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The Lazy, Hazy Days of Summer

Ahhh.....the lazy, hazy days of summer. Can you imagine taking off an entire month during the hottest most oppressive month of the year? Can you imagine taking your time going somewhere, not rushing to the next appointment or texting or answering the phone? Don't get me wrong I absolutely love my technology, I enjoy the fast pace life but I am also wistful of just taking it easy!

Now that the dog days of summer are fully upon us, even if you can't get away, take the time to do some little things to go a little slow, stay a



little cooler, and connect not with everyone else instantly but just yourself.

I recently took up a new coffee cup routine — not the best drink in

August but I make sure at least once a day, whether it is morning or afternoon, I get a cup of my favorite joe (or iced tea or lemonade) and go outside, find a comfortable spot and just *enjoy* the cup.

September, school, work and "life" are just around the bend. Grab a cup and literally savor the coffee — if you're going away, enjoy!

-Brian Mittman

Deadline for World Trade Center Workers to Register for Workers' Compensation Nears

People who worked on the World Trade Center disaster should visit <http://www.wtc12.org> or call 877-WTC12-08 to get more information and a WTC-12 form.

Workers must register their service by Monday, Sept. 13, to preserve eligibility

The New York Workers' Comp Board prepared the press release which follows. Please share this information with your family and friends as the deadline is quickly approaching.

(Albany, NY) People who performed rescue, recovery, or clean-up work at the World Trade Center have until Monday, Sept. 13, 2010, to register with the New York State Workers' Compensation Board to preserve their eligibility for future benefits, should they ever need them.

"I urge each of these heroes who performed that important work to register his or her service. They should do it for themselves, and for their families," Chair Robert E. Beloten said. "Workers' compensation is insurance for medical care and a cash benefit if your ability to work is impaired. It is vital that workers preserve their eligibility for insurance that will benefit themselves and their families, even if they are not now injured or ill."

Since its introduction in 2006, 35,980 people have filed the WTC-12 form.

You asked for information— we got it!

Check out the disability specialists at

www.markhofflaw.com

Ask the Expert: David Kreshover, Chiropractor



We asked chiropractor, David Kreshover, to talk to us about the role of a chiropractor—What does a chiropractor do? When should someone go see one? Dr. Kreshover was kind enough to write this article which answers many of the questions we hear so often.

“What truly differentiates doctors of chiropractic from any other healthcare professionals is the fact that chiropractors are the only professionals who are trained to diagnose and treat what are called spinal subluxations. The word “subluxation” comes from the Latin words meaning “somewhat or slight” (sub) and “to dislocate” (luxate). So the term ‘vertebral subluxation’ literally means a slight dislocation or misalignment of the bones in the spine.

When a subluxation occurs, a chiropractor can correct the misaligned bone and allow it to return to its proper position. This procedure is appropriately called an adjustment, and

the adjustment enables the body to heal. The chiropractic adjustment is a quick thrust applied to a vertebra for the purpose of correcting its position, movement or both. Adjustments are often accompanied by an audible release of gas that sounds like a “crack.” The sound sometimes shocks people a little bit the first couple of times they get adjusted, but the sensation is usually relieving. Occasionally, minor discomfort is experienced, especially if the surrounding muscles are in spasm or the patient tenses up during the chiropractic procedure. There are times when the audible “cracking” does not occur. This is often due to either significant muscle tightness or that the patient may be having a hard time relaxing during their adjustments. However, the chiropractic adjustment is still important. The leak is fixed. The wiring is fixed. Information is flowing again. To keep the wiring fixed, several adjustments over a course of time may be necessary, in addition to massage, physical therapy, stretching exercises, or strengthening

exercises. In the chiropractic world, keeping the problem fixed and preventing its reoccurrence is just as important as the initial remedy.

There are actually five components that contribute to the Vertebral Subluxation Complex.

1. Bone Component—where the vertebra is either out of position, not moving properly, or are undergoing degeneration. This frequently leads to a narrowing of the spaces between the bones through which the nerves pass; often resulting in irritation or impingement of the nerve itself.

