



CHARLES D. HANKEY LAW OFFICE P.C.

With 80 years of combined experience, both in and out of the courtroom, the legal professionals of the Charles D. Hankey Law Office can resolve cases involving:

- PERSONAL INJURY
- CAR ACCIDENTS
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- WORKERS' COMPENSATION
- PREMISES LIABILITY
- PRODUCT LIABILITY
- BRAIN/HEAD INJURIES
- SPINAL INJURIES
- DOG BITES/ANIMAL ATTACKS
- CHILD INJURIES
- CONSTRUCTION ACCIDENTS
- BURN INJURIES
- DROWNING

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EMPLOYEE SPOTLIGHT: KRISTI ANTRIM

Kristi is a native of Portland, IN, and has been with the Charles D. Hankey Law Office since November, 2010. She has an Associate's Degree as a Paralegal and a Bachelor's Degree in Legal Studies from Ball State University. She will graduate with a Master's Degree in Business Administration at the end of this year from Indiana Wesleyan University. In her spare time, Kristi enjoys spending time with family and making crafts.



Experience. Compassion. Justice.

Legal Insider

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FROM THE DESK OF CHARLES D. HANKEY

SOCIAL SECURITY'S COMPASSIONATE ALLOWANCE PROGRAM



Social Security has a program called the Compassionate Allowance Program, which allows them to speed up the processing of claims for "the most obviously disabled individuals." At the Charles Hankey Law Office, our case administrators constantly re-evaluate cases to try to find ones we feel might be suitable for the Compassionate Allowance Program and then bring those cases to the attention of Social Security.

Recently Social Security updated their list of conditions that almost always qualify for the Compassionate Allowance Program. There are now 113 conditions on that list. If you have been diagnosed with any of these conditions, or you know someone who has, please contact our office to see if we can help.

The new conditions that have just been added are:

- Malignant Multiple Sclerosis
- Paraneoplastic Pemphigus
- Multicentric Castleman Disease
- Pulmonary Kaposi Sarcoma
- Primary Central Nervous System Lymphoma
- Primary Effusion Lymphoma
- Angelman Syndrome
- Lewy Body Dementia
- Lowe Syndrome
- Corticobasal Degeneration
- Multiple System Atrophy
- Progressive Supranuclear Palsy
- The ALS/Parkinsonism Dementia Complex
- Aortic Atresia
- Eisenmenger Syndrome

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SOCIAL NETWORKING AND YOUR CASE

By Sondra L. Burger



Insurance companies never have your best interests in mind and, these days, they are resorting to tactics to discredit your case that most people would never imagine. In some cases, insurance adjusters actually try to trick you into becoming their friend on sites like Facebook so that they can read what you are posting and look at your pictures to try and find things to use against you in court. We have even seen insurance companies take innocent joking between friends and distort it to make the injury victim seem like he or she is faking their injuries.

We suggest to our clients that they take down all social networking profiles they may have during their case. Not surprisingly, most clients don't want to do this because social networking has become a part of everyday life for many of us. So, if you choose not to temporarily close your accounts, here are some helpful tips to keep the insurance adjuster away from your profile.

During your case do not:

- Allow anyone to become your "friend" on a social networking site unless you are positive that you know and trust that person.
- Post any photographs or video of yourself, and request that friends do not post anything with you in it as well.
- Write anything about yourself that you would not want the opposing side to bring up in a trial.
- Send emails or texts to anyone but your attorney about your case.
- Participate in online discussions about your case, including blogs, chat rooms and message boards.

Past results afford no guarantee of future results. Every case is different and must be judged on its own merits. The contents of this newsletter do not constitute legal advice.

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In This Issue:

HOW TO AVOID SEASONAL DEPRESSION

As the warmth of the summer sun fades, you may find yourself feeling as grey and moody as the incoming autumn clouds. Be careful of dismissing these feelings as a simple bout of the seasonal blues. You may be suffering from Seasonal Affective Disorders, (appropriately referred to as SAD), and you're not alone. It is estimated that a half-million Americans suffer from some form of seasonal depression.



