

Disability News

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

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We welcome suggestions and article submission. Is something exciting going on — let us know.

It really does take a village...

Welcome Back! We hope you haven't been waiting too long for our Newsletter – its been a busy holiday and post-holiday season here at the Markhoff & Mittman Family and we are happy to say hello once again.

In this edition of the newsletter we are proud to bring you some really great stuff about what has been going on. Sometimes its nice to put aside the 'work' and 'work' on other important things like helping out the community and those in need. This past holiday season M&M organized the Hope for the Holidays Food drive where we had eleven local businesses collect food for our friends at Neighbors Link in Mt. Kisco New York. We gathered hundreds of pounds of food and had a wonderful time presenting this to those in need. Thank you to everyone involved and take a look at the pictures inside!

Although the Holidays are now past we should all continue to remember and practice giving back to the community every day. Although we all cherish our independence and freedom we are all interconnected and part of a greater community – whether it is your church or temple, the town you live in or an organization you belong too. I bet we can each find a way to do something positive for our community every day – something as simple as picking up some garbage on the street or volunteering at a soup kitchen. As the winter picks up don't just think about what you can do, but bundle up, step outside and see what you can do! Stay tuned for our next food drive, Im not sure I can wait until the Holidays!

Refer Your Family and Friends

The Best Compliment we can receive is YOU sending us a friend or family member who may need help with their disability or accident, thank you!



Weird Workers Compensation Injuries

- **Hot grease splashed on me and fried my thumb.**
- **I ran down the steps and when I go to the end, my feet wouldn't stop.**
- **Customer thought she needed the breaks adjusted. She drove the car into the station ,could not stop the car, came through the door and pinned claimant against the cash register.**

(from www.funny2.com/workerscomp.htm)

- Hope For Holidays -

During Holiday season Law firm of Markhoff & Mittman together with friends hosted the "Hope for the Holidays Food Drive" . The donation boxes were dropped off at ten different locations. All donations were delivered to Neighbors Link.

We wish to thank all offices that participated and all people out there who helped our food drive and made people at Neighbors Link very happy and thankful.

Special thanks goes to: **Calano & Culhane , Cohen & Siegel , Curan & Ahlers , Delgado & Delgado , Dr. DeLa Cruz and staff , Dr. Robert Reiss and staff, Dr. Sheldon Manspeizer and staff, Global Financial , Law Office of Michael L. Varon and staff, and Lever & Stolzenberg and staff.**

Did you know 11 Facts About Hunger in the US?

1. 1 in 6 people in America face hunger.
2. Households with children reported a significantly higher food insecurity rate than households without children in 2011. 20.6 percent vs. 12.2 percent.
3. Food insecurity exists in every county in America. In 2011, 17.9 million households were food insecure.
4. 50.1 million Americans struggle to put food on the table.
5. In the US, hunger isn't caused by a lack of food, but rather the continued prevalence of poverty.
6. More than 1 in 5 children is at risk of hunger
7. Over 20 million children receive free or reduced-price lunch each school day. Less than half of them get breakfast and only 10 percent have access to summer feeding sites.
8. For every 100 school lunch programs, there are only 87 breakfast sites and just 36 summer food programs.
9. 1 in 7 people are enrolled in Supplemental Nutrition Assistance Program (SNAP). Nearly half of them are children.
10. 40 percent of food is thrown out in the US every year, or about \$165 billion worth. All of this uneaten food could feed 25 million Americans.
11. These seven states have statistically higher food insecurity rates than the US national average (14.7%):Mississippi , Texas, Arkansas, Alabama, Georgia, Florida and North Carolina)

(from www.dosomething.org)



Let's Celebrate !

Markhoff & Mittman family throughout the year works hard to provide the best help and assistance for their clients. At the end of year we celebrate us and our work. We enjoyed good food, drinks and music at local restaurant. Please take a look at our pictures. Yes, there were salsa lessons!



<http://www.facebook.com/disabilitylawyers>



<http://twitter.com/hockeylawyer>

What Is Yours Resolution (s)?

