

Disability News

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

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November is here, truly amazing!

I always enjoy this time of year, especially the upcoming Thanksgiving Holiday. While I am not much for turkey, believe it or not, I like having the family about, thinking about the future and focusing on what I am thankful for in life. It really does hold a special meaning as my four children are growing and life is moving along as it is apt to do. One thing that I do each year is consider my goals and aspirations for the following year and figure out or refigure out what it is that I want to do.

A great way to start this goal setting is to start with figuring out what I am

truly thankful for, and then making my goals based on those items and then striving to meet those goals everyday so that yes, next year I can be thankful (and should be) everyday!

Take some time and think about doing this in your own life. I am thankful for my family, my friends, my ability to help others, my business and my health. I take those items and make them into my goals – such as more time with the kids, special time with my wife, fun events with

close friends, providing better service to my clients, making my office a place people want to work in and improving at ice hockey and Pilates. There you go – I identified things I am thankful for, I've easily spelled them out as goals for next year and now the work – finding a way to achieve those goals, step by step everyday a bit closer.

Take some time and be thankful! Happy Turkey day! (I do like the apple pie!)

**HAPPY THANKSGIVING
 FROM OUR FAMILY
 TO YOURS**



Spring Ahead, Fall Back.....
Remember to change your clocks back one hour. Standard time resumes at 2:00 am on Sunday, November 7th.

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

5 Common Workplace Accidents



Accidents can happen at any time. How often do we hear that most accidents happen at home? When accidents happen at work, there are a lot of extra considerations to make, especially if you are the one getting hurt. Let's take a look at five of the most common workplace accidents — you might be surprised!

1. Slips and Falls account for a third of all workplace injuries. That's a lot!!! Be careful of wet or damaged floors, debris on the floor and other obstructions. These are the leading cause of broken bones and head and back injuries—sometimes serious!



2. Manual Work Activities including heavy lifting, pulling, carrying, pushing or moving heavy items or equipment are often the cause of back injuries, heart problems, muscle injuries and even broken limbs. Don't be hesitant to ask for help if you need — being "macho" isn't worth putting yourself at risk!

3. Working Around Vehicles and Moving Equipment can cause injuries if heavy equipment falls from the vehicles—yes, as secure as materials should be, these things do happen! And, employees have also gotten hit by moving vehicles! Remember, accidents do happen. The operators of motorized vehicles can also be severely injured if the vehicle turns over or crashes due to unbalanced loads. Driving mishaps can cause neck injuries, head injuries, broken bones and traumatic injuries to other parts of the body.

4. Electric Shock can result from faulty wiring and other electricity hazards. Getting zapped, shocked or burned can be quite serious, even fatal.



5. On-the-Job Hazards are more common in some positions than others. For those of you working around chemicals and fires, there might be burns and/or explosions to contend with. These serious injuries can often be fatal.

Are
You
At
Risk?

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Mad Gabs—What Are You Saying?????

Have you ever heard of a Mad Gab? They are a group of words, that at first glance and first saying don't make any sense at all, BUT if you say them SLOWLY and LISTEN carefully you'll figure out the phrase!

These are fun to do as a group, an ice-breaker or even on your own! Give them a try!

Answers are upside down on the right—please, no peaking!!!!

1. Abe An An Appeal
2. Bon Knee Ankle Hide
3. Check Cove Fault Raids
4. Bull Line Days Sub Hat
5. Dawn Bed Tone Knit
6. Cough He Anchor Ream
7. Dawn Ways Chore Tie Moan Knit
8. By Chore Dung
9. Aim Adder Rough Open Yen
10. Ash Hold Hurt Hook Rye Yawn

FUN

1. A Banana Peel
2. Bonnie and Clyde
3. Jack of All Trades
4. Blind As A Bat
5. Don't Bet On It
6. Coffee and Cream
7. Don't Waste Your Time On It
8. Bite Your Tongue
9. A Matter of Opinion
10. A Shoulder To Cry On

Social Security Disability—How Long is The Process?

The social security disability process is a lengthy one. While each case is different, you can expect the initial application stage to take 3-5 months. A tough economy and many people out of work has contributed to an enormous backlog of cases.

If your application is denied, you can request a hearing to be heard in front of an administration law judge. This is referred to as the hearing level. The hearing level can take an additional 9-20 months depending on where you live.

While the disability process can be quite lengthy AND you might not receive benefits the first time you go through the process, it is important for you to be as patient and persistent as possible. Whatever you do, don't give up!!



Each year 65% of the 2.5 million people who file for Social Security Disability are initially denied benefits. Statistics show that your chances of winning your claim are improved by having an experienced attorney. Remember, we're here to help!

Special Days in November.....

- Election Day.....Nov. 2
- Candy Day.....Nov. 4
- National Donut Day.....Nov. 5
- Basketball Day.....Nov. 6
- Veteran's Day..... Nov. 11
- Mom's and Dad's Day.....Nov. 13
- National Clean Out Your Refrigerator Day..... Nov. 14
- Button Day.....Nov. 16
- Take a Hike Day.....Nov. 17
- Great American Smoke Out.....Nov. 18
- National Adoption Day.....Nov. 20
- World Hello Day.....Nov. 21
- Stop the Violence Day.....Nov. 22
- National Cashew Day.....Nov. 23
- Thanksgiving.....Nov.25
- Black Friday.....Nov. 26
- Buy Nothing Day.....Nov. 26
- Pins and Needles Day..... Nov. 27
- Stay at Home Because You're Well Day..... Nov. 30

And, November is.....

- Child Safety Protection Month
- Latin American Month
- National Epilepsy Month
- National Model Railroad Month
- National Sleep Comfort Month
- Peanut Butter Lovers Month

Your Boss Will Love This!!!

Meet the Team.....Janice Rivera

Hello, my name is Janice Rivera. I am the personal assistant to Brian Mittman. I have been a MM team member since 2004. In fact, when the office moved to White Plains, NY I just couldn't say no and I have been making the reverse commute from Manhattan everyday!

I look forward to my upcoming wedding to Officer Robert Sanchez and moving a little closer to work.



Janice, Timothy and Michael

I am the proud Mom of two wonderful young men, Timothy, 13 and Michael, 6. When not at work I enjoy spending time at my Church and singing in the Choir as an Alto. I spend as much time as possible with my boys outdoors, biking, hiking and swimming. My favorite food is chocolate.

"...when the office moved to White Plains, I just couldn't say "no""

Markhoff & Mittman in the Community

Once again, Managing Partner Brian Mittman dressed up for Halloween with his wife, Stefanie. Take a look—any idea who they are?





*IN SPITE OF YOUR FEARS,
DO WHAT YOU HAVE TO DO.*

Ask the Attorney

Question: If I am applying for unemployment, does receiving workers' comp affect my benefits?



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

Answer: If you are receiving workers' comp benefits, but you are available and physically able to perform work, you may be eligible for unemployment insurance benefits. 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.

When filing a claim for benefits, you should be prepared to send to the Department of Labor copies of the Workers' Comp Form C-8 (Notice that Payment of Compensation for Disability has been Stopped or Modified) and a medical statement signed by your physician, attesting that you are able to work. The Telephone Claims Center will determine if any reduction in your unemployment benefit amount, due to receipt of workers' compensation, is appropriate. If you disagree with the amount of reduction, you may request a hearing.

You must notify the claims center about any workers' compensation benefits you receive during the same weeks you are collecting unemployment insurance. If you don't do this, you might be required to repay any unemployment benefits that were overpaid. Questions? Contact us for a FREE consultation.

You asked for information— we got it!

Check out the disability specialists at

www.markhofflaw.com

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