



A NEWSLETTER FOR FAMILY AND FRIENDS

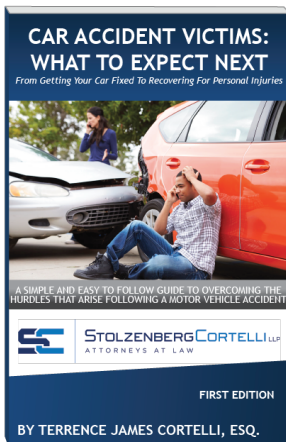
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**SERIOUS LAWYERS
FOR SERIOUS INJURIES**

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Can Missing My Medical Appointments Jeopardize My Injury Claim?

If you have been injured in a car crash or any type of accident, one of the worse things you can do is to miss your medical appointments.

It may be difficult to keep up with your medical care such as doctor visits, treatments, physical therapy and testing, especially if you are unable to drive yourself. But if you are pursuing a personal injury claim against another driver, it's important to show that your injuries are as

serious as you claim and that you are faithfully following through with required medical care.



Missed Doctor Appointments Will Be Noted As Part of Your Personal Injury Case

When you file a personal injury claim, you must prove the extent of your injuries. The insurance company will assess if they must compensate you for your injuries. To do that, they must determine how seriously you are hurt and will review your medical treatment records.

Whether you receive emergency treatment for your injuries at the scene of the accident or shortly thereafter, a record is created that tracks the extent of your injuries and shows that they were caused by the accident. The record grows as follow-up doctor appointments, diagnostic tests and physical therapy are added, demonstrating that you required medical attention because of the accident. If you miss any of these, it may be difficult to prove the severity of your injuries.continued on page 2

A REFERRAL FROM YOU IS OUR HIGHEST COMPLIMENT

A referral from our valued clients, friends, family and fellow attorneys is the highest compliment we can receive. If you know of someone who can benefit from our services at StolzenbergCortelli, LLP, please let us know. Call Us Today!

305 Old Tarrytown Road
White Plains, New York 10603
mailing address

99 Main Street
Nyack, New York 10960
by appointment only

26 Court Street
Brooklyn, New York 11242
by appointment only

T (914) 361-4888 (main)
F 914-361-4478
E Info@sclawny.com
W www.stolzcortlaw.com

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What to Do after an Accident: Don't Miss Medical Appointments!

Try to make all medical appointments despite any real difficulties that you may have because of your physical condition, your work, child care and transportation issues.

Always follow your doctors' recommendations. If you don't, you may face unpaid medical care bills if the insurance company claims that you are only making your condition worse.

There may, of course, be circumstances where you are truly unable to get to a doctor appointment. In this case, call the office and ask that your appointment be rescheduled. Request that a note be added to your record as an explanation for the missed appointment.

Attending all scheduled doctor visits and following through with all recommended treatments and therapies will demonstrate that you are committed to getting better. This behavior looks favorable in an insurance company review or personal injury case.

Identity Protection: What to Do During Tax Season

Tax season is upon us! While you gather up all required documentation of income, donations and dependents, be sure to protect yourself against identity theft.

Criminals know that it's tax season too. They are gearing up to steal Social Security numbers and prepare fraudulent tax refunds on your behalf. Many times, a victim won't even realize that this has occurred until they try to file a bona fide online return and get rejected as a duplicate. Once this happens, it can be a long and convoluted process to file a complaint and get your refund.

Meanwhile, your identity has been stolen and someone may use your private information to get medical care, open credit card or loan accounts, or steal Social Security or other benefits.



You Can Reduce Your Risk of Tax-Related Identity Theft

- Keep your Social Security card in a safe place.
- Disclose the number only if necessary.
- Keep your tax records, filings and attachments secure.
- Make sure that your computer and other electronic devices have up-to-date anti-virus, malware and firewall protections.
- Update passwords frequently and don't use the same password for multiple accounts. Strong passwords will have combinations of upper and lower case letters, special characters and numbers.
- Beware of phishing emails, calls and texts from anyone impersonating IRS, bank or credit card company representatives.

If you believe that you are a victim of tax identity theft, contact the Federal Trade Commission at identitytheft.gov to file a claim. Contact one of the three major national credit bureaus – Experian, Equifax and TransUnion – to put a fraud alert on your credit records. Get in touch with your bank and credit card companies and close those accounts that display suspicious activity.

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Read more about protecting your identity at this IRS [website](#).

If you or a family member has been harmed by a dog bite, [car accident](#), [truck accident](#), [construction accident](#), [slip and fall](#) or any other type of [personal injury](#), please contact StolzenbergCortelli, LLC Attorneys at Law immediately. Please call us for a free consultation. Attorneys [Howard Stolzenberg](#) and [Terrence James Cortelli](#), [personal injury attorneys in White Plains, Nyack and New York City](#), will fight to secure justice for you and your family. You can reach us at 914-361-4888 or contact us via the [website](#).



Recipe of the Month

Chicken and Broccoli Twice-Baked Spaghetti Squash

This recipe proves spaghetti squash is made for the twice-baked treatment - it's not just for potatoes! The squash gets roasted, blanketed in a creamy sauce with chicken and broccoli, and topped with cheese before taking a turn under the broiler for a golden brown crust.

Ingredients

- 1 medium spaghetti squash (2 1/2 to 3 pounds)
- 1 cup broccoli florets
- 2 cups 2% milk
- 1 clove garlic, smashed
- 4 ounces Neufchatel cheese (or 1/3 less fat cream cheese)
- 1/4 cup grated Parmesan
- 1 1/2 cups shredded mozzarella
- 1/4 cup Greek yogurt
- Kosher salt and freshly ground black pepper
- 2 cooked chicken breasts, diced (use rotisserie chicken for a shortcut)



Directions

1. Preheat the oven to 400 degrees F.

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STOLZENBERGCORTELLI LLP
ATTORNEYS AT LAW

White Plains

305 Old Tarrytown Rd.
White Plains, NY 10603

New York City

26 Court Street
Brooklyn, NY 11242

Rockland

99 Main Street
Nyack, NY 10960

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2. With a sharp knife, carefully cut about four 1/2-inch slits in the squash to allow steam to escape while it cooks. Put the squash on a baking sheet and roast for about 1 1/2 hours. Let the squash cool for about 20 minutes on the baking sheet.
3. Meanwhile, bring a pot of water to a boil and prepare an ice water bath. Blanch the broccoli briefly in the boiling water then transfer to the ice bath to cool. Drain and set aside.
4. Cut the squash in half lengthwise and use a spoon to scoop out the seeds. With a large fork, pull the squash fibers away from the outer peel (use a towel to hold the squash in place if necessary). Reserve the squash and the outer peel.
5. Preheat the broiler.
6. Put the milk and garlic in a saucepan over medium-high heat and heat until it just begins to simmer, about 3 minutes. Reduce the heat to medium, add the Neufchatel cheese, Parmesan and 1 cup of the mozzarella and stir until melted. Turn off the heat, stir in the yogurt and season with salt and pepper. Remove the garlic. Add the squash, chicken and broccoli and toss to coat. Divide the mixture between the reserved squash peels. Top with the remaining 1/2 cup mozzarella.
7. Place the stuffed squash onto a baking sheet and broil until the cheese is melted and bubbly, a few minutes.

Recipe courtesy of Katie Lee



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mailing address

99 Main Street
Nyack, New York 10960
by appointment only

26 Court Street
Brooklyn, New York 11242
by appointment only

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F 914-361-4478
E Info@sclawny.com
W www.stolzcortlaw.com