



Corradino & Papa, LLC

A Personal Injury Law Firm

973-574-1200

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STRIVE TO BE AN IDEAL PATIENT after an accident

If you have the misfortune of suffering injuries as a result of a motor vehicle accident, one of your first priorities is going to be recovering as quickly and fully as possible. The best way to accomplish that goal is to strive to be an ideal patient. Here's what we mean when we say that:

Be sure to report all of your symptoms and be completely honest with your doctor. The key is to not downplay any symptoms (that headache or nagging depression may not seem like a big deal to you, but it could be a sign of a more serious injury), but to also not exaggerate or inflate any symptoms or injuries when discussing them with your doctor. Just be accurate and candid.

When it comes to your appointments, medicines, and any treatments, stay on top of things and be inquisitive. Don't be afraid to ask questions about why a particular medicine is being prescribed or why a certain treatment is recommended. Be fully engaged in your recovery.

Carefully follow and adhere to your doctor's instructions and suggestions. If you are prescribed medicine, take it as scheduled and at the proper dosages. If you have physical therapy appointments, make sure you go to them. Gaps in treatment or ignoring your doctor's orders can not only affect your recovery but also can negatively impact your ability to collect full and fair compensation for your injuries.

Be an active participant in your recovery and genuinely strive to get better. It can be easy to get down about your injuries, but it's important to push through and fight as hard as you can to recover. ■



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getting charged up

FOR BIKING!



With the arrival of spring, many bicyclists are once again hitting the roadways and trails. And over the past decade, electric bikes (e-bikes) have been growing in popularity. Essentially, e-bikes are standard bicycles (though a bit heavier) fitted with a motor and lithium battery pack.

Some e-bikes are strictly “pedal assist.” Cyclists can control the amount (if any) of pedal assistance provided by the motor, which is engaged only while pedaling. Other e-bikes may have a twist or thumb throttle in addition to pedal assist. Riders of these e-bikes can also opt to ride without pedaling at all.

E-bikes can haul heavier loads; conquer imposing hills; make exercise and errands more fun; open cycling to older people or those with disabilities; and enable warm-weather work commuters to arrive at their jobs minus the sopping, sweaty mess.

However, there are potential hazards unique to e-bikes. With the smooth ride, some riders don’t realize how fast they’re going (e-bikes can achieve speeds of 25+ mph); other bicyclists, pedestrians, and motorists may misjudge their speed, too. According to a *British Medical Journal* study, e-bike riders are three times more likely than traditional bicyclists to collide with a pedestrian. E-bikers are also more susceptible to internal injuries and hospitalization.

There is also a learning curve to riding an e-bike — in particular, shifting gears and accelerating from a dead stop. And if the lithium battery pack is not properly maintained and stored, there’s a risk of fire.

If you are injured by an e-bike rider’s negligence, or are a victim of negligence while riding an e-bike, call [Corradino & Papa](#) to schedule a free consultation. ■

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PERSONAL INJURY CLAIMS AND on-the-job injuries



When an employee is injured at work and put out of commission for weeks, months, or longer, a workers’ compensation claim can help their cause. But workers’ comp is not meant to make an injured employee financially “whole” again — that is, restore them to their preinjury financial standing.

Workers’ comp pays two-thirds of an employee’s wages (and is capped at a certain amount) and does not cover “pain and suffering” (physical and emotional distress, loss of enjoyment of life, etc.). Nor does it extend to a second job for which the injured person is now also sidelined. All medical bills related to the workplace injury are typically covered.

Although workers’ comp laws prohibit an employee from filing a personal injury claim against their employer (with limited exceptions), a third party’s negligence is an entirely different story. For example, a pizza delivery person attacked by a homeowner’s dog, or a worker injured by a defective machine.

In these scenarios, an injured employee may file a workers’ comp claim and simultaneously pursue a personal injury claim. A successful personal injury claim can provide full compensation to the injured employee for all lost wages as well as pain and suffering and lost earning capacity, thereby plugging up the gaps in workers’ comp coverage.

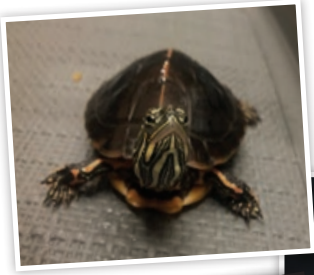
It’s important to note that although injured workers are permitted to pursue the full amount of compensation for their injuries through the personal injury claim, compensation already received from workers’ comp might need to be paid back, partially or in full.

If you are injured on the job by a negligent third party, contact [Corradino & Papa](#) to protect your rights. ■

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spotlight of the month



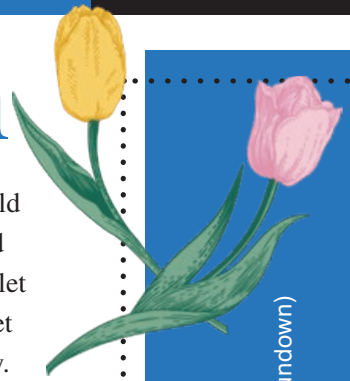
Stuart



This is Stuart and he belongs to Jeanette Sanchez. Stuart is almost 2 years old and he is a Southern Painted Turtle. He loves running free on the grass and absolutely loves to take in the sun and heat. Stuart is very dramatic and will let you know if he doesn't like something because he will start flapping his feet

like crazy in the water, especially if he's hungry.

