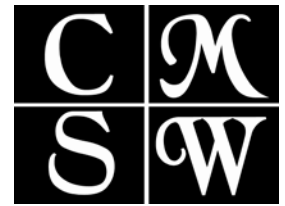


# Patient's Corner

January '09



Visit us on the web

[www.cmswpc.net](http://www.cmswpc.net)

Email us at: [c4cmsw@aol.com](mailto:c4cmsw@aol.com)



# 2009



## Happy New Year !!!

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## Patient Profile:

### When financial and parental responsibilities collide.

A man faces prison as a result of his lack of income.

Mr. Warner, is a father of two. He; like so many of you, was injured on the job. He was unable to work in any capacity and had zero income. That's right, no income whatsoever. His compensation payments were held up because the insurance carrier controverted (initially denied) his case. He did not receive any payments for almost a year.

Mr. Warner had to go to family court, but due to his busy schedule with different doctor's appointments, therapy and human resources, he mixed up his

appointments and missed the hearing. When he finally appeared at the court house, he found out there was a warrant out for his arrest with a hefty undertake amount.

His case was transferred from family court to civil court and he was placed in jail for four days. When he went before the judge to explain his situation and why he could not make the payments, the judge told him "I don't care how you get the money as long as you get it".

The family court system does not give breaks. It is a catch 22. The children

need their money to cover necessary expenses, but the parent does not have the means to support them.

If you are having financial difficulty, consult with your legal representative. If you know you will be out of work for over one year, try applying for Social Security Disability. You can also apply for Food Stamps and Welfare if times are that hard.

The take home message here is:

**Do not abandon your important financial responsibilities.**



Did you know that if you are disabled you can apply to receive temporary or permanent parking permits for people with disabilities? You must apply for the type of permit you want (Call 311 for application). Be sure to specify whether it is a State or City Parking Permit.

You will be subject to an examination from the DOH (department of health) to determine whether or not you have a qualifying disability. There is also a section for your attending physician to complete.

**Please note:** there are often fees associated with the processing of these forms.

Let CMSW know if you need representation for your WC, NF, PI, SSD, Disability Retirement, and other cases. We will refer you to a knowledgeable law firm that specializes in your particular case(s). It is very important to have legal representation when issues arise that affect your rights and benefits.

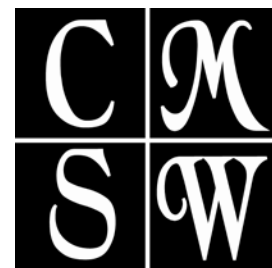
Trying to quit smoking? You are not alone. Quitting is one of the most popular New Year's Resolutions. Many individuals find it very difficult to put the cigarettes down.



sources. You may also want to ask ex-smokers how they were able to kick the habit. In some instances you may have to go on Nicotine Replacement Treatment such as Nicotine gum, patches, nasal sprays and inhalers.

By quitting, you decrease your chances of many potentially fatal conditions such as stroke, heart attack and oral, throat and lung cancer. You can also avoid fatigue, shortness of breath and increase your circulation by not smoking.

Just think of the money you'll save by not spending \$7-\$8 on a pack of cigarettes. **(As much as \$2000-3000 a year)**



“Quality Healthcare with Compassion”

## Services

- Disability Retirement
- Short Term Disability
- Long Term Disability
- Fitness for Duty Evaluation
- Social Security Disability
- Functional Capacity Forms
- Narrative Reports
- Primary Care Services
- Alcohol & Substance Abuse Evaluations
- Pre-Employment Physical Examinations
- All Medical Conditions can be referred to our Network Consultants

## Battle of the Bulge

### Dieting Tips for when the Holidays Bite Back.

Have you put on a few extra pounds recently? It may have been all the eggnog, turkey and holiday cookies that are now attacking your body. Fear not...there are ways to win the battle.

Those cookies you like to eat may have 250 calories and 10g of saturated fat per serving, and that serving may only be two cookies!!! Now think to yourself how many times you've had double or triple that amount.

Portion control is everything. Remember to read the nutrition facts on the back of the packaging for certain foods/snacks. Note the serving size section and the amount of servings per container. You may be in for a surprise.

The nutrition facts are based on a 2,000 calorie diet. Is there even room for your regular meals? Keep a food journal. Write down everything you eat for one week including the amount of calories for each item

and then read it. You'll be amazed.

It's not just about baking, boiling and broiling food. You have to know what you're putting into your body. Be conscious of your eating habits and you will be able to modify them.

If you find it extremely difficult, you can always ask your primary care physician to recommend a nutritionist to help you with your specific needs. You can also ask your doctor about exercise



### With 6 Convenient Locations

Astoria

Forest Hills

Bronx

Brooklyn

White Plains

Nassau County

We're on the web:

[www.cmswpc.net](http://www.cmswpc.net)



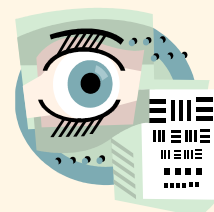
## January is:

**National Eye Health Care Month**

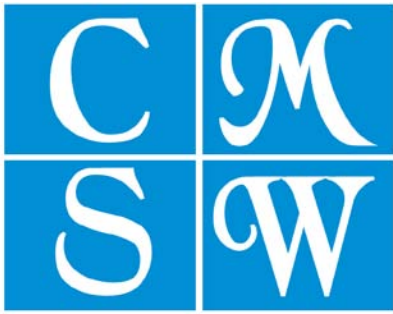
**National Diet/Fat Free Living Month**

**National Volunteer Blood Donor Month**

**National Mentoring Month**



Was losing weight part of your New Years' Resolution? What about smoking? We want to hear from you. Tell us how you stuck to it.



is pleased to announce...

## Our New Location!!!

89-44 162nd Street  
Jamaica, NY 11432  
Tel: 718-626-4444  
Fax: 718-626-3044

Between  
89<sup>th</sup> Ave  
&  
Jamaica Ave



## Directions:

### **Driving:**

Take the Grand Central Parkway to  
Exit 16 Parsons Blvd/164<sup>th</sup> Street.

### **By Train:**

Take the E, J or Z train to Jamaica  
Center/Parsons/Archer Station.

### **By Bus:**

Take the Q54 to Jamaica Avenue &  
Guy R. Brewer Blvd.

Take the Q34/Q65 to Parsons Blvd  
& 89<sup>th</sup> Ave.

Physical Therapy and Office Visits will be  
provided at our New Jamaica Office.

# CALENDAR

## JANUARY 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Happy New Year <i>Office Closed</i>	2 <i>Office Closed</i>	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Martin Luther King, Jr. Day <i>Office Closed</i>	20 Presidential Inauguration Day	21	22	23	24
25	26	27	28	29	30	31

### A message from Dr. Hearn:

Dear Patients:

Hope you enjoyed this issue of PC. We urge you to take your health seriously and get screened according to your primary care physician's recommendation. Smoking cessation is a very important subject to us here at CMSW. We encourage you to quit and stick to it. We also look forward to seeing you at our new location.

Michael Hearn, M.D.

If you would like to contribute your story to Patient's Corner, write to:  
Central Medical Services of Westrock  
30-51 36<sup>th</sup> Street, Astoria, NY 11103  
or email [c4cmsw@aol.com](mailto:c4cmsw@aol.com) Tel: 718-626-4444