2. Nervous Component—is the disruption of the normal flow of energy along the nerve fibers, causing the messages traveling along the nerves to become distorted. The result is that all of the tissues that are fed by those nerves receive distorted signals from the brain and,

(Continued on next page)

“What Does a Chiropractor Do?”

“When Should I Go See One?”

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Brain Teasers and Riddles—Just for Fun!

During a trip to a mental asylum, a visitor asked the Director what the criteria is that defines if a patient should be institutionalized. "Well," said the Director, "we fill up a bathtub. Then we offer a teaspoon, a teacup, and a bucket to the patient and ask the patient to empty the bathtub."

Okay, here's your test:

1. Would you use the spoon?
2. Would you use the teacup?
3. Would you use the bucket?

Oh, I understand," said the visitor. "A normal person would choose the bucket, as it is larger than the spoon." What was the director's response?

"No," answered the Director. "A normal person would pull the plug."

A Sundial is a timepiece that has the fewest number of moving parts. Which timepiece has the most moving parts?

Answer: An Hourglass

What can be seen by the naked eye, has no weight at all and when put in a bucket can make the bucket lighter?

Answer: A Hole



A boy and his father are driving along a windy road and have a terrible accident in which the father is killed. The boy is rushed to a hospital, and the doctor enters the room only to say, "I can't operate on this boy. he's my son." How can this be?

Answer: The doctor is the boys mother.

Deadline for World Trade Center Workers to Register for WC Approaches (cont'd from page 1)

It contains eight simple questions and must be notarized before filing. While the law typically has a two-year limit on opening a workers' compensation claim, the WTC-12, while not a claim in itself, allows these workers – both paid employees and volunteers – to file future claims if they notify the Board of their participation in World Trade Center rescue, recovery or clean-up operations.

People who performed these activities in the area south of Canal Street, and at Fresh Kills Landfill, on the barges, the piers, and the morgues, up until Sept. 12, 2002, should file, no matter how long their service lasted. They should file the WTC-12 even if they are not ill or injured. Any worker who is presently ill and has not opened a claim should also file a C-3 form to pursue benefits. Residents of any state may register. Immigration status is not a factor.

The Board must receive the original, signed and notarized WTC-12 by Monday, Sept. 13. Board staff will be available in New York City metropolitan area offices to

assist in completing and filing the forms. Faxing, e-mailing, and simply mailing it or postmarking it by that date is not sufficient. While the statute has a Sept. 11 deadline, the law extends any deadline to the following Monday when it falls on a Saturday or Sunday. Therefore, the Board will accept all WTC-12 forms that are received on or before Monday, Sept. 13. The Board will update and relaunch its Tell Us You Were There radio and television commercials, with former New York Yankee Bernie Williams, later this month to promote awareness.

Some workers, such as uniformed members of the New York City Police, Fire and Sanitation Departments, as well as federal employees, are not part of the state system. However, if those employees worked as volunteers in the eligible areas during the proscribed time, they should also file a WTC-12, as they may be eligible for benefits based on that voluntary service.

Special Days in August.....

- American Family Day.....Aug. 1
- Respect for Parents' Day.....Aug. 1
- National Waffle Day.....Aug. 5
- Wiggle Your Toes Day.....Aug. 6
- National Mustard Day.....Aug. 7
- Play in the Sand Day.....Aug. 11
- Middle Children's Day.....Aug. 12
- International Left-Handers Day..Aug. 13
- National Creamsicle Day.....Aug. 14
- National Relaxation Day.....Aug. 15
- Roller Coaster Day.....Aug. 16
- Potato Day.....Aug. 19
- National Radio Day.....Aug. 20
- Be An Angel Day.....Aug. 22
- National Sponge Cake Day.....Aug. 23
- National Peach Pie Day.....Aug. 24
- Strange Music Day.....Aug. 24
- Kiss and Make Up Day.....Aug. 25
- National Dog Day.....Aug. 26
- Dream Day.....Aug. 28

Meet the Team - Margaret Manning

We've been fortunate to have Margaret Manning, a 2010 Harrison High School graduate, working with us this summer.

