

News You Can Use from Keefe Disability Law

800-776-2929

Dedicated to helping you win Social Security Disability Insurance benefits (SSDI) and Supplemental Security Income benefits (SSI) from Social Security.

Massachusetts • Rhode Island • New Hampshire



Attorneys

John L. Keefe
Lisa A. Cahan
Patrick P. Hartwig
Lizabeth L. Marshall
Timothy L. Pope

Paralegals

Alison C. Rodin
Douglas F. Benedicto
Genevieve M. Callaghan
Tyler J. Endyke
Jillian L. Ende
Jolie M. Frechette
Patricia B. Keefe
Jennifer A. McDonald
Michelle L. Ricotta
Anat J. Schraub
Robert M. Twomey

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Back Injuries



Unfortunately, the reality is that most of us will experience some form of back pain during our lives. And while back pain is often no more than a strained muscle or ligament that gets better within a few days or weeks, sometimes back pain can be a serious and debilitating condition that causes chronic pain, making it impossible for a person to work or even perform everyday tasks.

Certain occupations such as nursing, construction or factory work can take a tremendous toll on your back, but even standard office work can lead to back pain or make it worse.

So, What are Some Common Causes of Back Injuries at Work?

- **Force** – Lifting or moving heavy objects, which can exert too much force on your back, is a leading cause of injury.
- **Repetition** – Repetitive movements, especially if you're in an awkward position, can cause a back injury.
- **Posture** – There's a reason your mother always told you to stand up straight!
- **Stress** – High stress at work can cause muscle tension which can lead to back pain or exacerbate existing pain.

The good news is that there are some things you can do to lessen your risk of suffering a back injury, including getting regular physical activity, modifying repetitive tasks (for instance, consider using a headset if you're on the phone all day), lifting properly and removing any hazards around your workspace that could lead to a fall. For more detailed information on preventing back injuries, please go to www.mayoclinic.com.

If you've suffered a serious back injury that is keeping you from working, you may be entitled to collect disability benefits if you meet Social Security's requirements. The best way to find out if you qualify is to fill out the Social Security Disability application form. ■

Keefe Disability Law

31 Janes Avenue
Medfield, MA 02052
Tel (508) 359-2588
Fax (508) 359-1165
800-776-2929
www.KeefeLaw.com

Charlie Chicken

This month's recipe is from Patti Keefe. Ever since Paul Keefe brought this recipe home from school, it has become a family favorite. Easy to make and very tasty, it's sure to be a winner with your family, too. Try it the next time you have a get together.

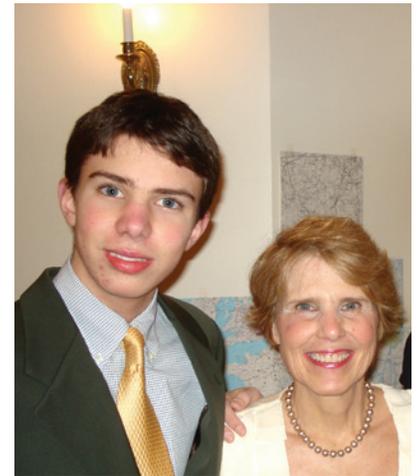
Ingredients

- 10 boneless chicken pieces (I use chicken tenders)
- 2 eggs
- 1 cup breadcrumbs
- 1/2 cup grated parmesan cheese
- 1/2 cup honey-Dijon mustard
- Salt/pepper to taste
- 4 tablespoons butter, or olive oil, divided

Preparation

1. Preheat oven to 400°F
2. Whisk mustard and eggs together

3. Mix breadcrumbs with cheese
4. Grease 9x13 baking dish with 2 tablespoons butter or olive oil
5. Dip chicken in egg/mustard mixture, then in breadcrumb/cheese mix.
6. Place breaded chicken in buttered pan, drizzle remaining butter or olive oil over chicken.
7. Bake for 10 to 15 minutes, turning once. ■



Paul and Patti

Testimonial

Becky
Thank you so much for all of your help. you were able to answer all of my questions and keep me calm when I didn't know what to do.
John

Do You Have a DePuy Hip Replacement?

