefits but the SSA is exploring that avenue and other services for the Spanish speaking population.

Questions? We'll be happy to answer them for you. Give us a call.

Follow Us



<http://twitter.com/hockeylawyer>

JOIN OUR GROUP ON

facebook

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

Social Media Alert

Attention All Injured Workers

Do NOT use Facebook, or Twitter, or LinkedIn, or any social media site if you are injured and not working due to your injury. Plain and simple – a client recently had PHOTOS from his Facebook page given to the Judge by the Defense attorney – trying to claim what was in the photos showed that the claimant was NOT disabled --- not a good thing to have to deal with. We tell all our clients – don't use Social Media, and if you do – beware what you OR your friends and family post – you ARE being watched!



Social Media is NOT for You!

The Mittman's Skiing *Before* the Accident



Mom and Sophie on the Chairlift
(pre accident)



Mittkidz on top of Hunter Mountain

M&M Holiday Party



Top, from left to right: Nancy Markhoff, Daniel Elias, Debra Reisenman

Bottom left, from left to right: Stu Muroff, Marco Ponti, Mike Dunne, Scott Daniels

Bottom right, from left to right: Milica & Peter

The Markhoff and Mittman Team
Camera Shy—Brian Mittman



Special Days in February

- Freedom DayFeb. 1
- Working Naked Day.....Feb. 1
- Groundhog Day.....Feb. 2
- Bubble Gum DayFeb. 3
- Wear Red Day.....Feb. 3
- Thank a Mailman DayFeb. 4
- Dump Your Significant Jerk Day ... Feb. 5
- SuperbowlFeb. 5
- Wave All Your Fingers at Your
Neighbors DayFeb. 7
- Laugh and Get Rich DayFeb. 8
- National Stop Bullying Day.....Feb. 9
- Make a Friend DayFeb. 11
- White Shirt Day.....Feb. 11
- Lincoln's BirthdayFeb. 12
- Valentine's DayFeb. 14
- National Gum Drop DayFeb. 15



- Do a Grouch a Favor Day.....Feb. 16
- My Way DayFeb. 17
- Random Acts of Kindness Day.. Feb. 17
- Chocolate Mint DayFeb. 19
- Pancake Day.....Feb. 21
- Be Humble Day.....Feb. 22
- George Washington's Birthday .. Feb. 22
- World Thinking Day.....Feb. 22
- National Chili Day.....Feb. 23
- Open That Bottle Night.....Feb. 25
- Public Sleeping DayFeb. 28
- Bachelor's DayFeb. 29
- Leap YearFeb. 29

And, February is.....

- Adopt a Rescued Rabbit Month
- American Heart Month
- Avocado and Banana Month
- Bake for Family Fun Month
- National Black History Month
- National Laugh-Friendly Month

M&M | serving
the injured
worker
since 1933^o
**MARKHOFF &
MITTMAN, P.C.**

14 Mamaroneck Avenue, Suite 200
White Plains, New York 10601
866.205.2415

PRESORT STANDARD
U.S. POSTAGE
PAID
WHITE PLAINS, NY
PERMIT #4304



*LEAP FROG YOUR WAY TO
SUCCESS IN 2012!*

**For a FREE
No Obligation
Legal
Consultation
Call Us
Today
1-866-
205-2415**

Ask the Attorney



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

Question: What Is a Permanent Partial Disability?

Answer: A permanent partial disability is when you have permanent damage from an injury, yet it only partially impairs your ability to work. In other words, while there are things you can no longer do there are also things you can still do. If you have questions about your particular situation, contact our disability attorneys for a FREE consultation.

You asked for information— we got it!

Check out the disability specialists at

www.markhofflaw.com