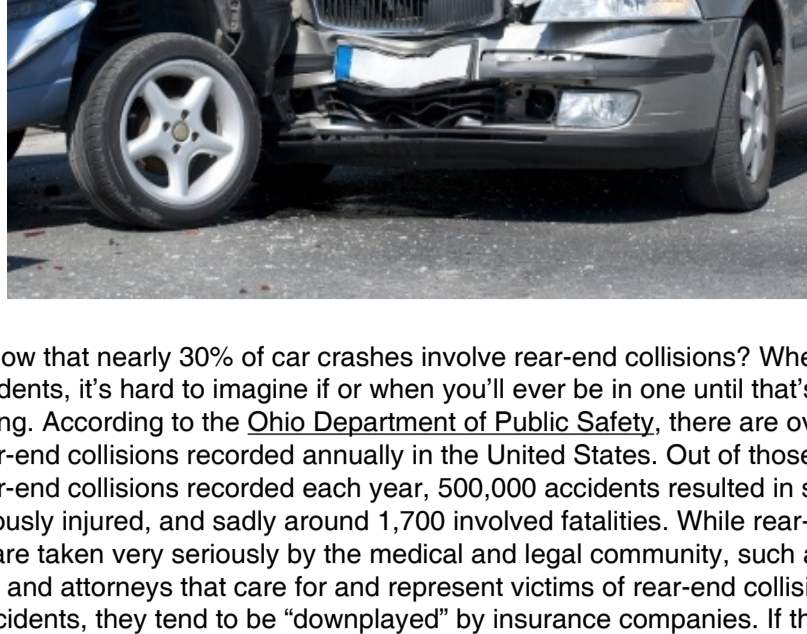




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6 Startling Facts About Rear End Collisions



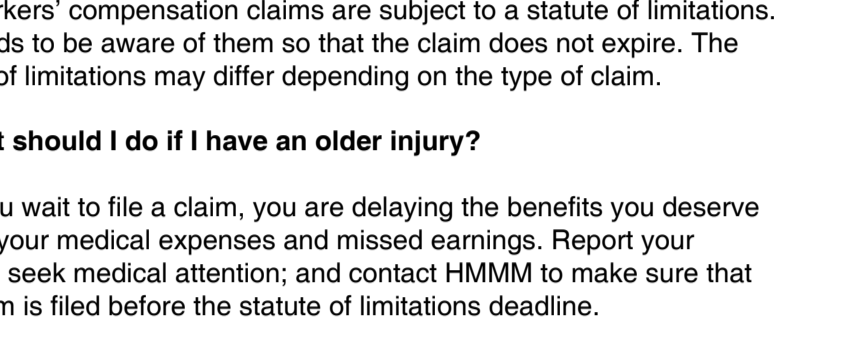
Did you know that nearly 30% of car crashes involve rear-end collisions? When it comes to car accidents, it's hard to imagine if or when you'll ever be in one until that's the reality you're facing. According to the Ohio Department of Public Safety, there are over 1.7 million rear-end collisions recorded annually in the United States. Out of those nearly 2 million rear-end collisions recorded each year, 500,000 accidents resulted in someone being seriously injured, and sadly around 1,700 involved fatalities. While rear-end collisions are taken very seriously by the medical and legal community, such as the physicians and attorneys that care for and represent victims of rear-end collision motor vehicle accidents, they tend to be "downplayed" by insurance companies. If this comes as a surprise to you, you're not alone.

As our attorneys at Heller, Maas, Moro, and Magill are aware, many insurance companies will "downplay" the seriousness of rear-end collisions and often refer to them as mere "fender benders." This, unfortunately, aids insurance companies by decreasing the financial payout one may receive when filing a claim after a rear-end collision. Making yourself aware of these startling facts about rear-end collisions is a great way to keep driving safety in mind this year:

1. Nearly 87% of rear-end collisions happen due to distracted driving.
2. Distracted driving is, by far, the leading cause of both rear-end collisions and car accidents in general.
3. There are three types of distracted driving: manual, visual, and cognitive.
4. Eating food, applying makeup, or adjusting dials while driving involves manual distractions.
5. Taking a phone call, even hands-free, involves both cognitive and manual distractions.
6. Texting or actively searching for or viewing anything on your phone while driving involves manual, visual, and cognitive distractions.