If you or a family member has received a DePuy hip replacement after June 2003, financial compensation may be available under the DePuy "ASR" Hip Replacement Recall. If you received a metal on metal hip implant from DePuy, you should understand your rights before speaking to DePuy, or their agent Broadspire, and before you sign anything. If you have questions, call us for a free consultation.

Here Now: Order our new book, *7 Costly Mistakes That Can Ruin Your Social Security Disability Claim*. The disability claims process can be long and grueling, and it's easy to make mistakes that can ruin your case. Learn how to give yourself the best chance for success with your disability claim.

The book is available FREE to Massachusetts, New Hampshire, Vermont and Rhode Island residents who request it. You can order your copy by FAX at 508-359-1165, by calling us at 800-776-2929 or at 508-359-2588, or email us at: 7costlymistakesbookoffer@KeefeLaw.com. ■

Frequently Asked Questions from Our Clients

Q: How long will it take to get a decision on my Social Security Disability claim?

A: There is no hard and fast rule as to how long Social Security will take to evaluate your claim. Keep in mind that for most claims, there are several steps. Some disability claims, such as those involving terminal illnesses or conditions, are processed in an expedited fashion in only one step, and can result in a decision within 30 days in many cases. Social Security strives to process most disability claims within 120 days or less. However, there are instances in which a decision on a claim will take longer. Very often, a case can take a couple of years from start to finish. ■

Three Knees, Three Rings

Busy Christmas at the Keefes

John's daughters Betsy and Molly, and his son James, each got engaged during an 11-day period in December. For each engagement, the man had the good sense to get down on his knee and offer his sweetheart a diamond ring.

On December 18, Betsy Keefe got engaged to Timothy McQuade at the gazebo in the middle of Natick Common, where they met for their first date. Betsy, a graduate of the University of Notre Dame, works as the Athletic Director of the Montrose School in Medfield, where she coaches soccer and basketball. Tim, a graduate of College of the Holy Cross, teaches math at Boston Latin School, where he also coaches football and basketball. Wedding is planned for July 23.

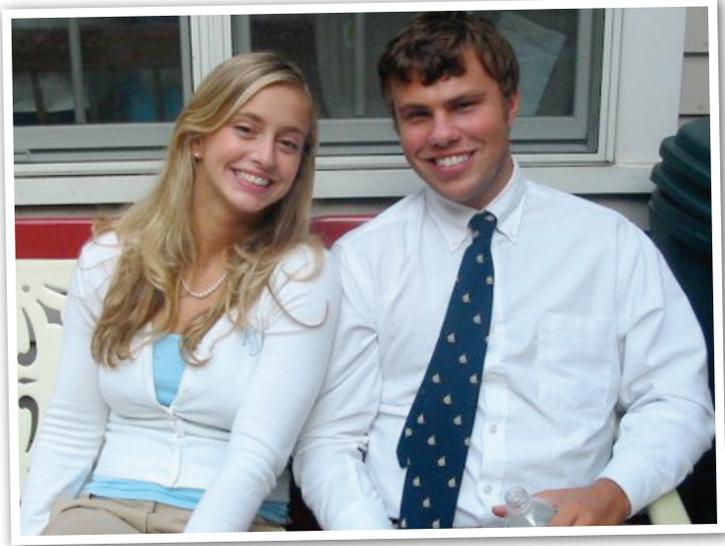
On December 23, James Keefe got engaged to Hadley Pennington at Saint Dominic's Church in Shaker Heights, Ohio. Sitting with James in the church where she grew up, Hadley saw James get down on his knee, and ask for her hand in marriage. James and Hadley met at Providence College when they were students there. James teaches Religion and Science at St. Sebastian's School in Needham. Hadley is Assistant Director of Admissions at Montrose School in Medfield. Wedding is planned for July 30.

On December 29, Molly Keefe got engaged to James Schultz on the Weeks Bridge over the Charles River in Cambridge. Jim got down on his knee and asked for Molly's hand in marriage with the sun setting on the iced-over river, near where they walked on their first date. Molly is a graduate of Boston College and works as a nurse at St. Elizabeth's Hospital in Boston. Jim is a third year student at Harvard Law School and will be working at Kirkland & Ellis law firm in Chicago next year. Wedding is planned for May 29.

