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St. Patrick's Day — Is It Just the "Luck of the Irish?"

Luck!

St. Patrick's Day brings out ideas of Luck of the Irish and other fine traditions. But, its "luck" that I wanted to comment on today.

There is good luck, bad luck and no luck. What exactly is this lucky thing (aside from the overpriced jeans my wife bought me!)? I think that the best view I have heard and what is so true in life is that luck is more than winning a lotto or Church raffle, but rather doing and setting things up in a way that when Lady Luck does come your way you are ready for it and you can make it into something far better than it ever was...phew...heavy duty! However, let me give you an idea...

I have a client, and if you are read-

ing this hello! – who really had bad luck. She finally got the job she had been working towards and on day one suffered a severe and debilitating back injury. Out of work and eventually lost her job – Bad luck! But it was also good luck. She had been getting herself ready for her dream job for so long that the loss of that job, the pain of her injury and recovery and the uncertainty of her future left her down in the dumps.

As it turned out, it was not the specific job at that company but the type of work that she really wanted. She began again to focus on the things that got her ready, and bam! She landed a better position at a completely different company and has moved on. Good luck, bad luck.

Whose to say, but she was ready for her luck!

Simple lesson – no matter what happens to you, you need to think about what you want to accomplish and do, start the steps towards that goal and the luck, when it shows, will appear and you will be ready to take advantage of that "luck."



Safety Tips for Spring Cleaning

As Spring approaches, many of us begin the annual ritual of "spring cleaning." Avoid these common mishaps so that the arrival of Spring is not marred by an unfortunate injury.

~Open the windows, especially when using cleaning products that

contain chlorine or ammonia.

~Don't mix cleaning products, they may contain various chemicals that can create dangerous chemical reactions if you combine the wrong products.

~Be aware of your surroundings.

Many accidents occur because of wet, slippery floors or stepstools or ladders that are in the way.

~Be careful when lifting, carrying or bending; use your legs and NOT your back to lift. Get help for items that are too big or heavy.

You asked for information— we got it!

Check out the disability specialists at

www.markhofflaw.com

Workplace Injuries Rise Following Change to Daylight Savings Time

It's that time of year again, almost Spring. The snow is melting, signs of Spring are appearing and before we go to sleep Sunday evening, March 13th we must remember to move our clocks ahead one hour as Daylight Savings Time begins this year on March 14th.

While many of us are excited about the additional hours of daylight, studies done by researchers at Michigan State University found that the March switch to daylight savings time resulted in 40 minutes less sleep for American workers, a 5.7 percent increase in workplace injuries and nearly 68 percent more work days lost to injuries. Interestingly, a significant increase in workplace accidents was NOT found when the clocks were set back an hour in November.

Could sleep be a factor? Sleep deprivation can be tied to a lack of focus which in turn impacts whether or not we pay attention to detail. This lack of attention is often the cause of falls and mistakes, some of which can be more serious than others. Think of construction workers operating machinery, bus or taxi drivers about to fall asleep at the wheel, doctors or

nurses who are working to save peoples lives? Lack of sleep is one of the most frequent causes of tiredness which has been tied to the cause for 18% of all accidents and injuries occurring at the workplace. Those numbers do not include accidents on the highway which account for many truck

driver injuries and fatalities. Think about it. Many of us are constantly complaining of being tired, whether it be from lack of sleep or other factors that increase tiredness including stress, overworking, physical ailments and psychological causes such as depression. It seems no wonder this one hour can have such a significant impact on our lives.



Save the Dates

Learn How to Obtain Social Security Disability Benefits

Join Us for a **FREE** Seminar

April 15

Bronx/New Jersey Rehab
3146 E. Tremont Ave.
Bronx, NY

May 12

Community Medical
1963 Grand Concourse
Bronx, NY

Register Today!

Call 718-509-9596



Silly Lawyer Jokes

As promised in last month's issue — it's time for lawyer jokes! Enjoy!

Have you heard about the lawyers word processor?

No matter what font you select, everything came out in fine print.

What's the difference between a lawyer and a herd of buffalo?

The lawyer charges more.

