

In Your Corner

A quarterly newsletter
brought to you
by the Law Offices of
Regas & Haag, LTD.

WINTER 2010

Good News!

**Prescription
Drug Assistance**
rxforohio.org

WWW.RXFOROHIO.ORG
is a website designed
to help low-income,
uninsured Ohio residents
gain access to patient
assistance programs
where they may qualify
for free, or nearly free,
prescription medicines.
Visit www.rxforohio.org
for more information on
free or discounted drug
programs.

CONTACT INFORMATION:

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www.bulldogattorneys.com

Can I Receive Social Disability & Worker's Compensation Benefits for the Same Time Period?

Many individuals are under the misconception that you cannot receive Social Security Disability and Workers' Compensation benefits at the same time. To the contrary, many individuals can and do receive both benefits simultaneously. Although Worker's Compensation benefits can often lessen the amount of Social Security Disability benefits due to an offset provision, each individual's case is different and the amount of the offset depends on a number of factors primarily involving your past earnings records. Any individual who is receiving both benefits should notify both agencies of the benefit amounts, either directly or through their respective attorney. It is important to note that this involves all Workers' Compensation benefits including settlements. Additionally, a concern for individuals receiving both benefits involves Medicare coverage. If you have a current Workers' Compensation claim, you should not have any matter billed to Medicare that involves the allowed conditions in your Workers' Compensation claim. In some cases, prior approval from Medicare is needed before settling your Workers' Compensation claim in order to ensure that enough money is being set aside within the settlement to protect Medicare's interest related to the allowed Workers' Compensation conditions. As these matters can get somewhat complicated, any individual who is settling a Workers' Compensation claim, who also has current (or potential) Medicare coverage, should inquire with an attorney familiar with both Workers' Compensation and Social Security Disability in order to protect their future interest.

Regas & Haag also handles Workers' Compensation claims. If you, or anyone you know requires assistance with their Workers' Compensation claim, we'd be happy to provide a free consultation.

Commissioner Says Ohio Shoots Itself in Foot

From the Cleveland Plain Dealer: Commissioner of Social Security Michael Astrue said Ohio is losing millions of dollars and contributing to the backlog of disability cases by furloughing state workers paid with federal funds.

Astrue, who met with The Plain Dealer editorial board Thursday, also said the furlough of workers who process disability requests will delay 14,600 claims and postpone almost \$3 million in federal benefits to Ohio residents.

According to Asture, Ohio will lose \$6.9 million in federal money by imposing a 20-day furlough to each of the 627 employees of the Ohio Bureau of Disability Determination over two years. The furlough began last summer.

HOME ENERGY ASSISTANCE PROGRAM

HEAP, or the Home Energy Assistance Program, is federally funded and designed to assist low-income households in meeting the cost of home heating. Eligibility for this program is based on federal funding levels, total number living in the household, total household income and the type of fuel used to heat the home. This is a one-time benefit.

Applying for HEAP is easy and by filling out one application, you apply for several federally or state-funded energy assistance programs. The application is available online at <http://www.development.ohio.gov/cdd/ocs/heap.htm>.



Ohio Association of Second Harvest Food Banks

Akron Canton Regional Food Bank

350 Opportunity Parkway
Akron, OH 44307
p: 330.535.6900
www.akroncantonfoodbank.org

Cleveland Food Bank, Inc.

15500 South Waterloo Road
Cleveland, OH 44110
p: 216.738.2265
www.clevelandfoodbank.org

Freestore Food Bank

1250 Tennessee Avenue
Cincinnati, OH 45229
p: 513.482.4500
www.freestorefoodbank.org

Mid-Ohio Food Bank

1625 West Mound Street
Columbus, OH 43223
p: 614.274.7770
www.midohiofoodbank.org

Second Harvest Food Bank of North Central Ohio

7445 Deer Trail Lane
Lorain, OH 44053
p: 440.960.2265
www.secondharvestfoodbank.org

Second Harvest Food Bank of the Mahoning Valley

2805 Salt Springs Road
Youngstown, OH 44509
p: 330.792.5522
www.mahoningvalleysecondharvest.com

Second Harvest Food Bank of Champaign, Clark and Logan Counties

701 East Columbia Street
Springfield, OH 45503
p: 937.325.8715
www.springfieldcatholicsocialservices.org/foodbank.htm

Second Harvest Food Bank of Southeastern Ohio

1005 C.I.C. Drive
Logan, OH 43138
p: 740.385.6813
www.hapcap.org/seorfc.htm

Shared Harvest Food Bank

5901 Dixie Highway
Fairfield, OH 45014
p: 800.352.3663
www.sharedharvest.org

The Foodbank, Inc.

427 Washington Street
Dayton, OH 45402
p: 937.461.0265
www.thefoodbank.org

Toledo Northwestern Ohio Food Bank, Inc.

24 East Woodruff Avenue
Toledo, OH 43604
p: 419.242.5000
www.toledofoodbank.org

West Ohio Food Bank

1380 East Kibby Street
Lima, OH 45804
p: 419.222.7946
www.westohiofoodbank.org

Ohio Association of Second Harvest Food Banks

51 North High Street
Columbus, OH 43215
Lisa Hamler-Fugitt,
Executive Director
p: 614.221.4336
www.oashf.org

Ohio Benefit Bank

51 North High Street
Suite 150
Columbus, OH 43215
p: 800.648.1176
www.oashf.org

Stop Smoking Today

According to the Harvard Medical School website, each year, more than a third of smokers try to kick the habit. But stress, socializing, and the addictive property of nicotine often get in the way. Tobacco use may be the toughest unhealthy habit to break. But don't get discouraged. You can quit. In fact, in the United States today, there are more ex-smokers than smokers.

