



PRIVATE PRACTICE

One of the Best Things I've Ever Done

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I am totally focused on my clients at PMB, but when I get home from work, it's all about my family. My husband Todd and I will be celebrating our 19th wedding anniversary this year. We have two boys, Jake and Ryan, who have grown into wonderful teenagers

Jake is my 17-year-old. He is a well-rounded kid who's very involved in student government and theater. He's an amazing singer who plays guitar and has a real presence on stage. I'm only a tad biased! He'll be graduating from high school this June to attend college. You never can believe how quickly they grow up, can you?

My little one, Ryan — well, not so little now, but he'll always be that way to me — is 14 years old. He is as smart as a whip, with a dry sense of humor. He became interested in computer programming when he turned 9. Given the various computer languages he has largely taught himself, it's obvious that his knowledge of technology far surpasses mine.

When Jake was a year old, Todd encouraged me to start my own law practice. One month after quitting my job at a large law firm to "hang a shingle," Todd was unfortunately laid off from his job. Here we were with a new house, our first child, and a new business which was costing more than it was making! This was a scary time, but it also helps me relate to some of the difficulties many of my clients face. I understand the stresses of working paycheck to paycheck because I've been there.

Why did I leave the safety and security of a large law firm? First, I wanted to have a healthy work-family balance, and I knew that would be difficult to accomplish if my time was controlled by someone else. I also yearned for the freedom to make decisions about which cases to take and how to strategize on behalf of my clients — without dealing with the bureaucracy of a large law firm. After 11 years of being

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My wonderful teenagers, Jake (left) and Ryan (right).

a solo practitioner, I was lucky enough to join forces in 2012 with my friend, Wendy, to form PMB, and we are still going strong!

Todd and I have grown a lot since I hung that first shingle in 2001 — both as a family and in our careers. I am fortunate to have such a supportive husband and children who put up with my hectic schedule and root for my success just as I root for theirs. We try to challenge one another to always become better people with an eye on tomorrow and a desire to help others. Even though it was scary, I can honestly say that opening my own law practice has been one of the best things I've ever done, because it led me here.

-Lisa Pezzano Mickey

The Importance of Spring Cleaning Your Utility Room



Don't Forget to Clean the Heart of Your Home

- Homes with minimal foot traffic (single or double occupancy) and no pets or allergies: 6 to 12 months.
- Family homes (three or more occupants) with no pets or allergies: 3 to 6 months.
- Family homes with at least one pet or minor allergies: 2 to 3 months.
- Family homes with multiple pets or allergies: 1 to 2 months.

In addition to changing the air filter, it's important to schedule a routine inspection of your home's HVAC system. This includes an inspection of the appliances themselves and any connecting ducts. Dust, dander, and mold can accumulate in the ducts and spread throughout the home, which can lead to health issues, including respiratory problems.

A routine inspection will identify potential problems in your HVAC system. On top of that, you can get these systems professionally cleaned and maintained. These are simple steps that will keep your home's air systems running smoothly for years to come. Plus, you'll be ready for the summer months ahead!

The start of spring brings everyone's favorite seasonal chore — spring cleaning! As you dust, vacuum, organize, and declutter, don't forget about the one room that often gets neglected. This year, give special attention to the utility closet.

The utility closet houses your furnace, boiler, water heater, A/C junction, and other similar large appliances. Homeowners often forget about these appliances because they are out of sight and out of mind, and this can cost a lot in the long run.

Like all the other rooms in your home, this space needs to be kept clean. Dust, for instance, can be hard on HVAC systems. Over time, it accumulates in the HVAC intake and clogs the air filter, reducing its effectiveness and efficiency. This results in a short lifespan for your system, higher power bills, and a poorly heated or cooled home.

HOW OFTEN SHOULD YOU REPLACE YOUR AIR FILTER?



HEART ATTACK SYMPTOMS IN WOMEN

When people think of heart attack symptoms, they often think of stabbing chest pain. However, that's not always how symptoms manifest, particularly in women. The following are serious symptoms that can indicate a looming heart attack. If any of these symptoms are present, consider seeking medical attention.

CHEST DISCOMFORT

The most common symptom is chest discomfort, including pain, tightness, squeezing, or pressure. In women, chest discomfort is more likely to feel like pressure or tightness.

RADIATING PAIN

Pain isn't necessarily restricted to the center of the chest. It may be felt at the sides or even in the upper abdomen or back. It can also radiate into your shoulders, jaw, neck, or arms. Remember, anything above the waist could be related to the heart.

SHORTNESS OF BREATH

Sometimes your body will present symptoms well before an attack. For instance, you may experience shortness of breath during normal activities. If you notice this symptom, your doctor may run blood pressure, cholesterol, and glucose tests and administer an EKG.

FEELING FAINT, LIGHTEADED, OR DIZZY

Feeling like you're going to faint or actually fainting are both warning signs of a heart attack or other cardiac issue. This is especially worrying if it happens while exercising.

