

Disability News

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

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November.....

November – we change the clocks, we start to gear up for winter, get ready for Thanksgiving and switch to football from baseball --- yet this year has already been special – Snow before Halloween in the Northeast. Well, as I write this column it's going to be sixty degrees and there is no snow left on the ground so I will be Thankful again to gear up for Winter!

So being in a Thankful mood – and really looking forward to fresh crisp days outside and eventual snow (which also makes trips to Florida that much more enticing!) I wanted to take a moment to do something we often don't do or take for granted – I just want to say **THANK YOU** – thank you to everyone reading this who has entrusted Markhoff & Mittman with helping them in their times of need, thank you to all those who think of us when a friend, family member and loved one needs the advice of an attorney, thanks personally to my staff for helping me and allowing me to help others and provide them the reassurance that they need, and most of all being thankful for being able to live in



the United States and be who I am, who you are and to work towards a better world for all of our children – thank you!

(P.S. – I have made a pledge to myself to go out of my way to say thank you to all of those around me for the big, but more importantly the little things they do for which I am thankful – you should too!)

Thank You!
Brian Mittman

Refer your Family and Friends

When someone you know or love is injured in an accident or becomes disabled from work, you want to do all you can to help them. You know the value of a qualified disability injury attorney, refer them to someone you know and trust. They will appreciate it and so will we.

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FACEBOOK ALERT! TWITTER ALERT! SOCIAL MEDIA ALERT!!!!

Even being an ostrich with your head in the ground will NOT protect you from the great new age we all live in. For better or worse, social media (all that online stuff!) has become a part of the fabric of our culture, and in fact our world! (Think toppled regimes around the world!) Well, when it comes to the legal world Facebook and the like (but you don't have to "like" it) have become the next front in the literal war of insurance com-

panies against legitimately injured and disabled individuals (accidents, illness, work injuries, etc!)

So a fair warning must go out again – and I repeat this over and over to our clients – anything you put up onto the web through Social Media or other sources is there FOREVER and the Insurance Industry **WILL** find it...



A recent Court ruling in New York did limit some of the defendant's request for Facebook information, but that does not mean it is private information and what you put out on the web is always there!



What do you do? Stay off Facebook, Twitter, and everything else unless what you are doing will not harm your case... speak to your lawyer!



Let's Share....

Send us your favorite holiday recipe. We'll print it next month. Simply email: JFogelson@markhofflaw.com

Follow Us



Thanksgiving Word Search

Enjoy!

H S A M Q S P E I P
 Q R I E Q R I S Y E
 R E P D R E L T A D
 J V O U Y L G U D A
 Y O C T L T R F I R
 E T U I I T I F L A
 K F N T M E M I O P
 R E R A A S S N H M
 U L O R F T V G F O
 T Z C G B A S T E A

Word List

- | | |
|------------|-----------|
| Pilgrims | Baste |
| Pie | Gratitude |
| Turkey | Holiday |
| Stuffing | Parade |
| Family | Leftovers |
| Cornucopia | Settlers |

All the words are up and down, across or backwards. We made it easier and did not put any words on the diagonal so there's no answer key! You can do it!!! Have questions? Need helping finding a word? Call us!

It's not just happening to Kids!!!!

Characterizing Cyber Bullying at Work

Cyber bullying is in the news often lately but because it is often linked with teens, there is not a lot of focus being placed on the seriousness of the bullying tactics in other venues, including the workplace, that affect many adults.

Due to the lack of information about cyber bullying in the workplace, it is important for people to understand what cyber bullying can consist of so they may take action if they feel they have been a victim. Here are the basic signs you may be cyber bullied on the job:

Inappropriate/Offensive Emails

It is not uncommon for co-workers and acquaintances to forward emails of questionable content. If a joke or supposedly funny email is offensive or hurtful to you, you need to take a proactive stance and request these types of emails cease. If they continue you must alert management about the situation.



personal issues or work-related threats. Be sure to save the email content or print out copies to support your belief you are being bullied.

3 Social Networking Gossip

With technology and the popularity of social networking websites, employees may come across information posted by a co-worker that is demeaning, embarrassing, and hurtful. Because such posts in a public forum can be considered threatening and intimidating, the scenario would be categorized as a form of cyber bullying.

