

Disability News

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

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Spookytime

Yes, its that time of year again, we are building up to the uniquely American way of celebrating Halloween. There is definitely history here (Celts, and All Souls Day and other potential sources) but in the U.S. of A we have created a fun and sometimes frustrating holiday — Halloween!

As my children began looking for costumes (I would note, Young Teenage boys – no costume, young teenage girl – mega costume with ten friends, younger kids – pilot and potential dancer, Mom and Dad – you guys will need to wait for the next edition for a picture of Stefanie and myself), Stefanie loaded up on candy at CostCo and we broke out the box of spider webs and tombstones I wondered what it was all about. Then it dawned on me, the FUN spooky

holiday needs to be that — FUN.

There is a lot of REAL spooky stuff going on in the world, so what's the big deal if we enjoy dressing up,



eating awesome foods and sticky candy and having a good time. Yes, the kids get quite wound up (and a Sunday night this year!) but you know what, spook me, scare me frighten me. The next day I wake up and go on with what I am doing. Whereas the REAL spooky stuff coming out of the TV, radio and papers

HAPPY HALLOWEEN!

makes me want to cringe.

So. here is some Ghoulish Advice – enjoy the month long run of horror flicks, the carving of pumpkins, the dressing up, the door bell ringing and the fight over the biggest pile of candy. This is what life is about. Enjoy the moments and remember the good times. Don't get bogged down in the real horrors of what is going on all around us, but pay attention to make it the best that you can be. In fact FOCUS on the positive, avoid negative people and situations, be smart and enjoy! I admit, living in Westchester, NY I watch out for the Headless Horseman all the time !

WATCH THIS!

In our last issue, we told you about taping June Middleton's show, Minding Your Business. The show will be airing Tuesday evening, October 12th at 6:30 pm. It can be seen on Time Warner Ch 56, Verizon FIOS Ch 34, RCN Ch 83. For those of you who don't get those channels, there will be a live stream on the Internet: www.mnn.org Ch 2. It will also put be on our website by the end of the month.

You asked for information— we got it!

Check out the disability specialists at

www.markhofflaw.com

A Look at the Workers' Comp Claims Process

Be sure to get the necessary medical treatment and notify your supervisor about your accident immediately!



One of the most common questions we get, and one of the most frequently viewed pages on our website, is about the claims process. Therefore, we figured it was time to detail the process here. It is important that these steps are followed. Failure to file a claim or give your employer notice may result in the loss of rights for receiving your compensation.

Immediately

Obtain the necessary medical treatment and notify your supervisor about the accident, including where and how it occurred.

Ultimately, your employer must be notified of the accident in writing. While it is sug-

gested this is done asap, it will be accepted as long as it is within 30 days. The employee must file a claim with the Board on the Employee Claim Form (C-3) by mail. This must be done with two years.

Within 48 Hours

Your doctor will compete a preliminary medical report (C-4) and mail it to the appropriate District Office. Copies must be sent to the employer or its insurance carrier, the injured workers and his/her representative, if there is one.

Within 10 Days of Notification of the Accident

The employer reports the injury to the Board and the insurance company using the Employer's Report of Work-Related Injury/Illness Form (C-2).

Within 14 Days of Receipt of C-2 Form

The insurer provides the injured worker with a written statement of his/her legal rights.

With 18 Days of Receipt of C-2

The insurer begins the payment of benefits if lost time exceeds seven days. If the claim is in dispute, the insurer must inform the Workers' Comp Board as well as the claimant and his/her representative, if there is one.

Every 2 Weeks

The insurer continues to make payments of benefits to the injured employee as long as the case isn't being disputed. The carrier must notify the individual when the compensation is stopped or modified.

Every 45 Days

The doctor submits progress reports to the Board.

Every 12 Weeks

The insurer considers the necessity of rehab treatment for the injured employee.

Still have questions? Feel free to contact our office. We're happy to help you and guide you through the process.

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Go to www.markhofflaw.com and click on the icons. Or visit directly: <http://www.facebook.com/disabilitylawyers> or <http://twitter.com/hockeylawyer>

Halloween Humor

A Cabbie & A Nun

A cabbie picks up a nun. She gets into the cab, and the cab driver won't stop staring at her.

She asks him why is he staring and he replies, "I have a question to ask you but I don't want to offend you.

She answers, "My dear son, you cannot offend me. When you're as old as I am and have been a nun as long as I have, you get a chance to see and hear just about everything. I'm sure that there's nothing you could say or ask that I would find offensive."

"Well, I've always had a fantasy to have a nun kiss me."

She responds, "Well, let's see what we can do about that: #1, you have to be single and #2 you must be Catholic."

The cab driver is very excited and says, "Yes, I am single and I'm Catholic too!"

The nun says "OK, pull into the next alley."

He does and the nun fulfills his fantasy.