Margaret has done a little bit of everything and been a tre-

mendous help to the attorneys and administrative staff. In high school, she was on the Mock Trial Team and volunteered for Habitat for Humanity and the Children's Hope Chest. She also played field hockey and enjoys reading.

We're going to miss Margaret so much, we're not letting her go! Margaret plans to continue working with us — during

the school year she'll be working on our website which can be done from her college dorm. And, we hope to have her back in the firm during school breaks and next summer!

Please join us in wishing Margaret well as she gets ready for freshman year at Boston College, where she is in the Honors Program.

"We're going to miss her so much, we're not letting her go!"

And, August is.....

- Foot Health Month
- National Catfish Month
- National Golf Month
- National Investors Month
- National Water Quality Month

Ask the Expert: David Kreshover, Chiropractor (cont'd from page 2) More and more scientific re-

consequently, are not able to function normally. Over time, this can lead to a whole host of conditions, such as peptic ulcers, constipation and other organ system dysfunction.

3. Muscular Component-since nerves control the muscles that help hold the vertebrae in place, muscles have to be considered to be an integral part of the vertebral subluxation complex. In fact, muscles both affect, and are affected by the VSC. A subluxation can irritate a nerve, the irritated nerve can cause a muscle to spasm, the spasmed muscle pulls the attached vertebrae further out of place, which then further irritates the nerve and you have a vicious cycle. It is no wonder that very few subluxations just go away by themselves.

4. Soft Tissue Component-the VSC will also affect the surrounding tendons, ligaments, blood

supply, and other tissues as the misaligned vertebrae tug and squeeze the connective tissue with tremendous force. Over time, the soft tissues can become stretched out or scarred, leaving the spine with either a permanent instability or restriction.

5. Chemical Component-is the change in the chemistry of the body due to the VSC. Most often, the chemical changes, such as the release of a class of chemicals called "kinins," are pro-inflammatory; meaning that they increase inflammation in the affected area. These changes get progressively worse over time if they are not treated correctly, leading to chronic pain, inflammation, arthritis, muscle trigger points, the formation of bone spurs, loss of movement, as well as muscle weakness and spasm. Chiropractors have known the dangers of the vertebral subluxation complex ever since the birth of the profession.

search is demonstrating the tremendous detrimental impact that subluxation have on the tissue of the body. In order to be truly healthy, it is vital that your nervous system be functioning free of interference from subluxations. Chiropractors are the only health professionals trained in the detection, location, and correction of the vertebral subluxation complex through chiropractic care. We have several licensed chiropractors on staff at Dynasty Medical Care, P.C. Their information can be found at www.dynastymedicalcare.com.

Dynasty Medical Care, P.C. is proud to be recognized as the #1 Medical Practice in the tri-state area in regards to the care of spinal related injuries. We have over 29 years of experience in the fields of orthopedics, neurology, chiropractic, acupuncture, and physical therapy. Our staff of professionals has the experience and commitment to provide our patients with the finest, quality care possible. Whatever the ailment, we will personally stand by the patient by providing a treatment plan that will achieve efficient healing after almost any type of injury.

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Brian M. Mittman,
Attorney at Law

Question: What Types of Benefits Does Workers' Comp Pay?

Answer: Workers' Comp pays two basic types of benefits:

1. Indemnity - a weekly payment for lost wages and possibly a cash settlement at the end of the claim
2. Medical Benefits - medical care for the conditions injured or exacerbated during the accident or illness

If you are working when you are injured, then you may be able to make a workers' compensation claim against your employers policy; whether you have had an accident such as a car crash, slip down the stairs, fall off a scaffold, a door slammed on your hand, et), a repetitive injury (carpal tunnel from typing, elbow or neck injuries from sewing, cutting and so forth, etc) or even an occupational disease (lung conditions, cancers and other occupational ailments).

The law of each state or each jurisdiction differs significantly. Therefore, a workers' compensation attorney can be of assistance and have an affect on your case.

You asked for information— we got it!

Check out the disability specialists at

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