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## Who's Watching You, and Where...

Social networking sites are the newest way we communicate with our family, friends, and co-workers. It is important to keep in mind that what you say on the internet may come back to haunt you. Insurance defense firms and private investigators are beginning to monitor injured workers' status updates and tweets. Some private investigators are even making up bogus Facebook profiles of attractive men or women to target injured employees with the hope that they will accept their friend request and essentially give them access to the injured workers' daily activities.

I have already seen the seemingly innocent status updates from injured workers, who did not have privacy control settings in place, backfire on them in court.

Today, defense attorneys are attempting to use these updates and tweets against injured workers in court and in the doctor's office. The term "social website surveillance" has emerged as yet another weapon in the insurance industry's arsenal. I imagine the idea of requesting courts to authorize similar information, even when the information is not public, is not that far away for Georgia workers' compensation case. The point is, be careful what you say on the internet. What happens on Facebook does not always stay on Facebook. As of August 2011, The Georgia State Board of Workers' Compensation has ordered an injured worker's home computer and Facebook account be made available to the attorneys for the insurance company. The decision was upheld by the Superior Court that reviewed the decision, and the Georgia Court of Appeals and the Supreme Court of Georgia denied cert.

One of the most common questions I am asked by my clients is whether the insurance company will conduct videotaped surveillance of them after they file a claim. The answer is Yes, and often!

The insurance companies will use the tapes for many reasons. The surveillance is almost always used to intimidate claimants into settling their case for less than they should. However, the insurance company will also

show the tapes to your doctor to try to persuade their diagnosis and to the judge in order to influence the outcome of the hearing.

How do you know if you are being watched? The private investigator will usually set up a post outside of your residence in an unmarked car and wait for you to come outside. The P.I. will follow you if you drive anywhere and tape you getting in and out of your car, filling your car up



with gas, loading your car with groceries, putting your child in their car seat, or even eating a taco. It is okay to do those things, but make sure you are not moving or lifting in a manner that would seem inconsistent with your injury. This is true even if you have not hired an attorney or even filed your claim for workers' compensation benefits.

Do not assume your injury is too small or insignificant for the insurance company to justify hiring a P.I. In my years of practicing workers' compensation, I would estimate that approximately 95% of cases have some form of surveillance at some point in time. So be on the lookout for a strange car parked across the street from your house or a car following you home after a doctor's appointment, physical therapy session, or even after a deposition. This is the oldest trick in the book for workers' compensation adjusters. Be aware, but conduct yourself as you normally would given your symptoms. If you do notice a P.I. do not confront them or waive to the camera. Remain calm and go about your business. You should be doing everything to protect your case. Help us help you!

## FALL HAPPENINGS

### October Events

**Adopt a Dog Month.** Sponsored by the American Humane Association, which notes that each year, 3 million to 4 million animals wait in shelters for someone to give them a safe, loving home.

**Country Music Month.** In 1977, President Jimmy Carter named October Country Music Month, proclaiming, "Country music is as universal as a sunset and as personal as a baby's smile."

**Italian American Heritage Month.** Celebrating the contributions of Italian Americans to the USA, whose ranks include such names as artist Robert De Niro Sr., vintner Robert Mondavi, music star Lady Gaga, and many others.

**National Cyber Security Awareness Month.** We depend on the Internet and the critical infrastructure and digital technology that operates it, making cyber security one of our country's most important national security priorities and a shared responsibility.

### November Events

**National Epilepsy Awareness Month.** Epilepsy, characterized by recurrent, unprovoked seizures, affects about 2 million people in the United States. Delayed recognition of these seizures and inadequate treatment increase the risk for additional seizures, disability, decreased quality of life, and, in rare instances, death.

**National Novel Writing Month.** You can write a novel in only a month, along with the 600,000+ people who've already done so. Go to [www.nanowrimo.org](http://www.nanowrimo.org) for advice, support, and a network of fellow authors working diligently on the next Great American (or any other nationality) Novel.

**National Runaway Prevention Month.** A campaign by the National Network for Youth to increase public awareness of the issues facing runaways and to educate the public about the solutions, and about the role they can play in preventing youth from running away.

**Manatee Awareness Month.** The manatee is the official marine mammal of Florida, a gentle, slow moving animal protected by the Federal Endangered Species Act as well as Florida state law. But manatees face the risk of extinction due to human activity, including the loss of their warm water winter habitat. For more information, go to the Save the Manatee Club website at [www.savethemanatee.org](http://www.savethemanatee.org).