Most driving distractions, whether cognitive, manual, or visual, can be avoided by simply planning. You can eat before driving, set your GPS or radio dials before driving, put your phone on "do not disturb" before driving, etc. With a brand-new year ahead of us and our hopes held high, it's never too late to add to your New Year's resolution and make a conscious effort to keep safety in mind while driving.

Worker's Compensation Frequently Asked Questions: YOUR 10 COMMON 'HMMMS...' ANSWERED



#1- I got hurt at work, now what?

If an Ohio employee is injured within the course of employment, he or she is generally not allowed to sue their employer for personal injury. Instead, the injured employee needs to file a claim with the Ohio Bureau of Workers' Compensation (BWC).

#2- Could my claim expire if I don't act soon enough?

Yes. Workers' compensation claims are subject to a statute of limitations. One needs to be aware of them so that the claim does not expire. The statutes of limitations may differ depending on the type of claim.

#3- What should I do if I have an older injury?

When you wait to file a claim, you are delaying the benefits you deserve to cover your medical expenses and missed earnings. Report your accident; seek medical attention; and contact HMMM to make sure that your claim is filed before the statute of limitations deadline.

#4- What am I entitled to?

You may be entitled to money that neither your employer nor the BWC will inform you about. We will advise you about what other payments or benefits you deserve.

#5- How long does worker's compensation take?

This will depend on your situation/issue. Remember that all cases are different, so please talk to your attorney about this to get a better understanding.

#6- How much does this cost?

Your attorney only gets paid if you win your case. They will receive a percentage of any settlement or award that you receive from workers' compensation.

#7- Can I go back to work?

We want to get you back to work on your own terms. You can go back only after your physician or record releases you for regular duty or light duty (if available).

#8- Do I have to be at my hearing? What will I have to say?

Many workers' compensation claims are settled, but others require a formal hearing before a hearing officer in order to be resolved. We will always keep you informed, if you need to be there.

#9- Can I see another doctor on my claim?

Yes, you have freedom to choose your own doctor. You can choose another doctor that specializes in the treatment of injured workers.

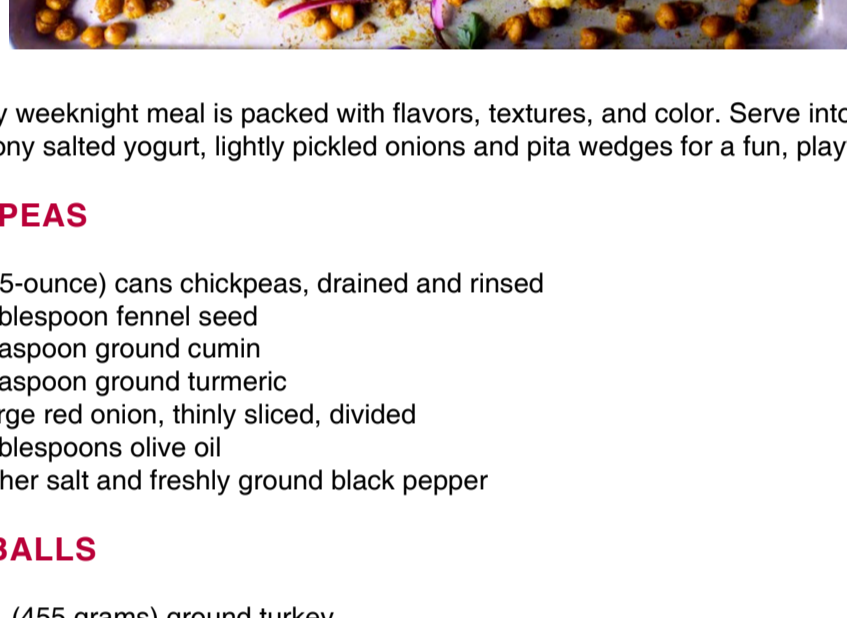
#10- What are my rights if I have been terminated?

There are a variety of protections from being fired that Ohio law affords employees. It is important to discuss your options with an Ohio disability lawyer as soon as possible.

If you've been injured on the job and your employer doesn't carry workers' compensation, or if you need to file a personal injury claim, don't wait before seeking help from an experienced attorney. Our team at Heller, Maas, Moro, and Magill, Attorneys at Law in Ohio are here to help. From workers' compensation to social security disability, VA benefits, and personal injury - our highly skilled team is here to help. Contact us today at (330) 792-6611 for your initial free consultation from the comfort of your home.