In most cases, symptoms of SAD appear during late fall and early winter. Symptoms start of mild and become more severe as the seasons change. Symptoms may include: depression, hopelessness, anxiety, energy loss, social withdrawal, oversleeping, weight gain, and difficulty concentrating. Managing the burden of seasonal depression can be stressful, so here are some helpful ways to beat the blues:

1. Get Outside: Natural light can help alleviate the symptoms of SAD. Go for a walk and enjoy the smells of the autumn leaves, have a picnic with a loved one at the local park, or sit quietly and observe the playful activity of the squirrels and birds. Exposing yourself to natural light within the first two hours of waking will help focus your day with a boost of necessary energy.

2. Bring in the Sun: Make your home brighter and more pleasant. Cut tree branches that block the winter sun and you could even put in a skylight, which can really brighten up a home.

3. Take Your Vitamins: During the cooler months, our bodies receive less natural sunlight, which means we receive less Vitamin D. Vitamin D is called the "sunshine vitamin" and is instrumental in fighting depression and strengthening our immune systems. Take a daily multivitamin that contains vitamin D, and eat plenty of salmon, tuna, eggs and vitamin D-fortified dairy foods.

4. Get Active: Physical exercise helps relieve stress and anxiety, both of which can increase SAD symptoms. Working out aerobically will make your body pump out feel-good endorphins, which are your body's best natural anti-depressants.

5. Smile!: Laughter really can be the best medicine. Although it may be cold and grey outside, cuddle up with a funny book or movie. Invite friends over for board games or start a new hobby. Keep your mind off the changing weather outside and instead, occupy it with laughter and the good company of friends.

All of these things are quick, easy ways to help alleviate the stress of seasonal depression. However, sometimes they are not enough. If you suffer from extreme bouts of insomnia or your thoughts turn violent or suicidal, seek medical help immediately. If you are diagnosed with SAD and have a case pending with our office, please let us know so we can document it for the court.

“When I started counting my blessings, my whole life turned around.”

– Willie Nelson

SERVING UP SOMETHING NEW THIS THANKSGIVING

By Staff

The best part about the Thanksgiving season is the quality time we spend with family, friends, and loved ones. Of course, the food is a close second! While we all love the traditional Thanksgiving feast, it might be time to rethink it this year and spice things up with a different menu item or two that will surprise and delight party guests. And, who knows? They might even become new annual favorites.

NEW TAKE ON AN OLD TURKEY

Want to keep the famous turkey as a main feature of this year's feast? Try a simple new way to prepare it. Here's a delicious Deep-Fried Creole recipe that will make your guests cluck in delight:

3 gallons peanut oil for frying, or as needed
1 (12 pound) whole turkey, neck and giblets removed
1/4 cup Creole seasoning
1 white onion

In a large stockpot or turkey fryer, heat oil to 400 degrees F. Be sure to leave room for the turkey or the oil will spill over. Rub seasoning over the turkey. Make sure to marinate the inside of the turkey as well to help lock in the extra flavor. Use caution and follow manufacturer's directions on your fryer. Cook for 3 1/2 minutes per pound. Remove from the oil, and drain. Insert a meat thermometer into the thickest part of the thigh. The internal temperature must be 180 degrees F.

Ready for some spice but hoping to avoid the deep fryer this year? How about a Cajun Turkey with Dirty Rice Stuffing. Here's an easy-to-prepare recipe - <http://bit.ly/tvuy3T>.

SIDE DISHES

The turkey is the main star at most Thanksgiving dinners, but don't forget to highlight the bird with delicious, non-traditional side dishes. TV chef Rachel Ray offers a few on her site including this one for Sweet Potato Mash with Caramelized Banana Topping - <http://bit.ly/25DFQg>

Other sides worth trying this year include:

- Sourdough Stuffing with Sausage, Cranberries & Apples - <http://bit.ly/w1iNY8>
- Sun-Dried Tomato Semolina Biscuits - <http://bit.ly/u3Qrq4>
- Maple-Roasted Brussels Sprouts With Toasted Hazelnuts - <http://nyti.ms/cDqSyq>

VEGAN/VEGITARIAN

If you want to go vegan (or one of your guests does), it takes some special care because some things like soup are often made with chicken or beef stock and stuffing is frequently cooked inside the turkey. Here's a good primer on cooking vegetarian for Thanksgiving - <http://bit.ly/2RUu5o>.