New Year's Resolutions are very popular subject as the year draws a close. Some people stick with the same resolutions every year. Whatever your decided stick with you goals, and results will follow. Please take a look at these funny resolutions. If you like any of these, just take it and enjoy ! Xoxo



- *I will not bore my boss by with the same excuse for taking leaves.
I will think of some more excuses.
- *I will avoid taking a bath whenever possible and conserve more water.
- *I will stop sending e-mail, ICQ, Instant Messages and be on the phone at the same time with the same person.
- *I will not tell the same story at every get together .
- *I will stop sending e-mail, ICQ, Instant Messages and be on the phone at the same time with the same person.

Special Days in February

- National Freedom Day1
- Ground Hog Day2
- The Day the Music Died.....3
- Thank a Mailman Day.....4
- National Weatherman's Day5
- Send a Card to a Friend Day ...7
- Kite Flying Day.....8
- Umbrella Day..... 10
- White T-Shirt Day 11
- Abraham Lincoln's Birthday ... 12
- Get a Different Name Day..... 13
- Valentine's Day 14
- Singles Awareness Day 15
- Do a Grouch a Favor Day..... 16
- President's Day 18
- Love Your Pet Day 20
- International World Thinking Day 22
- Tennis Day 23
- National Tortilla Chip Day 24
- National Pistachio Day26
- Carnival Day 26
- No Brainer Day 27
- Floral Design Day 28
- Public Sleeping Day 28

Sports Corner !

Have you ever heard of the North Face Endurance Challenge?

Well, here at M&M we have star athletes. Mr. Mittman has his passion for hockey, but he isn't the only team member who shines among the star athletes. Let me share a brief history of this race and how one of M&M's team members participated in it. In 2006, famous ultramarathoner Dean Karnazas decided to embark on a well-publicized endurance 50! What is that? Well, it is 50 marathons in 50 states in 50 consecutive days!!! Don't worry our team member did no such thing; she made a more rational decision and ran a marathon relay with a team of 4 runners. That's the good thing about this endurance challenge it hosts different distances from a 5k to a 50 mile race. You must be wondering who



our star athlete is? It's our very own **Nancy Markhoff**. She is a great attorney and working mother of three children. That's right she took on 7 miles of trails at the Golden Gate National Recreation Area in San Francisco California. Now keep in mind that San Francisco is hilly and if you're a runner you know that trail running is different from road running. So there you have it another star athlete among the M&M family. The M&M team congratulates Nancy. We are all very proud of you!

JANUARY IS A THYROID AWARENESS MONTH

The thyroid is one of the largest endocrine glands. It is butterfly –shaped and it's located in the lower part f you neck. The thyroid produces thyroid hormones which regulates metabolism and affect the growth and rate of function of many other systems in the body,

According to the National Thyroid Institute millions of people have been diagnosed with hyperthyroidism (overactive thyroid) and hypothyroidism (underactive thyroid). Unfortunately, most of us do not realize the role the thyroid plays in our health. Thyroid conditions, if left untreated, can cause serious health problems. Common symptoms include anxiety, insomnia, rapid weight loss, diarrhea, high heart rate, high blood pressure, eye sensitivity/bulging and vision disturbances, and many other concerns.

You can get Social Security Disability benefits for thyroid disorders. Please contact us for more information.

HAPPY BIRTHDAY!

M & M Team Member :

Sharon Baez





"THAT LAST ONE JUST KIND
OF SLIPPED IN THERE."

Ask the Attorney

For a **FREE**
No Obliga-
tion
Legal
Consulta-
tion
Call Us
Today
1-866-
205-2415



Brian M. Mittman,
Attorney at Law

Question: If I'm receiving SSDB benefits do I still need medical from doctor indicating that I'm disabled?

Answer:

If you are already receiving SSDI benefits then you usually do not need ongoing proof of disability from a doctor. However, often times the SSA will review a claimant's status (particularly if you are younger than 55) and you will need medical evidence showing that you are still disabled.

You asked for information— we got it!

Check out the disability specialists at

www.markhofflaw.com