

Disability News

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

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Anything Can Be A Teaching Lesson

Who would think that the air conditioning repairman falling through your bathroom ceiling could be a teaching lesson?

Yup, the air wasn't working, we were having people over the next day for my daughters Bat Mitzvah (and she did awesomely!) and boom, the repairman put his leg right through the ceiling above the bathroom as he was crawling about the attic.

What does this have to do with teaching? Well first things first, he was okay, even though my ceiling looked a bit worse for wear. As I discussed this with my wife over the phone (and yes, Stefanie held it together quite impressively) I realized that this incident could mean a lot of things and, me being me, I used it to describe these things to my wife and my kids (aw dad, enough!)

Well here it goes –

Man falls through your ceiling:

Workers Compensation – he was working when he fell and would have a claim with his employer

Lawsuit – is there a reason to sue the homeowner (me – not really, he put this foot in the wrong spot)

Repair – who pays, the homeowner, insurance, the business who the worker works for

Customer Service – did they apologize, agree to make whole and so on (absolutely, these guys are great)

Humor – if you cant laugh then its not worth it

Thankfully no one was hurt, we have air conditioning (the heat coming from the attic was unbelievable but we got the hole covered up).

See that? A situation that could



have been frustrating, annoying, and embarrassing turned into many things and you can learn many things. So why do I go on and on about all of this?

Simple. Everything and anything can be a teaching and learning situation so don't be afraid to use it. In fact, check out what happened when my office manager fell on the escalator (use links to the facebook and web pages?)

When Is A Permanent Partial Disability Really A Permanent Partial Disability?

Managing Partner, Brian Mittman, recently addressed this at a meeting of the Westchester County Bar Association. The presentation, *When Is A Permanent Partial Disability Really A Permanent Partial Disability?*, addresses the 2007 Workers' Comp Law Reforms and PPD's. Visit <http://www.markhofflaw.com/library/?catid=PA688#catPA688> to view the presentation. Or, visit our website at www.markhofflaw.com and type the question into the search bar directly.

You asked for information— we got it!

Check out the disability specialists at

www.markhofflaw.com

Tips for Staying Safe in the Summer Heat

Heat Watch

Expect excessive heat within the next day or two.

Heat Advisory

Warning, temperatures will get so high they can be dangerous.

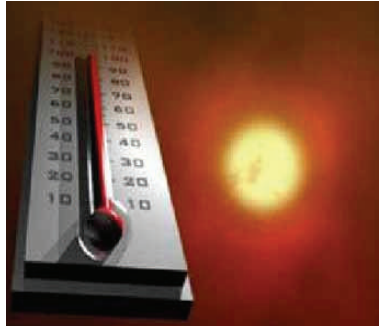
Heat Warning

Step above advisory; take extreme caution to prevent heat related illness.

The summer has just gotten underway and we've already experienced record heat! You read about it in newspapers and hear about it on the nightly news—the dangers of dehydration, heat exhaustion and heat stroke! But, do you take it seriously? Do you take care of yourself and loved ones? Anyone can be at risk for heat exhaustion or heat stroke, especially the very young and the elderly. Please take care of yourself and your loved ones — try following these tips:

Drink Plenty of Fluids—water is always best but a sports drink doesn't hurt! And, don't wait until you are thirsty—that can be too late! Drink often and regularly, even if you don't feel like it. Best advice—don't go outside without bringing a bottle of water with you! Avoid alcoholic beverages

and carbonated beverages which can cause you to become dehydrated.



Slow Down and Keep Drinking—

the intensity of exercise or activities will most likely decrease naturally with the heat. Cut back on everything that requires prolonged physical activity. If you must engage in physical activity be sure you are well hydrated at the beginning; stop every 15 minutes during the activity and drink 9-10 oz. of water

or a sports drink. The importance of fluids cannot be stressed enough!

Shade—stay in a shady spot as much as possible. If there's no shade, consider putting up your umbrella! You've seen people do it before; it might not look cool but it is smart!

Cool off — everyone needs to be in a cool place for at least a few hours a day. If you don't have air conditioning at home or where you work, ask around in your community where to go. Many communities have facilities, or make facilities available in extreme situations.

Avoid Parked Vehicles — the temperature can quickly rise to triple digits inside a parked car. This can cause brain damage or even death.

Did You Know?

Studies of patients with Alzheimer's, Dementia, or attention deficit disorder have found that those who play games have better speech and brain function? Games like sudoku act as "brain food" and can combat loss of memory and brain function. Why not give it a try?

Solution: (no peaking!!)

1	4	7	9	3	2	8	6	5
6	9	5	8	1	7	2	3	4
9	2	8	5	4	6	9	1	7
3	8	2	3	7	9	6	4	1
4	5	9	2	7	8	3	1	6
2	7	2	3	9	6	5	4	8
6	1	3	8	7	4	5	2	9
8	3	1	4	5	7	9	2	6
9	5	6	3	2	7	4	1	8
7	8	9	7	4	1	5	8	3
5	3	6	2	9	1	4	8	7

Do You Suduko?