## Prepping for Surgery: Get the Answers You Need

**Surgery can be a scary proposition even when it's clearly necessary. Knowing the facts can help ease your nerves. Before you go under the knife, ask your doctor these questions:**

- Is this operation necessary? You should trust your doctor, but you should also confirm that the surgery is really needed for your health. Seek a second opinion if you have any doubts or concerns.
- What is your experience with this type of procedure? No patient wants to be a surgeon's practice run. Find out if he or she has performed the operation before, how often, and what the results were.
- What are the risks? Without obsessing over worst-case scenarios, find out what complications are possible and what you and your doctor can do to prevent them. At the same time, discuss the dangers of not having the operation so you have the right perspective on the situation.
- What other treatments are available? You have the right to seek legitimate alternatives. Talk about your options so you can make an informed decision.
- What are the typical results? Ask about the success rate, possible problems, and how long the recovery period might be. You need to make plans for the aftermath.

## Death match between violent and peaceful video games?

**Playing action-packed video games may make people more violent, but do calm, peaceful games bring on a mood of relaxed serenity?**

Maybe so, according to experiments conducted by researchers at The Ohio State University.

First, they had to find a relaxing video game. They settled on *Endless Ocean*, which simulates scuba diving and gentle underwater exploration. Then they took a group of 150 college students and randomly assigned them to play either a violent game like *Resident Evil 4*, a "neutral" game like *Mario Galaxy*, or *Endless Ocean*.

After the games, the students were asked to participate in a test of reaction times against another player (who didn't actually exist). The stakes: Winners would receive a small amount of money for pressing a button faster than their competitor; losers got blasted with a loud noise through headphones. The amount of money and noise were up to the students.

Those who'd played the violent game tended to be more aggressive in the test, inflicting louder and longer blasts on their nonexistent opponents.

Players of the peaceful game granted their adversaries more money for beating them than their violent gamer counterparts.

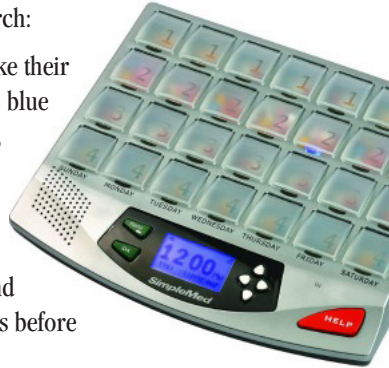
The results may not be surprising, but it's nice to know that the right video game can actually put people in a good mood once in a while.



## Watch for these Nifty Health-Protecting Gadgets

You may not need to get ready for a robot doctor, but technology is getting ready to change how we stay healthy. Consider the latest high-tech “smart” tools introduced at the South by Southwest festival in March:

- **Intelligent pillboxes.** To remind patients to take their medications on time, one type of dispenser turns blue when pills are due to be taken. If it’s not opened, the dispenser turns red and beeps.
- **Smart undergarments.** One brand of disposable briefs bears an indicator panel that can monitor adults for urinary tract infections and also check on hydration levels, spotting problems before symptoms appear.
- **Passive fall protection.** Another set of undergarments contains a motion detector capable of anticipating when a person is falling and deploying a small airbag to prevent injury. The system can also send calls for help.
- **Vigilant baby monitors.** A small sensor attached to your baby’s clothing can send instant updates to your smartphone advising you of your newborn’s temperature, breathing, movement, and posture.



*Image courtesy: SimpleMed*

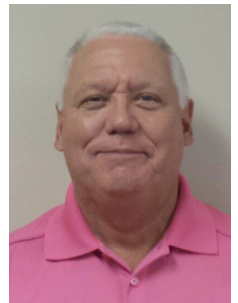
## New Practice Area! Now Helping Those with Denied Social Security Disability Claims



Mann Law Firm now helps those who have found themselves in the situation where they have filed for Social Security Disability and have been denied. Unfortunately, this is more often the case than not and now David Mann and his staff are here to help. If you or someone you know has found themselves in this unfortunate situation, please call the firm or refer them to us. We are always here to listen and happy to help in any way that we can.

## Employee Spotlight: Mike Lewis, Investigator

Mike was born and raised in Macon. After high school, he elected to stay close by and attended Mercer University where he received his BBA. After finishing at Mercer, Mike pursued a career as Licensed Private Investigator. In this capacity, he worked for Geico insurance for 17-20 years.



