

Brought to you by



FALL 2014

P
POTHITAKIS
LAW FIRM P.C.

If you need our services,
please contact us at...

319-524-7500, 319-754-6400,

or 866-PLF-IOWA

www.pothitakislaw.com

Pothitakis selected as Top 100 Injured Workers' Attorneys



On August 5, 2014, Nicholas G. Pothitakis, Attorney at Law, was selected by the Board of Directors of the Workers' Injury Law & Advocacy Group (WILG) as one of the top 100 injured workers' attorneys. They have recognized him as one of the best in the field of representing injured workers.

The "Workers' Injury Law & Advocacy Group: Top 100" is an invitation-only, professional recognition program comprised of America's leading attorneys representing injured workers. Only the top attorneys that represent injured workers are invited to join from each state. An invitation of membership to the Top 100 is extended solely to those top attorneys who demonstrate the most outstand-

ing leadership skills, maintain an excellent reputation, and have a sincere passion for the practice of representing injured workers.

Workers' Injury Law & Advocacy Group is the national nonprofit membership organization dedicated to representing the interests of millions of workers and their families who each year suffer the consequences of workplace injuries and illnesses. The group acts principally to assist attorneys and nonprofit groups in advocating for the rights of injured workers through education, communication, research, and information gathering. WILG is a network of like-minded advocates for workers' rights, sharing information and knowledge, a sense of commitment and kinship, and networking to help each other and our clients.

Mr. Pothitakis indicated his gratitude for his selection into the group: "I am very excited and honored to be named to the group. The hard work of each and every employee of my firm on behalf of injured workers has helped to level the playing field for injured workers across the state of Iowa."

The Workers' Injury Law & Advocacy Group:
Top 100 is an invitation-only, professional recognition program comprised of America's leading attorneys representing injured workers.



Pothitakis Law Firm P.C.

1603 Main Street
Keokuk, IA 52623
319-524-7500

320 North Third Street
Suite 100
P.O. Box 337
Burlington, IA 52601
319-754-6400

Toll-Free: 1-866-PLF-IOWA
FAX: 319-754-7211

E-mail: niko@pothitakislaw.com
Website: www.pothitakislaw.com

OFFICE HOURS
Monday-Friday
8:30 a.m.-5:00 p.m.

PRACTICE IS PRIMARILY PERSONAL INJURY AND WORKERS' COMPENSATION

- free consultation
- contingency fee available
- Vice President, Iowa Association of Workers' Compensation Lawyers, Inc. (2013-2014)
- Best Lawyers In America—2013 and 2014 Listing
- Super Lawyers—2013 List
- 2013 National Trial Lawyers Top 100 Trial Lawyers
- Member, American and Iowa Associations for Justice

We take pride in the quality of our legal work.

Elder abuse and home health care

Home health care seems like a great alternative to nursing homes, but cases of elder abuse are often reported right at home. One reason is that the home-care industry has little oversight. According to a study in the *Journal of Applied Gerontology*, only 15 states mandate training for home-care workers, and only slightly more than half of the states require that home-health agencies be licensed. In many cases, workers are overworked and undertrained, resulting in substandard patient care and injury.

The National Center on Elder Abuse estimates that somewhere between one and two million Americans age 65 and older have been injured, exploited, or otherwise mistreated by someone whom they depended on for care or protection. It is estimated that many cases go unreported. Elder abuse can be physical, sexual, emotional, or come in the form of financial exploitation and theft.



SIGNS OF ELDER ABUSE INCLUDE:

- Bruises, broken bones, abrasions, or burns from abuse or neglect.
- Bedsores, unmet medical and hygiene needs, dehydration, and weight loss.
- Sudden change in financial situation, including changes in legal documents and large gifts.
- Withdrawal from normal activities, changes in behavior or alertness, depression, and strained caregiver relations.

If you or a loved one has experienced abuse or exploitation from a caregiver, please give our office a call to discuss your rights.

How long will it take to settle a claim?

This is a question that our office is asked all the time—and for good reason. On top of daily living expenses, those with injuries have medical bills, lost wages, and oftentimes have years of expensive medical treatments and therapies ahead of them. Unfortunately, there just isn't a clear-cut answer. It could take anywhere from a few months to a couple of years.

The amount of medical treatment needed is the primary determinant of when a case will settle. A patient must receive the maximum benefit of treatment and a long-term diagnosis before settlement takes place. In the most traumatic cases, this means waiting longer, but it's necessary to recover for current and future medical expenses.

Preparing the documentation to send to an insurance company can draw the process out. The extent of the injury, preexisting conditions, and the amount of work missed all require a great deal of documentation. Something seemingly simple, like getting a response for medical records, can sometimes take repeated letters and phone calls.

The insurance company will play a part in how long a case takes to settle. Some are more reasonable than others, but they will often refuse to pay a fair settlement. At that point, a suit may be filed.

There are many factors that influence the length of settlement. If you or a loved one has been injured, feel free to call our office for a confidential consultation.

There are many factors that influence the length of settlement.