The object of the game is to fill all the blank squares with the correct numbers. There are three very simple rules to follow. No math is required.

1. Each row of numbers must include all digits 1 through 9 in any order
2. Each column of numbers must include all digits 1 through 9 in any order
3. Every 3 by 3 subsection of the 9 by 9 square must include all digits 1-9.

A number can only appear once in each row, column and subsection.

The difficulty rating of this puzzle is easy.

	8					2		
				8	4		9	
		6	3	2			1	
	9	7					8	
8			9		3			2
	1					9	5	
	7			4	5	8		
	3		7	1				
		8						4

The Nine Most Common Workplace Health and Safety Hazards

We're asked all the time, what are the most common health and safety hazards in the workplace? Would you have guessed them? Remember—you have the right to a safe work environment. Speak up to you employer if you believe hazardous conditions exist where you are working. This is NOT a time to be shy; you could protect yourself and co-workers from injury and even death.

1. Communicable Disease
2. Transportation Accidents
3. Workplace Violence
4. Slipping and Falling
5. Toxic Events, particularly chemical and gas exposure
6. Getting struck by objects
7. electrocution or explosion
8. repetitive motion and ergonomic injuries
9. hearing loss



Special Days in July.....

- National Postal Worker Day.....July 1
- Canada Day.....July 1
- International Joke Day.....July 1
- I Forgot Day.....July 2
- American Independence Day... July 4
- National Country Music Day.....July 4
- Caribbean Day.....July 5
- Work-a-holics Day.....July 5
- National Fried Chicken Day.....July 6
- Macaroni Day..... July 7
- Video Games Day.....July 8
- Cheer Up the Lonely Day... ..July 11
- Paper Bag Day..... July 12
- National French Fries Day..... July 13
- Bastille Day.....July 14
- National Nude Day..... July 14
- Cow Appreciation Day..... July 18
- Stick Your Tongue Out Day.....July 19
- Chess Day.....July 20
- Ice Cream Soda Day.....July 20
- National Junk Food Day.....July 21
- Mosquito Day.....July 23
- National Lasagna Day.....July 29
- National Cheesecake Day.....July 30

Meet the Team.....Julissa Rodriguez

My name is Julissa Rodriguez. I came into the M&M family as a temp. I was the receptionist for one year, then, I was given the opportunity to move up as a legal assistant and five years later here I am. Its been great working for M&M. I have grown in so many ways and glad I was given the opportunity to do so here. I enjoy helping my clients and being there for them through the entire process of their cases.

When I go home, I have my second job as a mom. I have Three beautiful little princesses, Yanais, 7 yrs old;

Yailyn, 3 yrs old; and Yelitza, 18 months old and the King of the house, my husband, Luis, who is a great Dad and very supportive of me and my job. I travel everyday from my home in Brooklyn to M&M in White Plains. It's a long commute but I don't mind knowing I'm helping people through a time in which they need all the support they can get.

These years with M&M have been at times challenging but in the end I wouldn't want to be working anywhere else. This is not only a job, it's a family and it is great to work in such a positive atmosphere.

At the end of the day, I can rest well knowing that what I have accomplished in that day has made a difference in my clients life.



Julissa and her beautiful family

".....I wouldn't want to be working anywhere else."

- Julissa

And, July is.....

- Anti-Boredom Month
- National Cell Phone Courtesy Month
- National Baked Bean Month
- National Blueberry Month
- National Hot Dog Month
- National Ice Cream Month
- National Picnic Month
- National Recreation Month

A Warm Welcome To Randy Jacobs

We're pleased to announce the addition of attorney Randy Jacobs to our team.

Randy comes to Markhoff & Mittman with years of experience as a disability attorney handling both New York Workers Compensation cases and Federal Social Security Disability Insurance claims. He is a 2004 graduate of Pace University School of Law. Randy will focus on Westchester County in his new role.

On a personal note, Randy currently lives in Orange County, NY where he grew up, went to high school and met his sweetheart whom he married in 2008. They live in a rural part of the county and spend much of their free time outdoors fishing, hiking and camping. They also enjoy traveling and have been to Antigua, the Grand Canyon and New Orleans. Randy is a fan of horror movies and a history buff.



Randy and Kelly Jacobs

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Ask the Attorney



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

Question: If I am collecting unemployment, can I receive workers' compensation benefits too?

Answer: You may continue to receive unemployment benefits, if you receive workers'

You may continue to receive unemployment benefits, if you receive workers' comp benefits, as long as you are physically and mentally capable of working, and are prepared to start employment immediately. However, your weekly unemployment benefit rate may be reduced. The total weekly amount of your workers' compensation and unemployment insurance benefits cannot exceed your average weekly wage in the base period.

It is your responsibility to notify the Telephone Claims Center (NYS Dept of Labor) regarding any workers' comp benefits you receive during the same weeks you are collecting unemployment insurance. Failure to do so may result in your having to repay benefits you received. You should also contact the telephone claims center if your workers' comp benefits were reduced or ended.

**You asked for information— we got it!
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