Why did the Post Office recall the new lawyer stamps?

Because people could not tell which side to spit on.

Why won't sharks attack lawyers?
Professional Courtesy.

How many lawyer jokes are there?
Just two, all the rest are true.

What's the difference between a good lawyer and a bad lawyer?

A bad lawyer can let a case drag out for several years. A good lawyer can make it last even longer.

Why do they bury lawyers twelve feet deep?
Because deep down, they are really good guys.

Do you have any jokes to share? E-mail them to us at info@markhofflaw.com – Please be sure they are family friendly!

Introducing our NEW BlogTalkRadio Series

We're pleased to announce our new series of Live Disability Webcasts on BlogTalkRadio. This weekly series is designed to help you understand the complexities of obtaining Social Security Disability Benefits. Not going to be home? Each 15 minute segment is archived so that you have access to the information even if you're unable to tune in on a particular evening. To listen to the series, visit our website at www.markhofflaw.com and click on the BlogTalkRadio box on our home page. Or, go to <http://www.blogtalkradio.com/markhofflaw>.

Program Schedule

The Social Security Disability Benefit Mess
Aired February 17
When Should I Apply for Disability Benefits
Aired February 24

How SSD Determines If You're Disabled
March 3.....7:00—7:15 pm

How To Handle a Denial from the SSA
March 16.....6:00-6:15 pm

Things That Will Hurt Your Disability Case
March 24.....6:00-6:15 pm

The Social Security Disability Hearing
March 31..... 6:00-6:15 pm

What Do I Get If SS Says I'm Disabled
April 7.....6:00-6:15 pm

SSD vs. Supplemental Security Income
April 14.....6:00 -6:15 pm

Did You Know?

March is.....

- American Red Cross Month
- Irish American Heritage Month
- Music in Our Schools Month
- National Frozen Food Month
- National Noodle Month
- National Nutrition Month
- Woman's History Month
- Youth Art Month

And, Special Days this Month.....

- National Pig Day.....March 1
- Share a Smile Day..... March 1
- Working Women's Day.....March 8
- Panic Day.....March 9
- Good Samaritan Day..... March 13
- Potato Chip Day.....March 14
- Ides of March.....March 15
- St. Patrick's Day.....March 17
- 1st Day of Spring.....March 20
- Single Parents' Day.....March 21
- National Good Day.....March 22
- Greek Independence Day.....March 25
- Passover Begins at Sundown.....March 29
- Doctor's Day.....March 30

Meet the Team.....Francis Rodriguez



Francis and her son, Richie Jr.

This is a very special team member to all the Markhoff & Mittman family. Francis is our former White Plains Office assistant and has had a child, Richie Jr., with another Former office assistant, Richie.

While it is many years away, we hope that Richie Jr. will stop by Markhoff & Mittman to help us out in the summertime!

It's All
in the
Family

Celebrate St. Patrick's Day with these Shamrock Cupcakes

1. Frost a cooled cupcake (baked from your favorite recipe) with white icing.
2. For the shamrock, flatten 3 green gumdrops or spearmint leaves with a rolling pin (sprinkle on a little sugar, if necessary, to keep the candies from sticking).
3. Use a small heart-shaped cookie cutter (1 1/2 inches across is perfect) to cut a heart from each flattened leaf.
4. Place the hearts together on the cupcake to form a shamrock.
5. Cut a stem from the excess of one of the flattened candies and set it in place below the 3 hearts.





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Ask the Attorney



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

Question: Can I collect workers' compensation and social security disability benefits at the same time?

Answer: Yes. You can carry both Workers' Compensation Benefits in New York and Social Security Disability Benefits. Workers' Compensation is almost never "offset" by other programs. Collecting Social Security does not affect your right to collect Workers' Compensation. However, under Social Security Disability, if you collect over 80% of your pre-disability earning (determined by Social Security based on your earnings records) then Social Security benefits could be reduced by the amount of Workers' Compensation Benefits you receive over the 80% mark. There are some negative tax benefits because of this, however, if your earnings are high enough this situation will not occur. Bottom Line: If eligible, you should apply for both benefits!

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