He now assists David with various personal injury services from accident investigations, witness location, police interviews, accident scene photos and documentation. Although you may not have interaction with Mike directly as one of David’s regular office employees,, he plays a very important role in developing the cases in that he assists finding people and getting them served so cases can be filed. Additionally, Mike is the “can do man” by helping David and his team do anything they need. He has been an active and important member of the Mann Injury Law team for 5-6 years.

He is married with 2 sons. In his spare time he loves to play golf, fantasy football and attending Atlanta Braves games.

**Referrals** We want you to think of us as your law firm. If you have a legal matter that needs attention, let us know. If we can’t handle the matter, we will refer you to a firm that can. Please feel free to refer us to your friends and family for their legal needs. A referral from a former client or friend is the greatest compliment our firm can receive. We welcome the opportunity to help. Thank you!

“How lovely to think that no one need to wait a moment we can start now, start slowly changing the world! How lovely that everyone, great and small, can make their contribution toward introducing justice straightaway... And you can always, always give something, even if it is only kindness!”

— Anne Frank

## RECIPE OF THE MONTH: TURKEY CHILI

### INGREDIENTS:

- |                                       |                             |   |
|---------------------------------------|-----------------------------|---|
| 1 Tbsp olive oil                      | & drained                   | 1 tsp. salt                                 |
| 1 lb lean ground turkey               | 1 can tomato paste          | 1 tsp. pepper                               |
| 1 can diced tomatoes                  | 1 medium sized green pepper | 1 tsp. garlic powder                        |
| 1 can kidney beans – rinsed & drained | 1 medium sized onion        | 1 Tbsp. minced garlic                       |
| 1 can chili beans – rinsed            | 1 Tbsp. chili power         | 1 tsp. cumin, oregano, and red chili flakes |

### DIRECTIONS:

In a large skillet pour 1 Tbsp of olive oil to brown turkey, add onion, pepper and garlic and saute until soft. Add all ingredients including browned turkey mixture into large pot. Cover and bring to bubbling/boil. Turn down heat to simmer and stir. Simmer and stir occasionally for 2 hours. Remove lid and let simmer for 30 mins, add water or reduce water for desired thickness of chili. Serve hot with choice of toppings: sour cream, shredded cheddar cheese, diced green onions, crumbled Fritos or Saltines. Enjoy!



## Client's Bill of Rights

Lawyers will tell you that it is impossible to offer a guarantee in the legal business. **WRONG!** We say that law firm clients should settle for nothing less! Remember, your attorney works for you – not the other way around.

At Mann Law we believe we can promise our clients quality service with personal attention. We believe that as our client you are entitled to have the:

1. Right to loyalty to you and your cause.
2. Right to be updated regularly and in a timely manner as to the progress of your case.
3. Right to our respect.
4. Right to expect competence from our firm and all who work here.
5. Right to know the truth about your case.
6. Right to prompt attention from us.
7. Right to have your legal rights and options explained in plain English without legal mumbo jumbo.
8. Right to a fair written fee agreement with our firm.
9. Right to a fair fee for the work we do.
10. Right to make the ultimate decision on your case.

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## TRICK OR TREAT? Enjoy Halloween with a Safe Costume

Halloween is coming, and your children are no doubt excited by the prospect of dressing up as their favorite animal, superhero, or celebrity. But as a parent it's your responsibility to be sure they're safe as they walk from house to house trick-or-treating in their costumes.

### Keep these tips and precautions in mind:

- **Flame retardant materials are a must.** Check the label on any costume you buy from a store. If you're making your child's outfit, use only synthetic, flame-retardant fabrics.
- **Try costumes on before the big night.** This gives you time to make any alterations necessary. You want the costume to be loose enough for your children to wear a sweater on a chilly night, but not so baggy that they'll trip, or snag an arm or leg. Be careful of capes that might drag or trip a child.
- **Don't blend into the dark.** A bright, colorful costume is best, but if your child is determined to dress as Batman or the Grim Reaper, a few strips of reflective tape will help him or her show up more effectively in streetlights and car headlights.
- **Avoid bulky masks.** Makeup is usually better than a mask, as long as it's nontoxic and doesn't contain anything likely to cause an allergic reaction. Masks that are difficult to remove quickly can be hazardous in an emergency. If your child insists on a mask, make sure the ear, nose, and mouth openings are wide enough for him or her to see and breathe easily.
- **Wear comfortable shoes.** You don't want your little princess stumbling over high heels. Children walking door to door (accompanied by you or another adult, of course) should wear sneakers or some other reasonable footwear.

