

## What To Do if You Are in a Car Accident



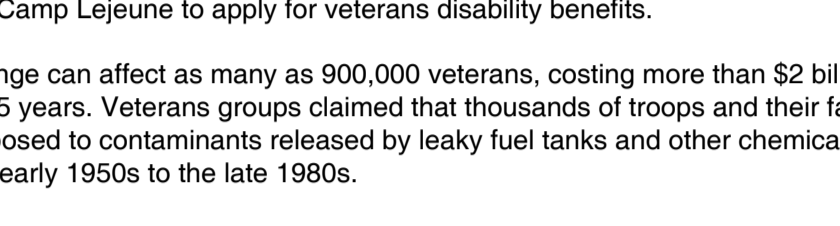
Being in a car accident is a stressful and alarming event, even if it's just a minor fender bender. You may be dealing with injuries and the scene can be chaotic.

Do you know the steps you should take? First of all, stay calm! Here is a list of appropriate actions following an accident - we suggest that you print it out and keep it in the glove compartment of your car.

- Call 911 for help right away, especially if there are injuries.
- Never leave the scene of an accident - it's illegal in Ohio and you can be charged with potentially serious penalties.
- Assess your injuries and those of your passengers. Stay in the car if you are injured if it is safe to do so.
- Even if you don't feel injured and you refuse emergency treatment, be sure to get checked out by an emergency room or your own doctor as soon as possible.
- Follow the instructions of emergency personnel and answer all police questions. Write down the officers' names and badge numbers.
- Get contact information from all other involved drivers as well as insurance information, license plate and driver's license information. Obtain witness contact information too.
- Take photos of the damage to your car and others. Get photos of the scene too including the road, any skid marks, nearby traffic signals and signs and the position of the cars.
- Never discuss the accident at the scene with anyone except the police, and don't apologize!
- Report the accident and your injuries to your insurance company as soon as possible.
- Get a copy of the police accident report.
- Gather all related documents such as records of medical care, medical reports, the accident report and missed work.
- Don't discuss the accident with the opposing insurance company or attorney.
- Avoid posting anything about your injuries or the accident on social media.

Importantly, reach out for an experienced attorney to get the compensation you deserve for your injuries. Don't accept any settlement before reviewing your case with an attorney.

## Disability Benefits Finalized for Contaminated Water Exposure at Camp Lejeune



A new federal rule allows former service members who were exposed to contaminated water at Camp Lejeune to apply for veterans disability benefits.

This change can affect as many as 900,000 veterans, costing more than \$2 billion over the next 5 years. Veterans groups claimed that thousands of troops and their families were exposed to contaminants released by leaky fuel tanks and other chemical sources from the early 1950s to the late 1980s.

### Eligibility for VA Disability Benefits under the New Rule

Veterans who suffer from one of 8 diseases that the VA admits are definitely connected to adult exposure to the contaminated water can apply for disability benefits. Those diseases are aplastic anemia and other myelodysplastic syndromes, bladder cancer, kidney cancer, leukemia, liver cancer, multiple myeloma, non-Hodgkin lymphoma and Parkinson's disease.

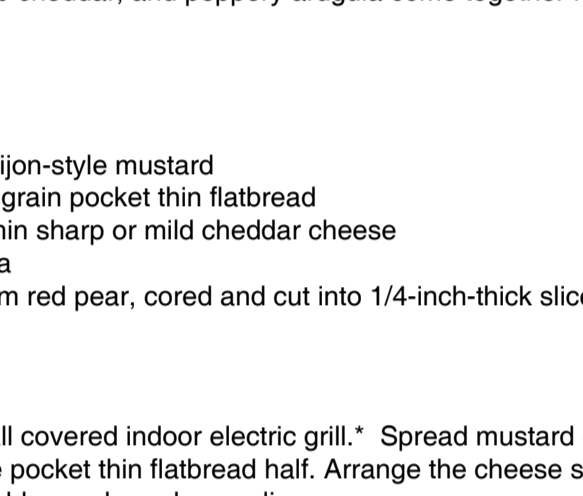
This new rule comes after a 2012 law that provides free medical care for troops and family members who lived at the base and who later developed one of 15 specified illnesses. At that time, however, eligibility was not extended to include VA disability benefits.

Veterans who are eligible to apply under these provisions are those who spent at least 30 days at the base on active duty, reserve or National Guard status. Applicants have a year to file a claim and, if the claim is approved, will receive benefits from their filing date.

You can get more information at the VA webpage dedicated to this new ruling.