But when they get back on the road, the cab driver starts crying. "My dear child, said the nun, why are you crying?"

"Forgive me sister, but I have sinned. I lied, I must confess, I'm married and I'm Jewish."

The nun says, "That's OK, I'm on my way to a Halloween party—my outfit is just an old habit."



Can Getting the Flu Shot Help With Job Security?

You can't get away from it this time of year. Just walk into your local pharmacy and all you see are signs for flu shots. Have you had yours?



Getting the flu shot is certainly a personal decision. Many of us get the flu shot to prevent illness

and others aren't as concerned thinking it's not a big deal to be sick for a few days, even a week. Today, people are beginning to think differently. We're hearing and reading about getting the flu shot to help with job security. Consider the following scenarios.

The weak economy continues to leave some people without job and others lucky to have a job. Many of those "others" feel the pressure to keep their job, even under circumstances where hours have been cut, salary decreased or benefits cut back. The last thing they want is start missing days from work for fear that they can easily be let go or replaced.

Many individuals are also faced with personal commitments, whether it be taking care of elderly parents or young children and need to be home with them when they are ill—the missed days from work can add up. This in turn means missed paychecks which is something most of us can't afford these days..

While the flu shot is certainly a matter of personal choice, keep in mind the various ramifications getting hit with the flu can have—many of which are much more than just spending a miserable week in bed!

Meet the Team.....Lisette Calderon

My name is Lisette Calderon and I have been fortunate to be working for the Markhoff & Mittman team as Assistant Manager since 1996, yes 14 years. This firm is like no other. I have been giving the opportunity, not only to grow, but to help injured people obtain all that they're entitled to. It is my passion.

In our leisure time, we enjoy camping, movie night and look forward to our yearly family vacation.



Lisette, Alexandria and Ray

Meet my clan at home: Ray who is my partner, friend and a great dad; and my daughter the first Markhoff & Mittman baby, Alexandria Rae, who is 7 going on 17 and is a joy. We are so proud to say that when she started kindergarten, after 5 days was moved up to first grade due to her high reading level.

"I have been given the opportunity to help injured people obtain all that they're entitled to . It is my passion. "

Special Days in October.....

- Homemade Cookies Day.....Oct. 1**
- Name Your Car Day.....Oct. 2**
- Captain Kangaroo Day.....Oct. 3**
- National Golf Day.....Oct. 4**
- World Teacher Day.....Oct. 5**
- Moldy Cheese Day.....Oct. 9**
- Columbus Day.....Oct. 11**
- Farmer's Day.....Oct. 12**
- National Grouch Day.....Oct. 15**
- National Poetry Day.....Oct. 15**
- Boss's Day.....Oct. 16**
- Sweetest Day.....Oct. 16**
- World Food Day.....Oct. 16**
- Monster Mash Day.....Oct. 20**
- National Nut Day.....Oct. 22**
- Mother-in-Law's Day.....Oct. 24**
- National Bologna Day.....Oct. 24**
- National Denim Day.....Oct. 25**
- Plush Animal Lover's Day.....Oct. 28**
- Halloween.....Oct. 31**

And, October is.....

- National Apple Month**
- Natn'l Breast Cancer Awareness Month**
- National Clock Month**
- National Dessert Month**
- Energy Awareness Month**
- National Pizza Month**
- National Popcorn Popping Month**
- National Roller Skating Month**

Did You Know You Can Ask OSHA to Inspect Your Workplace?

If you believe there is a serious hazard in your workplace that is not being addressed by your employer, you have the right to file a complaint with OSHA (Occupational Safety and Health Administration) and ask them to come out and inspect your workplace. Your complaint will remain totally confidential — just be sure to let the OSHA representative know you'd like to remain anonymous. For details on filing, contact OSHA directly at 1-800-321-6742.

When the OSHA representative comes to inspect your workplace, you have the right to go on the inspection, talk privately with the OSHA inspector and be part of meeting with the inspector and the employer if, of course, you don't mind letting your employer know you filed the complaint. Employers are NOT allowed to fire, demote, transfer or discriminate against in any other way employees who file complaints.



Stay Tuned

Blog Talk Radio

How An Attorney Can Win Your Disability Case

October 14th
7:30-8:00 pm



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Ask the Attorney

Question: If I receive Social Security Disability Benefits will my union pension be affected in any way?



Brian M. Mittman,
Attorney at Law

Answer: It depends on whether it's a private pension or a public one. Private pensions will not affect your social security disability benefits, but public ones may. The Social Security Administration has made it very clear that disability payments from private sources, such as a private pension or insurance benefits, will not affect your social security disability benefits. If you still have questions about your personal situation, please call us for a FREE consultation or, if you'd prefer, you may contact the Social Security Administration directly toll-free at 1-800-772-1213.

You asked for information— we got it!

Check out the disability specialists at

www.markhofflaw.com