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Half Empty or Half Full — You Choose!



Take a look at this glass.
Is it Half Full or Half Empty?

The New Year is upon us once again and the positive feelings from a new beginning are already being deeply tested by continued economic problems, horror out of Haiti and all the everyday items that work to pull each and everyone of us down and out of those positive vibes we so enjoy and work towards.

But not all is bad. It truly is a question of what YOU are willing to do and look at going forward. This past year I helped over seven hundred individuals find a way to work through injuries and disabilities and get back on the road to recovery and movement forward!

So please, take a moment,

look around at your situation and say to yourself, lets go forward. If you are on Facebook, Twitter, Google or anything else on "The Web" just type in how you are feeling or what you are looking for and amazingly someone else is out there and has likely figured out a way to overcome his or her challenge. If you don't like it, look again! At a recent marketing and practice management conference I attended, www.greatlegalmarketing.com, the positive vibes and inspiring stories truly astounded me. Below you will find a link to a truly amazing and inspirational video, [To All Of You Who Feel Like Giving Up](#). Think about it. What would you do if you didn't have any arms or legs?

So You Had a Bad Day?

Watch this moving video!

Why give up?

There's always room for hope!

Video Address:

<http://www.markhofflaw.com/video/half-full-or-half-empty-nick-vujicic.cfm>

You asked for information— we got it!

Check out www.markhofflaw.com

Did you know that carbon monoxide is the leading cause of accidental poisoning death in the United States?

Carbon Monoxide – The Silent Killer

Did you know that carbon monoxide is the leading cause of accidental poisoning deaths in the United States with more than 20,000 people hospitalized and nearly 500 killed each year? Carbon monoxide is an odorless, colorless gas given off by the burning of fossil fuels (oil, gas, etc). A simple plug in detector or battery operated detector similar to a smoke alarm could and has saved countless lives. You should check yours frequently; I would even suggest each fall and spring when you check your smoke detector! And, if you don't have one I'd make that purchase as soon as possible. In fact, New York is now requiring CO2 detectors.



Peter Grasso, M&M's Baking Accountant's, Chocolate Amaretti Cake!

Ingredients

Preheat oven to 350
 3/4 cup semi-sweet chocolate chips
 1 cup slivered almonds, toasted
 1 cup amaretti cookies
 (@ 2 ounces or 10–12 large cookies)
 1 stick butter, room temperature
 2/3 cup sugar
 2 tsp grated orange zest (@ one orange)
 4 large eggs
 Cocoa powder
 Confectioners Sugar

Directions

- Spray 9" spring form pan with PAM and refrigerate
- Melt chocolate chips (can microwave, stir every 30 seconds, 2 min. total)
- Combine almonds and cookies in food processor. Pulse until fine. Transfer to separate bowl
- Add sugar, butter, and orange zest to food processor. Blend until smooth
- Add eggs, one at a time, to food processor while blending
- At the same time, add the nuts/cookie mixture from separate bowl and melted chocolate
- Pour into pan
- Bake @ 35 minutes until the center puffs and tester in center comes out clean
- Cool 15 minutes in pan
- Sprinkle cocoa powder on top
- Sprinkle confectioners sugar on top

Tips to Prevent Back Pain

(source: American Chiropractic Association)

Back pain is one of the most common reasons for missed work. In fact, back pain is the second most common reason for visits to the doctors office. As we hear about this ailment all too often, we wanted to take the time to make you aware of the following tips which may help to prevent this condition.

- Maintain a healthy diet and weight
- Remain active—under the supervision of your doctor
- Avoid prolonged inactivity or bed rest
- Be sure to warm up or stretch before exercise or other physical activities
- Maintain proper posture
- Wear comfortable, low heeled shoes
- Sleep on a mattress of medium firmness to minimize any curve in your spine
- Lift with your knees, keep the object close to your body and do not twist when lifting
- Quit smoking. Smoking impairs blood flow, resulting in oxygen and nutrient deprivation to spinal tissues
- Work with your doctor or chiropractic to ensure that your computer workstation is ergonomically correct

Meet the Team.....Lucy Concepcion

The entire team at Markhoff and Mittman gives a super special shout out to our one and only Lucy!

Lucy Concepcion demonstrates what it means to be conscientious, well liked, hard working and compassionate. For over 25, yes 25 years!, Lucy has worked for M&M and is presently our Office Manager and Head Paralegal!

We celebrated her 25 years with us by having a surprise party at Rudy's Beau Rivage in Yonkers, New York that included many past alumni, family and of course all of her M&M friends.

Thank you Lucy and keep on inspiring us!



**"Thank you ,
Lucy.
Keep on
inspiring
us!"**

Markhoff & Mittman in the Community

As part of our mission to help injured workers and their families, we focus on getting ourselves out in the community to meet local residents and to provide you with the information you will need regarding understanding your rights and the obstacles you might face when dealing with insurance companies, the Workers' Compensation Board, and employers.

Most recently, we have conducted FREE seminars in the Bronx and Manhattan on how to go about obtaining Social Security Disability Benefits.

What else can we help with? Are there topics you'd like to see addressed at one of our future seminars? Please e-mail JFogelson@markhofflaw.com with any suggestions you might have. Our goal is to provide you with the information you need to be sure you know your rights.

E-mail
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with your suggestions





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Brian M. Mittman,
Attorney At Law

Question: How much can you be reimbursed for
mileage in a Workers' Compensation case?

Answer: If you have to pay out of pocket to travel to and from a doctor due to a work related injury, you can receive a reimbursement (whether you travel in your car, you pay a friend, you take a taxi or travel on the train or bus!). Each year the New York State Workers' Compensation Board adjusts the amount of reimbursement per mile based on the State standard for government workers. Effective January 1, 2010 the effective rate is 50 cents per mile.

BE SURE TO KEEP TRACK OF YOUR MILEAGE! You should keep track of all visits to doctors, therapists, insurance company exams and the like. Be sure to list the date of travel and the round trip mileage, taxi expense or type of travel (subway, train, bus). You can download a C-257 form from our website using <http://www.markhofflaw.com/library/c257.pdf> to track your expenses.

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