Recipe of the Month Sheet Pan Meatballs with Crispy Turmeric Chickpeas



This easy weeknight meal is packed with flavors, textures, and color. Serve into bowls with lemony salted yogurt, lightly pickled onions and pita wedges for a fun, playful dinner.

CHICKPEAS

- 2 (15-ounce) cans chickpeas, drained and rinsed
- 1 tablespoon fennel seed
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 large red onion, thinly sliced, divided
- 2 tablespoons olive oil
- Kosher salt and freshly ground black pepper

MEATBALLS

- 1 lb. (455 grams) ground turkey
- 1/2 cup panko, or other plain, dry breadcrumb
- 1/4 cup plain yogurt
- 2 tablespoons water
- 1 teaspoon kosher salt
- 1 large egg
- 2 garlic cloves, minced
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon cayenne, hot paprika, or red pepper flakes, plus more to taste
- 2 tablespoons chopped cilantro, flat-leaf parsley or mint leaves, or a mix thereof, plus more to garnish

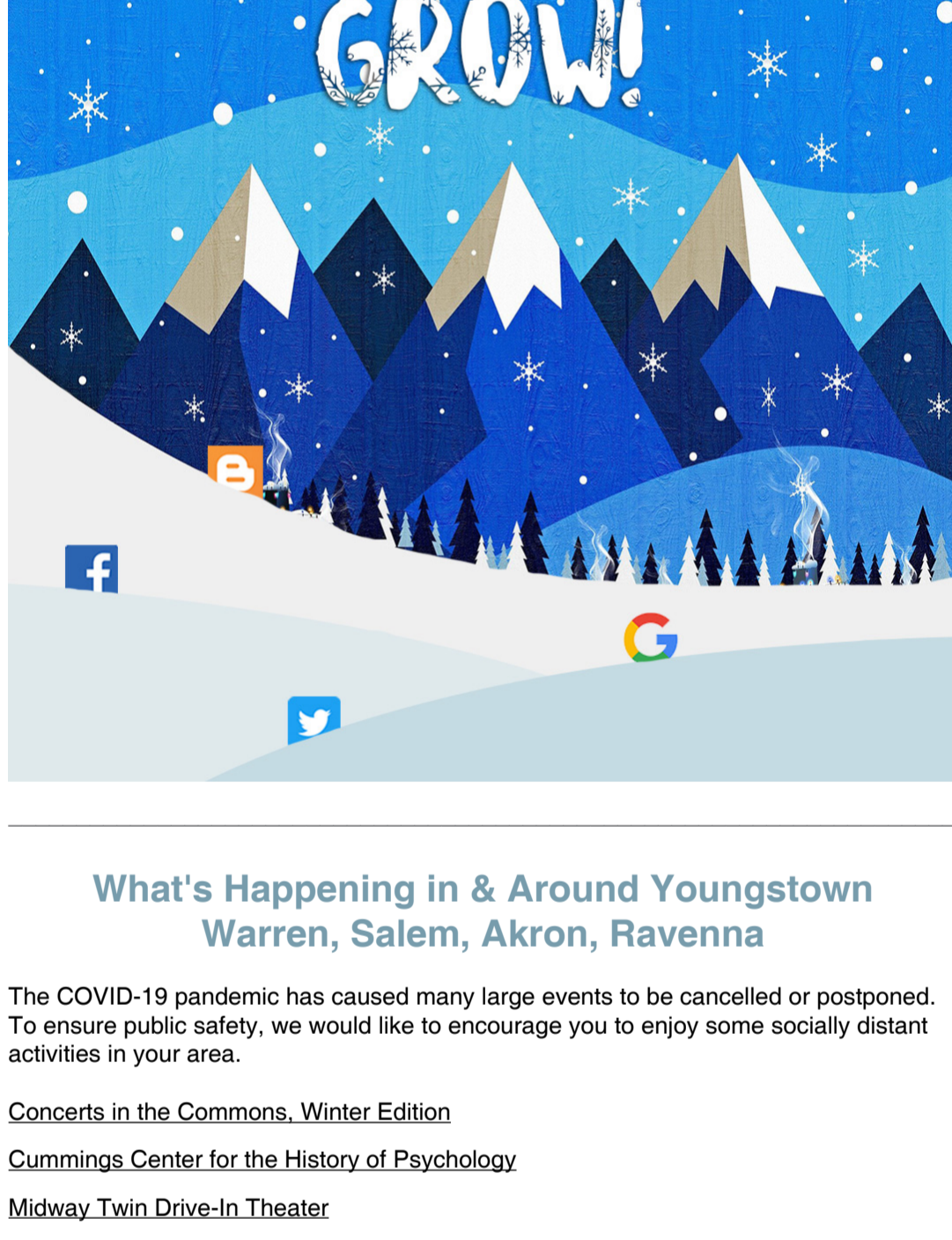
TO SERVE

- 3 tablespoons lemon juice (from about 3/4 of a lemon)
- 3/4 cup plain yogurt
- Toasted pita wedges
- Harissa or another hot sauce

DIRECTIONS

1. Heat oven to 400 degrees. Combine chickpeas, fennel seed, cumin, 1 teaspoon turmeric and half the red onion slices on a rimmed baking sheet. Drizzle with olive oil, season with salt and pepper and toss to coat. Roast for 25 minutes, until beginning to firm/crisp up.
2. Meanwhile, make meatball mixture. Mix all ingredients in a large bowl with a fork. Form into 1.75-inch meatballs.