If you or a loved one has been harmed by any type of personal injury or has been denied Worker's Compensation or Social Security Disability (SSD) benefits, it's important to get an attorney experienced in these types of cases involved immediately. Call 1 (800) 589-6611 for your initial, free consultation, either in our office or in the comfort of your own home. Heller, Maas, Moro & Magill, Co., LPA, a workplace injury and Social Security disability law firm located in Youngstown, can help you navigate the application process for the best possible outcome for you and your family.

## Recipe of the Month Grilled Pear-Cheddar Pockets



Crunchy pear, sharp cheddar, and peppery arugula come together for a delicious and healthy sandwich.

### Ingredients

- 2 teaspoons Dijon-style mustard
- 1/2 of a whole grain pocket thin flatbread
- 2 slices ultra-thin sharp or mild cheddar cheese
- 1/4 cup arugula
- 1/3 of a medium red pear, cored and cut into 1/4-inch-thick slices

### Directions

1. Preheat a small covered indoor electric grill.\* Spread mustard over the interior surfaces of the pocket thin flatbread half. Arrange the cheese slices in the pocket, folding to fit. Add arugula and pear slices.
2. Place the flatbread half on the preheated grill and close.\* Grill about 1 1/2 minutes or until lightly toasted.

### Tip

\* If you do not have a covered indoor electric grill, place filled pocket in a preheated nonstick skillet and cook 2 to 4 minutes or until lightly toasted, turning pocket once.

## What's Happening In Youngstown Warren, Salem, Ravenna & Akron

### Apr 1

Hop For Hope 5k/10k Run/1 Mile Walk  
1832 Akron Peninsula Road  
Akron, OH  
<http://www.active.com/akron-oh/running/distance-running-races/hop-for-hope-5k-10k-run-1-mile-walk-2017?int=72-3-A7>

### Apr 1

Micky Dolenz  
The Kent Stage  
Kent, OH  
<http://cleveland.eventful.com/events/micky-dolenz-/E0-001-098843367-9>

### Apr 26 - 28

YSU English Festival  
Youngstown State University  
Youngstown, OH  
<http://youngstown.eventful.com/events/ysu-english-festival-/E0-001-085742586-4>

### Apr 30

Foreigner  
Hard Rock Rocksino Northfield Park  
Northfield, OH  
<http://cleveland.eventful.com/events/foreigner-21-event-/E0-001-099300469-3>

### May 6

Race for Case 5K & 1 Mile Fun Run/Walk  
Case Elementary School  
Akron, OH  
<https://runsignup.com/Race/OH/Akron/RaceforCase5K1MileFunRunWalk>

### May 6 - 7

The Wizard of Oz  
Akron Civic Theatre  
Akron, OH  
<http://akron.civictheatreohio.com/>

### May 19

Gladys Knight  
Hard Rock Rocksino Northfield Park  
Northfield, OH  
<http://cleveland.eventful.com/events/gladys-knight-/E0-001-099628664-1>

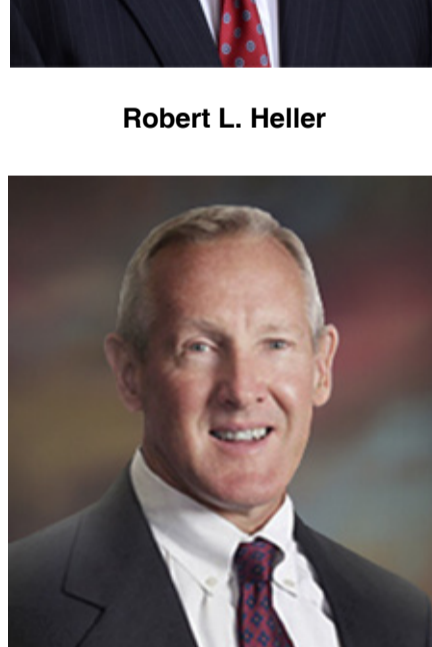
### May 20

Oddmall: Riverside Ramble  
Weis Park  
Canton, OH  
<http://eventful.com/canton/events/oddmall-riverside-ramble-/E0-001-099961314-7>

