

M&M News

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Have a Healthy and Safe Holiday! (and a few tips to help you out)

The holidays are a time to celebrate, give thanks, and reflect. They can also be overwhelming and a stressful time for many of us. Give the gift of health and safety to yourself and others by taking the time to follow these holiday tips.

Prevent Injuries

When hanging holiday decorations, use step stools instead of standing on furniture and be extra careful on ladders. Watch electrical outlets and wiring when hanging holiday lights and trees. Keep in mind, most residential fires occur during the winter

months. Keep candles away from children, pets, walkways, trees and curtains. Never leave fireplaces, stoves or candles unattended.

Manage Stress

To avoid additional stress during the season, pace yourself so that the holidays don't take a toll on your health. Try not to over commit and overspend. Balance work, home, and play and when necessary get support from family and friends. Focus on time management and do your best to keep a relaxed and positive outlook.

Handle and Prepare Food Safely

As you prepare holiday meals, keep you and your family safe from food-related illness.

Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs away from ready-to-eat foods and eating surfaces. Be sure to cook foods to the proper temperature and remember to ask guests if they have any food allergies.

(Continued on page 3)



**The Markhoff & Mittman Family
 Sends Warm Wishes for a
 Happy Holiday and a
 New Year filled with Peace,
 Health and Happiness.**

**You asked for information— go get it!
www.markhofflaw.com**

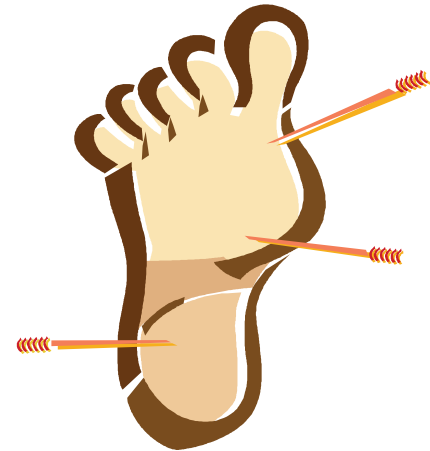
Can the shoes you are wearing have an impact on your chance for a workplace injury?

The Wrong Shoes Are a Big Cause of Workplace-Related Injuries

Take a look at your shoes. Notice anything? If you're like most Americans, you choose fashion over functionality. Be careful! The National Safety Council and Bureau of Labor Statistics reports an average of 400 foot-related workplace injuries occur each day in the United States! Approximately 75% of the accidents happened when workers were not wearing proper shoes and over 1500 foot injuries per year were serious enough to cause lost workdays in industrial workplaces.

Consider what you will be doing on the job the next time you go to purchase shoes for work. Will you be standing for extended periods? Walking on different types of surfaces? Do you walk to and from your job? Or, are you sitting at a desk all day? These are the questions you need to ask yourself when purchasing the proper footwear for your job. We're hard on our feet — they take the brunt of the wear and tear we put on our bodies every

day. We need to take care of them and a good shoe is the place to start! Next time you go to the shoe store, be sure to try on a variety of styles and brands until you find the perfect fit!



Mrs. Mittman's Secret Banana Bread!

Ingredients

3 bananas
1/3 cup melted butter
1/2 cup sugar
1 tsp vanilla
2 eggs
1 tsp salt
1 1/2 cups flour
1 tsp baking powder
1 tsp baking soda
1/2 cup chocolate chips (optional)

Directions

- Pre-heat oven to 350°
- Mix wet ingredients—butter, bananas, eggs and vanilla and set aside
- Mix dry ingredients—baking soda, baking powder, sugar, salt and flour in separate bowl
- Combine wet and dry ingredients
- Fold in chocolate chips, optional
- Bake for 45 min—1 hour
- Cool on rack
- Slice to serve



Holiday Health and Safety Tips

(continued from page 1)

Travel Safely

Whether you are staying in the neighborhood or traveling further, help ensure your trip is safe. **Don't drink and drive** and don't let anyone else drink and drive either. And, be sure to wear your seat belt at all times.

Stay Warm

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry and dress

warmly, preferably in layers which make it easier to adapt to inside and outside temperatures.

Wash Hands

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and running water for at least twenty seconds. When you are out, carry one of the alcohol based hand sanitizers

which can be purchased in most drug stores, supermarkets or convenience stores.



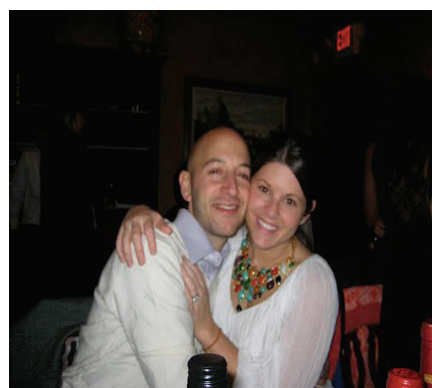
Meet the Team.....

Attorney Scott Daniels and ...

Scott Daniels, associate attorney, focuses primarily on disability claims and civil litigation.

Outside of the office, Scott is an avid golf and tennis player. Originally from the Philadelphia area, Scott is a huge fan of all the Philly sports teams. Recently, Scott got engaged to his longtime girlfriend by setting up a large dinner in Philadelphia that included their parents, siblings and friends. Scott took Sara

to that same restaurant as if they were having dinner for two and proposed in front of half the restaurant! After she said yes, Scott shocked his new fiancé by bringing her to another table where she was surprised by family and friends.



Scott Daniels and Sara Gross, December 2009

Congrats to Scott and Sara on their engagement!

planning. To be certain

Upcoming Events

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

January 12th

The Church of St. Paul & St. Andrew
263 West 86th Street
(86th St. between B'way and West End Avenue)
New York, New York

January 27th

Community Medical Care of N.Y., P.C.
1963 Grand Concourse
Bronx, New York

**Call
(718) 509-9596
to reserve
your seat in
either seminar!**





14 Mamaroneck Avenue
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Brian M. Mittman,
Attorney At Law

Question: How do I know what my retirement age is for social security purposes?

Answer: Social Security has set different retirement ages based on your year of birth. This is extremely important when applying for regular retirement benefits, disability benefits or early retirement benefits. If you were born before 1938 your full retirement age is 65; if you were born after 1960, the full retirement age will increase to 67 depending on the year you were born. If you take an early retirement (62) you will receive, permanently, a reduced benefit. However, if you become disabled during the time between early retirement and regular retirement, you may be eligible for disability benefits and a non-reduced full retirement! Also, if you are able to continue to work after full retirement age you may be entitled to higher benefits due to special credits and additional earnings.

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