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Food for Thought on Valentine's Day

Valentines Day.

I sat down to write a short piece about the holiday of Valentines Day, the history and its real meaning. Some people look at it as a religious holiday, some as a shopping excuse and others as a historical oddity. However, as I was doing a little web re-searching, I realized something important. Its not the name or the "meaning" but how you, as the participant, perceive the holiday and what you put into it or get out of it.

Personally, I enjoy the idea of love and telling someone else how truly special they are to

me. Its not tacky or silly or forbid – dumb. When YOU as an individual step up and tell someone what they mean to you that is truly special.

While I wouldn't tell my clients they are my Valentine, I certainly would like to take the spirit of the holiday to tell those that count on me and my law firm to help them in their times of need that they are special to me. Not only do I "make a living" doing what I do, but I help others when they need it the most. To me, that is the true meaning of letting someone else know that you care.

So think of that one person, or many people, in your life and be sure to tell them how you feel this year!

Brian Mittman,
M&M Managing Partner



You will find as you look back upon your life, that the moments when you have truly lived are the moments that you have done things in the spirit of love.

- Henry Drummond

You asked for information— we got it!

Check out www.markhofflaw.com

“Keep an up-to-date emergency kit on hand, including extra batteries.”

Be Prepared - Staying Safe and Healthy in Winter Weather



Another winter storm is on its way; a worthwhile time to take a look at tips for staying healthy as temperatures start to fall and storms come our way. We’re addressing both steps to keep your home safe and warm and ways to prepare yourself for spending time outdoors.

Winterize Your Home

- Install weather stripping, insulation and storm windows
- Insulate water lines that run along exterior walls
- Clean out gutters and repair roof leaks

Check Your Heating Systems

- Make sure your system is clean, working properly and ventilated to the outside

- Install a smoke detector
- Prevent carbon monoxide emergencies

Be Prepared for Weather Related Emergencies Including Power Outages

- Stock food that needs no cooking or refrigeration and water
- Keep an up-to-date emergency kit including battery operated devices including flashlights and lamps, extra batteries, first aid kit and extra medicine, baby items if necessary.

Wear appropriate outdoor clothing

- Layers of light warm clothing are best, along with hats, mittens, scarves and waterproof boots

Silly Doctor Jokes

I constantly tell injured workers that their case is “make or break” based on one thing only — Medical reports and Doctors notes. That being said, its nice to laugh about doctors once in a while (wait until we do lawyer jokes!)...Special thanks to my kids, pediatrician—great joke book!

Doctor, Doctor - My son swallowed my pen, what do you think I should do about it?
Use a pencil

Doctor, Doctor – Please help, I can’t stop my nose from running. What should I do?
Stick your foot out and try to trip it

Doctor, Doctor everyone keeps ignoring me.
Next, please!

Doctor, Doctor my little boy has just swallowed a roll of film.
HmMMM. Let’s hope nothing develops.

Doctor, Doctor I can’t get to sleep.
Sit on the edge of the bed and you’ll soon drop off!

Doctor, Doctor I feel like a deck of cards.
I’ll deal with you later!

Do you have any jokes to share? E-mail them to us at info@markhofflaw.com – Please be sure they are family friendly!

Be Prepared - Staying Safe and Healthy in Winter Weather

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Prepare Your Car for Winter

- Check tires and antifreeze level
- Keep gas tank and windshield levels full
- Keep a winter emergency kit in your car including blankets, food and water, booster cables, flares, a bag of sand or cat litter for traction, flashlight and first aid kit

Sprinkle cat litter, sand or salt on walkways and icy patches

Learn Safety Rules in Case You Become Stranded in Your Car

- Stay with your car unless safety is no more than 100 yards away
- Keep your car visible by placing a bright cloth on the antenna, turning on the inside overhead light or raise the hood when the snow stops falling
- Run the engine and heater only ten minutes every hour
- Keep a downwind window open

Be Careful on Walkways and Driveways

- Take a look around to see what you slipped on and make a mental note of the conditions where you fell. Was the pathway shoveled? Or, had it been neglected?
- Seek medical attention immediately.
- **Call Markhoff & Mittman at 866-205-2415.** We will give you a FREE consultation to discuss your legal rights!

Meet the Team.....Evelyn Torres

Since 2002 Evelyn has assisted injured workers as a Legal Assistant with Markhoff & Mittman. Whether it is dealing with a recently injured worker who needs to file a claim or chasing down an insurance company who isn't paying, Evelyn is there every step of the way!

Evelyn is a life long resident of Westchester County and grew

up in the shadows of Ichabod Crane and the Headless Horseman in the Sleepy Hollow area of the Hudson Valley. A good thing too since she likes to curl up on the couch with her best pal Snoopy (isn't he cute!) and read a good mystery. When not spooked out, she can be found going out dancing hip hop and salsa! But, most importantly, Evelyn enjoys being an aunt and taking her two

nieces shopping, to the movies and to Sportime USA!



Evelyn and her nieces, Valentina and Millie

"Evelyn is there every step of the way."

Save the Dates

Learn How to Obtain Social Security Disability Benefits—Join Us for a FREE Seminar

March 10

April 14

May 12



Visit www.markhofflaw.com -or- Call 866-205-2415 for details



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Serving Injured Workers and
their Families with all of their Legal Needs



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Brian M. Mittman,
Attorney At Law

Question: How much does Workers Comp pay?

Answer: The amount of weekly benefits you receive during your period of disability is based on the average weekly wage you were earning at the time of your injury. Initially, you should receive approximately 2/3 of your wages, not to exceed the maximum weekly rate for the date of your accident, while you are out of work.

The weekly compensation rate you'll receive is dependent on the date of your injury. If you were injured between July 1, 2008 and July 1, 2009 you will receive a maximum of \$550. per week. If your injury occurred July 1, 2009 or later you'll receive a maximum of \$600. per week. Effective July 1, 2010 rates will be two-thirds of state average weekly wage and will be adjusted yearly.

However, the insurance company will quickly send you to one of "their doctors" and try to cut your benefits below this level. When this happens, you should contact an attorney to petition the court for your fair level of benefits. Also, it is common for injured workers to get large cash awards for injuries to certain body parts even if they have not lost any time from work.

Visit our website at www.markhofflaw.com