## Follow us...



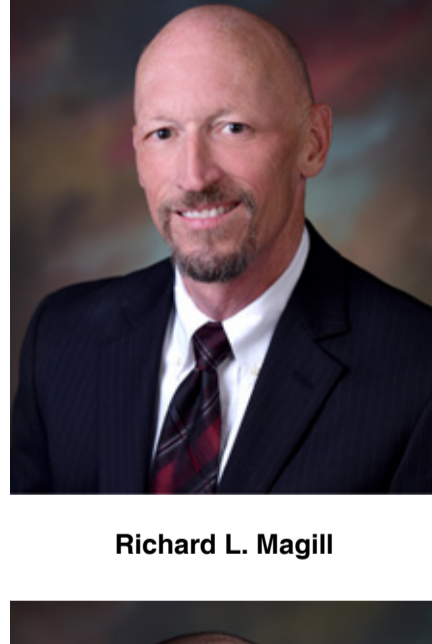
## Meet Our Attorneys



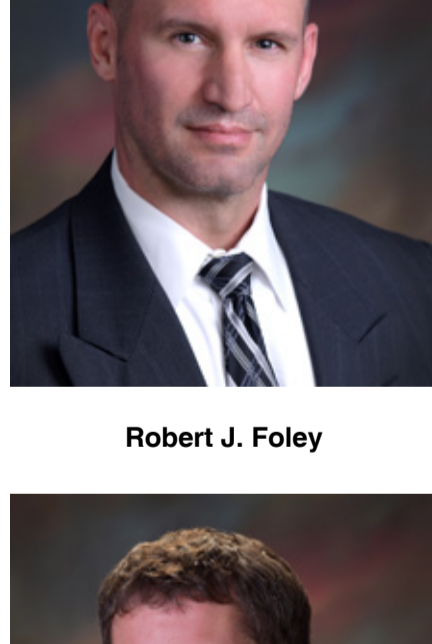
Robert L. Heller



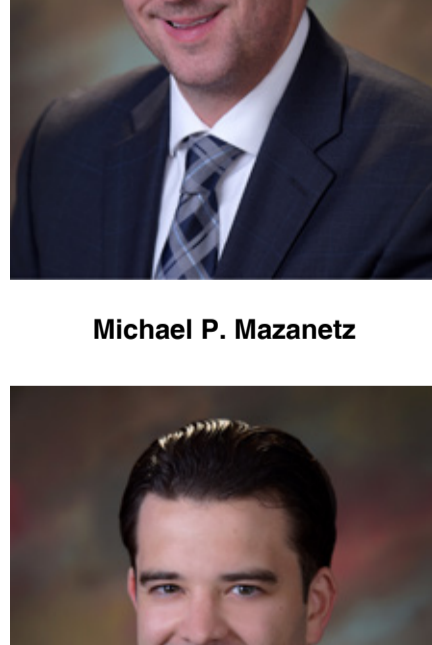
Steven D. Maas



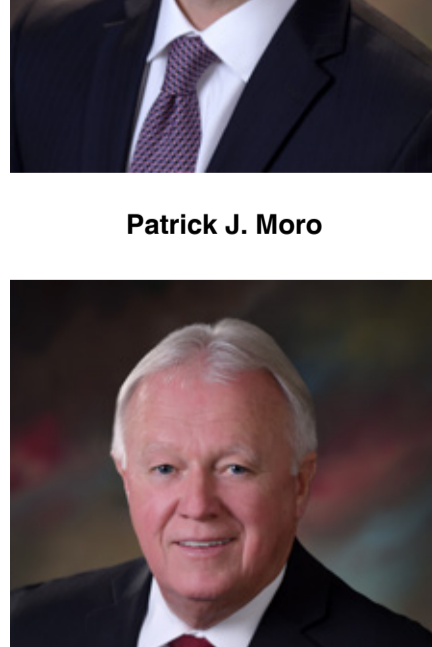
Joseph A. Moro



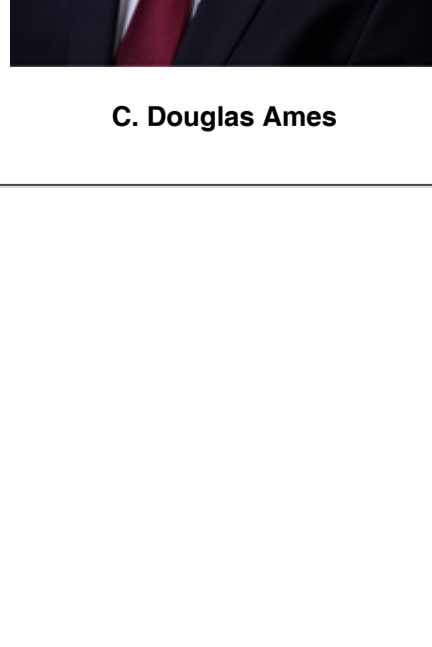
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