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What a moment! As I sat down to write this article the news broke that the U.S. of A eliminated one of its dire enemies. What great news - to be able to stand up for what is right and to do what needs to be done to protect America and to memorialize those who died on 9-11, have died defending our country since 9-11 and those unfortunate enough to be suffering awful effects after 9-11 really does make this upcoming Memorial Day that much more special. How better to Memorialize those who have served our Nation!

I have always happily worn a red poppy (buy one of the artificial ones from a Vet!) on Memorial Day and decided to take a moment to find out why...inspired by the poem 'In Flanders Fields' Moina Michael in 1915 helped pen these lines

*We cherish too, the Poppy red
that grows on fields where valor led,
it seems to signal to the skies
that blood of heroes never dies*

...and she conceived the idea to wear red poppies on Memorial Day. I ask you to reflect this upcoming Memorial Day and remember all of those who have died in our Nation's service and to look out for those who are suffering and dying as a result.



I've recently written about the James Zadroga Act and those who lived and worked in the immediate area of the World Trade Center and the awful problems they currently suffer from the aftermath of the attacks (<http://www.markhofflaw.com/library/how-the-zadroga-act-came-to-be.cfm>.) and I ask you to remember.

We are blessed to live in a land that is free, to be truly free ourselves, and cannot and should not forget those who have allowed us to be the great beacon of freedom that we are today!

Congratulations!



Congratulations to Brian's 11 year old daughter, Sophie, and the Harrison Huskies 6th Grade All County Basketball Team on their 1st Place win! The Huskies were one of 8 teams in the 2011 Westchester NY All County finals. Coached by Bruce Lefkowitz, assisted by Brian Mittman and John Dattero and of course won by the girls!

Sophie Mittman and one BIG trophy!

You asked for information— we got it!

www.markhofflaw.com

Alert—2011 Spring Allergy Season May Be Worst Yet

The misery of spring allergies is in full bloom. As a matter of fact, this spring might be the worst on record for allergy sufferers. Pollen counts have reached record highs, likely due to flowering trees getting a slow start because of the damp and chilly spring. Increasing levels of carbon dioxide in the atmosphere are also part of the problem. So, what are allergy sufferers to do?

- Get tested to find out EXACTLY what it is to which you are allergic. Doctors can now target what triggers specific symptoms which then enables them to treat more effectively.
- Wash your hair and clothes regularly to get rid of pollen.
- Leave your shoes at the door when you come inside! Shoes, as well as clothing, attract pollen.
- If you have pets, groom them

regularly as they too can bring pollen indoors.

- In extreme cases, stay indoors as much as possible in order to limit exposure, especially on windy days.
- Keep your windows closed—those beautiful spring days are also when allergens are at their highest.

MARK Your Calendars NOW for 2012!!

- While it's too late for this season, one of the most important things you can do to ease your symptoms is to begin taking allergy medications a month or so BEFORE allergy season sets in. Most doctors recommend starting allergy medication mid-March, even earlier if your allergies are severe.



- Try a neti pot. This home remedy is known to bring relief to many allergy sufferers. The neti pot, which looks like a little teapot, is used to thin mucous and flush it out of the nasal passages. It's known to alleviate congestion, facial pain and pressure and, depending on the individual, can keep people from having to take antibiotics or using nasal sprays.

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Memorial Day Trivia

Did You Know?

- Red poppies are recognized as the Memorial Day flower
- Waterloo, New York is the birthplace of Memorial Day
- On Memorial Day, the flag should be at half-staff until noon only, then raised to the top of the staff
- Memorial Day was declared a Federal Holiday in 1971
- Memorial Day was originally called Decoration Day because of the practice of decorating soldier's graves with flowers
- Memorial Day and Labor Day tie for second place as the largest barbecue holiday; July 4th takes first place! Why not try baking—or buying—a holiday cake for your celebration this year?
- A national moment of remembrance is held at 3:00 pm in the US each Memorial Day
- A 500 mile motor race is held in Indianapolis each Memorial Day



Featured Guest: Executive Park Orthopedic & Sports Physical Therapy



The following information has been taken from the article, *How to Beat Tendinitis*, written by Executive Park Orthopedic & Sports Physical Therapy. For the complete version, visit http://www.markhofflaw.com/library/How_to_Beat_Stubborn_Tendinitis.pdf



Tendinitis is a very common tendon disease seen among many different populations. To start it makes sense to define what it is, and clear up some of the often misused terminology. Tendonitis as "itis" implies an inflammatory condition of a tendon. Tendinosis indicates that a chronic condition exists, typically one that is past 3 months in duration. Tendonopathy as "pathy" signifies any diseased state of a tendon. Think of tendonopathy as a big umbrella where all the other tendon conditions and terms fall under. For the sake of being consistent, the word tendonopathy will be used in this

article for any condition in which there is tendon pain. Tendinopathies are most frequently seen in people who engage in repetitive activities, whether it is jumping to shoot a basketball, typing, or scrubbing the bath tub. Many terms have been used to describe the type based on the activity like tennis elbow, golfer's elbow, jumper's and runner's knee, thrower's and swimmer's shoulder, etc...