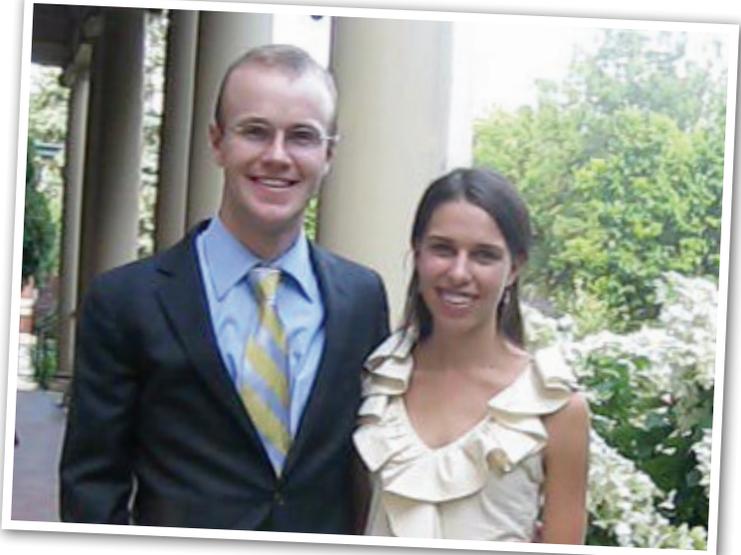
This will be an unusually busy summer, even for us, but so wonderful! ■



Betsy and Tim



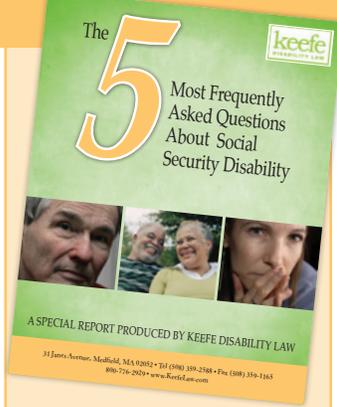
Hadley and James



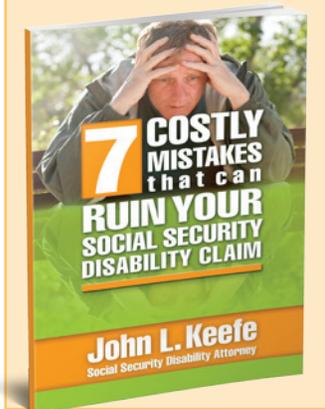
Molly and Jim



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 Fax (508) 359-1165
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Three Rings...



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This publication is intended to educate the general public regarding the Social Security Disability claims process, health conditions and other issues. It is for informational purposes only and not intended to be legal advice. Because each case is different, you should consult with an experienced Social Security Disability attorney before acting on any information contained here.

Staff Member Spotlight



At Keefe Disability Law, we're fortunate to have a terrific staff in place to help our clients navigate their Social Security Disability claims. Since we all pick up the phone at our firm, we'd like to introduce some of the individuals who make up our team. This issue our spotlight is on Tim Pope, an attorney who has been with Keefe Disability Law for just over three years.

Name: Timothy L. Pope

The Beatles, a little bit of everything.

Position: Attorney

What are you reading? Unbroken, a war story written by the same author who wrote Seabiscuit.

Born: Boston

Favorite place to visit: Mexico, New Hampshire, Fenway Park

Lives: Quincy

Favorite meal: Chicken Parmesan

Family: Wife, Molly, also a lawyer, met in law school

Like to do when not at work: Play ice hockey in a men's league. Watch sports with Molly. Head to Boston with friends.

Pets: Molly and I both grew up with family dogs, and look forward to having a puppy – most likely a pug

Favorite sports team: New England Patriots

Alma Mater: Undergraduate – Holy Cross
 Law School – Suffolk Law in Boston

Favorite athlete: Tom Brady

What's on your bucket list? Travel more in the U.S.; open a shelter for dogs to save every one that we could.

Favorite quote: "There's no limit to what a man can accomplish when he doesn't care who gets the credit." ■

First Job: Counselor at a summer preschool camp

What's on your iPod? The Killers, George Strait, The Band,