SUDDEN SWEATING

Sudden sweating can easily be confused with night sweats or hot flashes. However, sweating that indicates a heart attack is particularly extreme, doesn't go away, or can make it difficult to sleep.

NAUSEA OR VOMITING

Often, women who experience nausea or vomiting think they have food poisoning, gastrointestinal issues, or a bug. However, these are common heart attack symptoms and should be taken very seriously.

UNUSUAL FATIGUE

New, unexplained fatigue may be a warning sign of a heart attack. However, fatigue can also be a symptom of many other issues, including anemia, depression, thyroid conditions, and even cancer. So even if it's not a heart attack, it's still important check in with your doctor.

Research suggests that women often don't recognize heart attack symptoms simply because they don't know what they are experiencing. The best thing a woman can do is make herself aware of heart attack symptoms and get checked out immediately if there is a concern.



Meet the Staff Members Who Help Us Win Our Cases A Few Words From Maria



At Pezzano Mickey & Bornstein, we're lucky to have a knowledgeable, capable staff to help our attorneys dominate in the courtroom.

One of those team members is Maria. Maria is a paralegal who's been here since the early days of Pezzano Mickey & Bornstein. She began with us part time when her children were little, and she has flourished into a full-time, indispensable part of our team.

Maria's interest in law was first sparked while working as a receptionist at a firm. "Paralegals would give me their overflow work, and it turned out to be something that immediately interested me," says Maria. "I went to paralegal school, and here I am."

With young children at home, Maria focused on raising them. As they got older, however, she felt a pull to return to her legal career. While browsing the want ads, she saw Lisa's listing for a paralegal.

"We clicked right away," Maria says of her interview with Lisa. "My primary job is to ease the load off Lisa so she can go to court and fight for the worker. I push a lot of paper, and I'm also the primary source of contact for a client. I find it really challenging and rewarding. We're working with clients who are injured, who are fathers, husbands, single parents, dependent on a check to feed their family, to fuel their car."

"One of my very first legal jobs was in workers' comp insurance, but on the side of the defense. I found out pretty quickly I didn't want to be on that side."

"Now that I'm on the side of the injured worker who's just trying to get what they're owed so they can support themselves and their families, it's very fulfilling."

3 of the Most Outrageous Reasons for Denial

Insurance companies will use nefarious methods to avoid paying for a claim. They'll find out personal information, nickel and dime medical charges, misrepresent benefits, and act like your friend to find ways to pay less.

On the website "The Mighty," Melissa McGlensey shares some of the most ridiculous denials that she's heard. If you thought your story was bad, these stories will either comfort or horrify you — or maybe both.

1. When coverage for her 10-week-old son's open-heart surgery was denied, Julie Kehm was told it was because he had a pre-existing condition. He'd only been added to her policy 10 weeks prior, the insurance company explained. That was on Nov. 12, 2008, the date of his birth.
2. Mary Trask's son has Down syndrome. She was asked by an insurance company representative if his condition was permanent.
3. Claims for Adrienne Braddock Conroy's twins kept getting denied, as the insurance company seemed unable to understand that two babies could be born on the same day. "They would process the first claim they'd get, then deny the second as already paid. We would call and say, yet again, we have two claims for two babies born on the same day. 'Oh, twins! I'll note it on your file,' they'd say." They never did.



We hope you never have to experience anything similar. If you do, though, we're here for you. We've been dealing with insurance company denials for more than 25 years and we know how to strike back.

Sometimes the situation just requires better communication. We know how to provide the information the insurance company needs in order to turn a denial into an approval. In other cases, we need to show the insurance company that we won't back down and we won't be intimidated. Either way, we don't give up until we get the results our clients deserve. Contact Pezzano Mickey & Bornstein today to learn more.

TAKE A BREAK



Colcannon

When you think of St. Patrick's Day cuisine, corned beef and green beer are probably the first things that come to mind. This year, consider adding colcannon to your March 17 menu. It's basically mashed potatoes on steroids, and it's utterly delicious.

INGREDIENTS

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| 3 pounds potatoes | 1 pound cooked bacon, chopped into small pieces |
| 2 sticks butter | 4 scallions, finely chopped |
| 1 1/4 cups hot milk | Parsley, for garnish |
| 1 head cabbage, cored and shredded | Salt and pepper, to taste |

DIRECTIONS

1. Steam potatoes for 30 minutes. Peel skins and mash flesh thoroughly.
2. Chop 1 stick of butter into small cubes and add to warm potatoes. Once melted, slowly add milk, stirring constantly.
3. Boil cabbage in water. Add 2 tablespoons of butter to tenderize.
4. Add cabbage, bacon, and scallions to mashed potatoes, gently stirring to combine.
5. Serve garnished with parsley and a pat of butter.

Inspired by foodnetwork.com