Stuart is very dramatic, meaning, he will not eat unless Jeanette is standing by the tank and he won't eat with anyone else but Jeanette. These particular turtles have a lengthy life span and this turtle will live a nice long life full of love and affection. ■



SORTING THROUGH THE WORD 'damages'

In personal injury cases, the word "damages" pops up a lot. But not all damages are the same, and some terms overlap.

Special compensatory damages (or *economic damages*) include compensation for measurable, quantifiable expenses the victim incurs as a result of their injuries. Past and future medical expenses are a key component and cover a lot of ground. For example, necessary home or vehicle modifications are included.

Lost wages and lost earning capacity (past and future) also qualify — earnings you've already lost and future earnings that go down the drain because your injuries eliminate or restrict your earning potential.

Property damage can include the cost of repair or replacement of an item damaged in the accident (your vehicle, a cell phone smashed to smithereens, etc.). A damaged or destroyed family heirloom might fetch compensation beyond its face value.

General compensatory damages, also known as *noneconomic damages* or *pain and suffering damages*, include costs that are subjective, such as long-term physical pain, emotional distress, and/or mental anguish.

Noneconomic damages also cover the loss of quality of life. The injured person may not be able to engage in the same activities or experience the freedom they did prior to their injury. Loss of consortium comes into play when the injury impacts the intimate relationship between a victim and their partner.

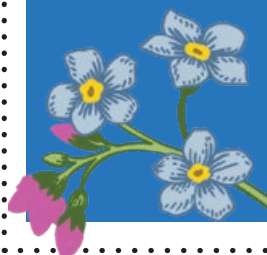
In rare instances, *punitive damages* are awarded in addition to economic and noneconomic damages when willful, wanton, or gross negligence is involved. The aim of punitive damages is to punish the at-fault party to deter future negligence.

If you are injured due to another party's negligence, contact **[Corradino & Papa](#)** for experienced, thoughtful guidance to achieve the compensation you deserve. ■

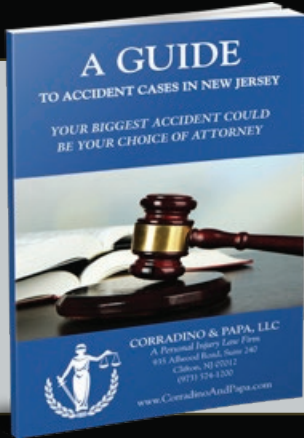


April 2022 – Mark Your Calendars

April 1 — April Fools' Day April 8 — Zoo Lovers Day April 15 — Good Friday April 15 — Passover begins (sundown)
April 17 — Easter Sunday April 18 — Tax Day April 22 — Earth Day

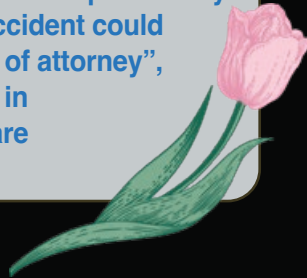


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FREE BOOK

Get Jack Corradino and Robert Papa's *New Ultimate Guide to Accident Cases in NJ*, written by Jack and RC. It will explain "Why your biggest accident could be your choice of attorney", and what to do in the event you are injured.



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Quote of the Month: "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." —Mark Twain

This publication is intended to educate the general public about personal injury, medical malpractice, and other issues. It is for information purposes only and is not intended to be legal advice. Prior to acting on any information contained here, you should seek and retain competent counsel. The information in this newsletter may be freely copied and distributed as long as the newsletter is copied in its entirety.

baked chicken florentine

Ingredients

- 1 pound boneless, skinless chicken breasts (4 medium-sized chicken breasts)
- 4 cups spinach leaves
- 4 Roma tomatoes, diced and separated into 2 equal groups
- 8 oz. extra sharp cheddar cheese, shredded
- 5 tbsp. olive oil
- 2 tsp. garlic powder
- 2 tsp. dried oregano
- 1 tbsp. fresh basil, chopped
- 1/2 lemon, juiced
- salt and pepper to taste

Italian Cookies

1. Preheat oven to 375°.
2. Place a chicken breast on a cutting board, cover tightly with plastic wrap, and pound evenly with a rolling pin or mallet to thin it. (Don't pound too hard. Flip it over, repeat.) Do this for each chicken breast.
3. Place spinach in bottom of large baking dish; drizzle with 1 tbsp. olive oil.
4. Place thin chicken breasts on top of spinach. Drizzle chicken with 2 tbsp. olive oil, 1 tsp. garlic powder, 1 tsp. dried oregano, and season with salt and pepper.
5. Cover chicken with half of the diced tomatoes and all the shredded cheese.
6. Cover baking dish lightly with foil, and bake in oven for 10 minutes. After 10 minutes, remove foil and place back in oven for additional 10 to 12 minutes, until cheese is golden brown and chicken is cooked through. (**Note: Cooking times will vary depending on how thin your chicken breasts are.)
7. While chicken is cooking, combine remaining diced tomatoes, 2 tbsp. olive oil, remaining 1 tsp. garlic powder, juice of half lemon, and chopped basil in a small bowl and toss to combine. Season as needed with salt and pepper.
8. Remove cooked chicken from oven; allow to cool slightly before plating. Top with diced tomato mixture and serve. ■

Recipe courtesy of Brynn McDowell of The Domestic Dietitian, <https://thedomesticdietitian.com>.