Don't **EAT** and **DRIVE**

It's tempting to eat breakfast and lunch on the go, but it can also be deadly. Before you unwrap that burger or dig into a bag of chips, consider this: A study by the National Highway Traffic Safety Administration (NHTSA) found that those who eat and drive increase their chance of having an accident by 80 percent.

It's not so much the eating (or drinking) that is dangerous, but the fussing with the food or beverage. For example, the lid on a coffee isn't on securely and it drips, a sandwich needs to be unwrapped, or the food is messy (think melted chocolate or dripping condiments).

Here are the top 5 distracting foods according to the NHTSA:

- 5 JUICY BURGERS**—Burgers that ooze grease, cheese, and condiments are messy when you are seated at a table, but dangerous when you are in the driver's seat.
- 4 CHILI**—Just because you can get it at a drive-through (on hot dogs or as a meal or side) doesn't make it safe to eat while driving. Chili is hot and will stain, making it a major distraction.
- 3 TACOS**—The taste is good, but the crumbling shell, dripping meat, and falling cheese and tomatoes will literally drive you to distraction.
- 2 SOUP**—People actually try to do this.
- 1 COFFEE**—It's common, it's hot, it spills, and it's the number-one food blamed for distractions while driving.

*Remember, distracted driving is negligent driving.
Please drive safely!*



Don't let a frightfully **GOOD** night become a **DEADLY** night

Trick-or-treating is one of the funnest nights of the year for kids and parents, but it is also among the most dangerous.

Practice extra caution with these suggestions from the CDC to protect yourself and your family:

- S**words, knives, and similar costume accessories should be short, soft, and flexible.
- A**void trick-or-treating alone. Kids should walk in groups and/or with a trusted adult.
- F**asten reflective tape to costumes and bags so kids are visible to drivers.
- E**xamine all treats for choking hazards and tampering before they're consumed.
- H**old a flashlight while trick-or-treating.
- A**lways walk from house to house.
- L**ook both ways before crossing the street.
Use established crosswalks wherever possible.
- L**ower skin irritation risk by washing off makeup immediately after trick-or-treating.
- O**nly walk on sidewalks, whenever possible, or on the far edge of the road facing traffic to stay safe.
- W**ear properly fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- E**at only factory-wrapped treats.
- E**mphasize that kids should enter homes only when with a trusted adult, and to never accept rides from strangers.
- N**ever walk near lit candles or luminaries.



What losing cases have in common

You read a lot about victorious personal injury cases, but a lesson can be learned from what losing cases have in common.

→ NO LAWYER

We hate to toot our own horn, but there is a reason why we go to law school and have to pass a rigorous exam to practice law. The law is confusing and ever changing. Cases are rarely cut and dry, and an experienced lawyer knows the law, knows defense tactics, and knows how to value a case.

→ NO CREDIBILITY

If you have an injury, don't exaggerate it to prove a point or try to recover more than what your case is worth. If you have not been injured, there is no reason to seek damages.

→ NO PROOF

If you've been in an accident caused by someone's negligence, you have the burden of proof. Without medical evidence, a police report, witness testimony, or a detailed description of what happened, there is no proof of the extent of your injury and no evidence to show fault.

→ NO EXPERT

An expert witness can help solidify your case by explaining why or how something happened, or provide an opinion based on their knowledge and experience.

The results from the cases of the Pothitakis Law Firm P.C. are diverse, and the results vary considerably. The case results are not a guarantee of future results, as they are specific to facts and legal circumstances of each client's case, and for this reason should not form the basis for future expectations on a different case. These cases may not be typical, and there are many factors that determine the result of a case. The determination of the need for legal services and the choice of a lawyer are extremely important decisions and should not be based solely upon advertisements or self-proclaimed expertise. All potential claimants are urged to make their own independent investigation or evaluation of any lawyer being considered.

POTHITAKIS LAW FIRM P.C.
Attorney At Law
320 N. Third Street, Suite 100
P.O. Box 337
Burlington, IA 52601



Thanks to all of you who have recommended our firm to your relatives, friends, and neighbors. We appreciate your vote of confidence and pledge to care for these "VIPs" as well as we care for you.

Pothitakis Law Firm P.C. attorney named to 2015 Best Lawyers® in America list

Pothitakis Law Firm P.C. is pleased to announce that Nicholas Pothitakis has been named to the 2015 Edition of *Best Lawyers*, the oldest and most respected peer-review publication in the legal profession.

Best Lawyers has published their list for over three decades, earning the respect of the profession, the media, and the public as the most reliable, unbiased source of legal referrals. Its first international list was published in 2006 and since then has grown to provide lists in over 65 countries.

"*Best Lawyers* is the most effective tool in identifying critical legal expertise," said President and Cofounder Steven Naifeh. "Inclusion on this list shows that an attorney is respected by his or her peers for professional success."

Lawyers on the *Best Lawyers in America* list are divided by geographic region and practice areas. They are reviewed by their peers on the basis of professional expertise, and undergo an authentication process to make sure they are in current practice and in good standing.

Pothitakis Law Firm P.C. would like to congratulate Nicholas Pothitakis, named to the 2015 *Best Lawyers in America* list in the practice area of Workers' Compensation Law—Claimants.