Historically these conditions have been treated with an anti-inflammatory protocol suggesting that inflammation is present. The program generally includes the RICE principle (rest, ice, compression and elevation), along with anti-inflammatory drugs (i.e. NSAIDS) and cortizone shots. This approach is effective, in truth, if the tendon is undergoing an inflammatory response, which is the body's first phase of healing lasting up to about 10 days. Interestingly, however, in the past few decades more and more research has been conducted with the consensus now pointing to the fact that most tendon pathologies are, in fact, not in an inflammatory state, thus not a "tendonitis." Most tendonopathies when seen at a physician's office are already at a chronic state.

Executive Park has offices in Yonkers (914.509.4640) and Elmsford (914.909.5130). Or, you can visit their website at www.executiveparkpt.com.



Meet the Team.....Cynthia Arzon

Hi - my name is Cynthia Arzon. I am the mother of two brilliant children. My daughter Samantha, 18yrs old, is currently completing her first year of college in North Carolina and my son Austin, 12 yrs old, is in the 6th grade. My fiancé, Chris, and my two step-children, Dan & Alisha, and our two mastiff dogs Xena and Thor complete my family. All of my children are either on the dean's list or honor roll and I am so very proud of them. Chris is my rock and is completely supportive of everything I strive to achieve.

The M&M family has been my

home away from home for the last 10 years. This group of individuals have been amazing to work with; not only do I learn something new every day but they have been a huge support throughout my career and personal life.

I find it emotionally rewarding to help others every day at work and though outside community service. The M&M family inspired me to get involved and help others every chance I get. I am part of a community service called "Angel Network." We provide help for families in need when a crisis strikes, such as a house fire, or death in

the family. We also provide meals for the families, clothing and transportation as needed for the children.

The M&M family represents hard work, dedication, loyalty and commitment to providing quality service to the injured worker. I am proud and grateful to be part of this tremendous team.



Special Days in May.....

| | |
|----------------------------------|--------|
| May Day | May 1 |
| Loyalty Day | May 1 |
| Baby Day | May 2 |
| Lumpy Rug Day | May 3 |
| National Teachers Day | May 3 |
| Cinco de Mayo | May 5 |
| Beverage Day | May 6 |
| International Tuba Day | May 6 |
| No Diet Day | May 6 |
| Birth Mother's Day | May 7 |
| Mother's Day | May 8 |
| Lost Sock Memorial Day | May 9 |
| Clean Up Your Room Day | May 10 |
| Eat What You Want Day | May 11 |
| National Receptionist Day | May 11 |
| Twilight Zone Day | May 11 |
| International Nurses Day | May 12 |
| Blame Someone Else Day | May 13 |
| Friday the 13th | May 13 |
| Dance Like a Chicken Day | May 14 |
| National Chocolate Chip Day ... | May 15 |
| Police Officer's Memorial Day .. | May 15 |
| Love a Tree Day | May 16 |
| Wear Purple for Peace Day | May 16 |
| Pack Rat Day | May 17 |
| No Dirty Dishes Day | May 18 |
| Visit Your Relatives Day | May 18 |
| National Bike to Work Day | May 20 |
| National Memo Day | May 21 |
| Lucky Penny Day | May 23 |
| National Missing Children's Day. | May 25 |
| Water a Flower Day | May 30 |
| Memorial Day | May 30 |



And, May is.....

- Date Your Mate Month
- Foster Care Month
- National Barbecue Month
- National Bike Month
- National Blood Pressure Month
- National Hamburger Month
- National Salad Month
- Older Americans Month



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

Ask the Attorney

Question: Can An Employee Be Fired Without Due Cause?

Answer: Yes, New York State is an "employment-at-will" state. Without a contract restricting termination (such as a collective bargaining agreement) an employer has the right to discharge an employee at any time for any reason. However, there are a few exceptions to this rule—most significantly are laws enforced by the NYS Division of Human Rights which prohibit discrimination based upon race, creed, national origin, age, handicap, gender, sexual orientation or marital status.

It is important to note this law also protects the employee's right to resign. Just as an employer may fire an employee for "no reason" - or a reason that might seem arbitrary or unfair—an employee is equally free to quit at any time without being required to defend or explain the reasoning.

**You asked for information— we got it!
Check out the disability specialists at
www.markhofflaw.com**