Cyber bullying can take many forms and can cause a lot of damage. The posting and emailing through the Internet of intimidating information or

personal data does not have to be done while on the job to be considered work-related cyber bullying. If you have been the victim of such bullying tactics, it is important that you legally protect yourself against the damage that may have already been done. Attempts should first be made to deal directly with the electronic attacker. If the threats do not stop, management needs to be informed. If the situation escalates or you feel you are not being fairly assisted in dealing with the problem, contact our office today for help—schedule a FREE consultation related to your cyber bullying in the workplace.

2 Electronic Threats

People often receive emailed messages that contain content which can be perceived as a threat or unjust treatment. These emailed threats can come from management or other co-workers and relate to either

Meet the Team.....Nancy A. Markhoff, Esq.

Carrying on the tradition, Nancy joins the Markhoff & Mittman team – yes – Nancy is a Markhoff – the granddaughter (by marriage) of founder Abraham Markhoff. Nancy is the proud mother of three wonderful children (who would not let her return to the work force until now!) She brings a special insight and knowledge to the Firm having worked previously in Commercial Litigation and as a Legal Aide Lawyer protecting the rights of juveniles in the Bronx.

In her time off she enjoys skiing, knitting and reading. Her favorite recent book is "Cutting for Stone" by Abraham Verghese, a highly recommended read about how to be successful under any circumstances.

Please give a big shout out and welcome to Nancy – it's always good having a Markhoff on board!



Special Days in November

- All Saint's Day.....Nov. 1
- All Soul's Day.....Nov. 2
- Look for Circles Day.....Nov. 2
- Sandwich Day.....Nov. 3
- Book Lover's Day.....Nov. 5
- Saxophone Day.....Nov. 6
- Dunce Day.....Nov. 8
- Chaos Never Ends Day.....Nov. 9
- Veteran's Day.....Nov. 11



- Sadie Hawkins Day.....Nov. 13
- World Kindness Day.....Nov. 13
- Clean Your Refrigerator Day.....Nov. 15
- Button Day.....Nov. 16
- Great American Smokeout...Nov. 17
- Take a Hike Day.....Nov. 17
- Have a Bad Day Day.....Nov. 19
- Absurdity Day.....Nov. 20
- Eat a Cranberry Day.....Nov. 23
- Thanksgiving.....Nov. 24
- Black Friday.....Nov. 25
- Buy Nothing Day.....Nov. 26

Does anyone abide by this?

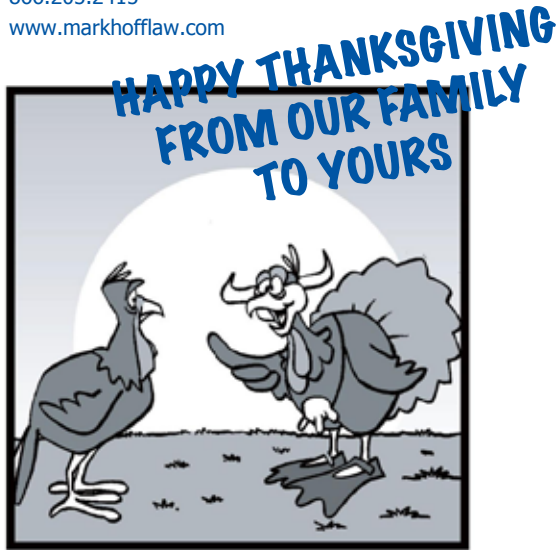
- Make Your Own Head Day...Nov. 28
- Square Dance Day.....Nov. 29

And, November is.....

- Aviation History Month
- Child Protection Safety Month
- International Drum Month
- Natn'l Adoption Awareness Month
- National Epilepsy Month
- National Model Railroad Month
- Peanut Butter Lover's Month
- National Sleep Comfort Month

14 Mamaroneck Avenue, Suite 200
White Plains, New York 10601
866.205.2415
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Brian M. Mittman,
Attorney at Law

Ask the Attorney

Question: If I own my own business and have a disabling condition that prevents me from technically "doing work" within my business, am I eligible for receiving Social Security Disability Benefits?

Answer: If you are the owner of a business and can no longer physically work for the business as a result, you may be able to get disability benefits if you are not receiving monthly income from the business. As an owner, if you are receiving income, the government may consider this to be "earned income" even though you didn't perform any physical work. In 2011, "work" is considered to be earning at least \$1,000 a month. If you earn less than that, it is not considered work, or substantial gainful activity, as defined by the Social Security Administration.



You asked for information— we got it!

Check out the disability specialists at

www.markhofflaw.com