3. Remove sheet pan with chickpeas from the oven (leave oven on) and move the chickpeas to the sides of the pan, clearing a space in the center. Lightly coat center with a thin coat of oil, either brush or spray it on. Add meatballs to oiled area, not touching. Place baking sheet in oven and bake 10 to 15 minutes, or until meatballs are cooked through.
4. Meanwhile, toss remaining onion slices with 2 tablespoons lemon juice and season with salt and pepper; set aside.
5. Combine yogurt with remaining 1 tablespoon lemon juice and season with salt and pepper; set aside.
6. When meatballs are cooked, scatter remaining fresh herbs over the tray. Serve with lemony onions and yogurt, toasted pita wedges and hot sauce.

Recipe courtesy of thesmittenkitchen.com



What's Happening in & Around Youngstown Warren, Salem, Akron, Ravenna

The COVID-19 pandemic has caused many large events to be cancelled or postponed. To ensure public safety, we would like to encourage you to enjoy some socially distant activities in your area.

[Concerts in the Commons, Winter Edition](#)

[Cummings Center for the History of Psychology](#)

[Midway Twin Drive-In Theater](#)

[Wilbeth Road Trailhead](#)

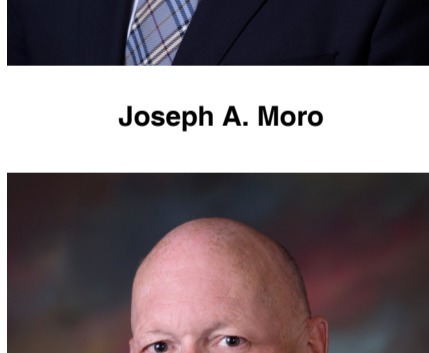
[Mill Creek Park](#)

[Akron Zoo](#)

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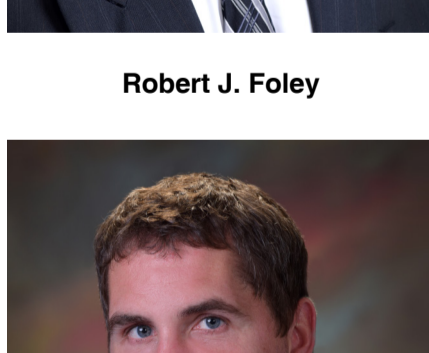
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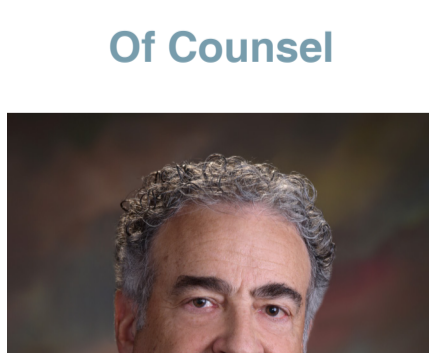


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