Visit www.harvard.health.edu and click on Special Health Reports for the 10-Minute Consult. The information in this report can help you learn about common obstacles that arise when people try to quit, and the various techniques to overcome them. The options include behavior therapy, support groups, hypnosis, nicotine replacement therapy, and medications. You can be one of the people who successfully quit, and this report can help you find the best way to do so.

Prepared by the editors of Harvard Health Publications in consultation Howard Lewine, M.D., Chief Medical Editor, Internet Publishing, Harvard Health Publications, Harvard Medical School. 31 pages. (2009)

Community Help

Clothing Giveaway

Tuesday – Thursday:
9 am – Noon and 1-3 pm
Helping Hands Network,
122 South Main Street,
Waynesburg
Sandy Valley Local School
District area
Call 330-866-2005 for eligibility.

Food Giveaway

Tuesday: 4:30 pm
Food and Soup Kitchen
Total Living Center,
Fairmount Branch, 2718
Harmont Avenue NE Canton

Wednesday: 9:30 – 11:45 am
and 1 – 2 pm
Canton Calvary Mission,
1345 Gibbs Avenue NE
May participate once a
month only.

Thursday: 9 am – Noon
Trinity Gospel Temple's
Dream Center,
1612 Tuscarawas Street West,
Canton
Photo identification required.

Food and Clothing Giveaway

Tuesday: 4:30 pm Registration,
5:30 pm Church Service
Turnaround Community Outreach,
321 Cherry Avenue NE, Canton
Must attend service and bring
Social Security card and
photo identification.

Free Meals

Monday: 6 pm
Refuge of Hope Ministries,
300 Walnut Avenue NE, Canton

Monday: 11 am – 1 pm
Salvation Army,
420 Market Avenue South,
Canton

Free Meals (continued)

Monday: Noon – 1 pm
St. Joseph's School,
322 Third Street SE, Massillon
330-833-4907

Tuesday: 11 am and Noon
Turnaround Community Outreach,
321 Cherry Avenue NE, Canton
Church services with lunch to
follow. Must attend service.

Tuesday: 11 am – 1 pm
Union Baptist Church,
413 Cornelia Avenue NE, Canton

Tuesday: 4:30 pm
Manna House of Total Living
Center, 2221 Ninth Street SW,
Canton

Tuesday – Thursday: 9 am – Noon
and 1 – 3 pm
Helping Hands Network,
122 South Main Street,
Waynesburg
Sandy Valley Local School
District area
Call 330-866-2005 for eligibility.

Wednesday: 11:30 am – 1 pm
Canton Calvary Mission,
1345 Gibbs Avenue NE

Wednesday: 6 pm
Refuge of Hope Ministries,
300 Walnut Avenue NE, Canton

Thursday: 11 am – 1 pm
St. John's Catholic Church Hall,
717 McKinley Avenue NW,
Canton

Thursday: Noon – 2 pm
Antioch Baptist Church,
1103 Seventh Street NE, Canton

Thursday: 6 pm
Refuge of Hope Ministries,
300 Walnut Avenue NE, Canton

Friday: 11 am
Refuge of Hope Ministries,
300 Walnut Avenue NE, Canton

Free Meals (continued)

Saturday: 11 am
Refuge of Hope Ministries,
300 Walnut Avenue NE, Canton

Saturday: 11 am – 1 pm
Fountain of Life Fellowship,
708 Federal Avenue NE, Massillon

Saturday: 3:30 pm
Children through High School Age
All Saints Temple Church of
God in Christ,
1451 Nimisilla Avenue SE, Canton
330-453-8489 or 330-454-2775

Saturday: 6:30 pm
Canton Calvary Mission,
1345 Gibbs Avenue NE

Sunday: 5 pm
Salvation Army,
420 Market Avenue South,
Canton

Free Haircuts

Thursday: 9 am – Noon
Trinity Gospel Temple's
Dream Center,
1612 Tuscarawas Street West,
Canton

Hot Meals and Food Giveaway

Sunday: 11 am
Abundant Life Harvest Church,
821 Gibbs Avenue NE, Canton
Must attend service.
330-456-0009

Thursday: 11:30 am – 1 pm
Hands of Grace Ministry
Grace Community Church,
1700 Hankins Road NE,
Massillon
Also free personal items.

Thursday: 5 pm
Abundant Life Harvest Church,
821 Gibbs Avenue NE, Canton
Must attend service.
330-456-0009

Bankruptcy Q&A

If you have ever considered filing for bankruptcy, visit ohiobankruptcy.com for information to assist you in making that decision. Since bankruptcy is a legal process, it is one that should not be taken lightly. As with any choice, it has its advantages and disadvantages. It may eliminate some financial obligations but will not cure every financial problem or issue you may have. The website provides a list of Questions and Answers to help guide you towards making the right decision.



2-1-1 provides free and confidential information and referral. Call 2-1-1 for help with food, housing, employment, health care, counseling and more.

Learn more about your local 2-1-1 by looking it up online at www.211.org.

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Help for Alcoholics

According to Alcoholics Anonymous, alcoholism has been a major health problem for years. It is the third greatest killer, following heart disease and cancer. It affects not only the alcoholic, but everyone from those living in the home, those in the workplace and those on the highway. There are also costs to communities, as well.

If you, or someone you love, struggle with alcoholism, there are resources available to help you deal with its effects. Alcoholics Anonymous is one resource designed to help people get sober and stay sober. The fellowship celebrates over 70 years of growth and works to bring freedom and peace to those struggling with alcoholism. If you are interested in seeking out help, contact Alcoholics Anonymous by visiting the website at www.aa.org.



Internet Access Available at Local Libraries

If you do not have access to the internet from home, visit your local library. It's available for free!