LEFTOVERS

Find yourself tons of turkey leftovers. Have no fear. Here are some great ways to re-use turkey for chili, soup, tetrazzini, and more: http://simplyrecipes.com/recipes/turkey_leftovers/

COMPASSIONATE ALLOWANCE (continued from page 1)

- Endomyocardial Fibrosis
- Heart Transplant Graft Failure
- Heart Transplant Wait List, 1A/1B
- Hypoplastic Left Heart Syndrome
- Left Ventricular Assist Device (LVAD) Recipient
- Mitral Valve Atresia
- Primary Cardiac Amyloidosis
- Pulmonary Atresia
- Single Ventricle
- Tricuspid Atresia

For a complete list of conditions on Social Security's Compassionate Allowance list, feel free to contact our office.

RECIPE: DELICIOUS CROCK POT APPLE CRISP

By: Kristi Antrim

Ingredients:

- 6 cups apples, thinly sliced
- 1 cup granulated sugar
- 1/2 cup butter, melted
- 1 tablespoon flour
- 2 cups bread crumbs, softened
- 1 tablespoon cinnamon
- 1 cup brown sugar
- 1 lemon, juice and zest



Instructions:

Combine apples, sugar, flour, cinnamon, and lemon zest in a large bowl. In another bowl, mix butter, brown sugar, and bread crumbs.

In the stoneware, layer one third of the bread crumb mixture, then one-third of the apple mixture. Repeat layers of bread crumbs and apples and finish with a final layer of bread crumbs on top. Cook on High for 4 hours or until bubbly. Serve over top of vanilla ice cream.

\$310,000 SETTLEMENT WON

By Attorney James M. DuBach



The Hankey Law Office provides highly effective representation in Social Security cases, Long Term Disability cases, and Workers' Compensation cases, AND also in personal injury cases.

A recent example of our successful representation in a Personal Injury case involving a motor vehicle collision produced a very favorable settlement of \$310,000.00 for our client.

When your family members or loved ones need effective representation in a personal injury matter, we encourage you to call on our effective team of Attorneys for legal representation.

CLIP & SAVE: Helpful Contacts

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Contact us if:

- You moved to a new address or changed your phone number
- You received a denial letter
- You went to see a new doctor
- You have been admitted to the hospital
- Your doctor has diagnosed you with a new medical condition
- You had a new test/MRI/X-ray

Additional Resources

Information Referral Network – 317-926-HELP

Crisis Line – 317-251-7575

Center Township Trustees (can assist with rent, utilities, takes applications for Food Stamps, TANF, and Medicaid)
863 Massachusetts Avenue – 317-633-3610

Healthy Indiana Plan: low cost insurance for Indiana Families – 877-438-4479 | www.hip.in.gov

RX for Indiana: assistance with prescription drug cost – 877-793-0765 | www.rxforIndiana.org

Advantage Program: health care program for uninsured, low-income Marion County residents – 317-221-2000 | www.hhcorp.org/adv.htm

Voc. Rehab. Services: 317-254-6707 | www.in.gov/fssa/ddrs/4938.htm

Damien Center: help for those afflicted by HIV/AIDS – 317-632-0123 | 800-213-1163 | www.damien.org

Housing Help:

Indianapolis Resource Center for Independent Living – 317-926-1660

Colonial Park (chronic homeless program) – 317-353-6784

Indianapolis Public Housing Agency (section 8) – 317-261-7200

Barton Center (sleeping rooms - \$278, 2 bedrooms \$500-613) – 317-423-2575

You can apply for Social Security disability benefits by calling 1-800-772-1213, online at www.ssa.gov, or in person at your local office

Indianapolis Area Local Social Security Office Addresses*:

West Side: 4279 N. Lafayette Rd. – 866-218-2309

Downtown: 575 N. Pennsylvania, Suite 685 – 866-931-7057

East Side: 5515 N. Post Rd. – 866-220-7899

*If you live outside of the Indianapolis area, please ask a Case Administrator for the address and phone number to your local social security office.

WAY TO GO, ASHLEY!

She's official now! The Charles D. Hankey Law Office congratulates Ashley Marks, our law clerk, on passing the grueling Indiana State Bar Exam and earning the right to work as a lawyer throughout the state.

Ashley graduated from Indiana University School of Law this past spring. We look forward to continuing to work with Ashley for years to come in her new role as an attorney.