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SPRING/SUMMER | 2025

Are You Being Scammed?

Three Words to Watch Out For

From suspicious emails to shady texts, scams seem everywhere these days. While threatening texts claiming to be from the IRS might trigger your "Spidey senses", not all scams are that easy to identify.

Experts have identified three little words that could indicate if a text or email is a scam.

The Phrase to Watch Out For

If you ever receive a message claiming to be from a U.S.-based company like Bank of America or Amazon watch out for the phrase **'would you kindly'**.

If those three words appear in the message it's most likely a scam.

Why?

The word 'kindly' is not used in the common U.S. vernacular.

That means it's likely being sent from someone overseas, not within the U.S..

Other Red Flags

You should consider any unsolicited communication as fishy. Other telltale signs of trouble include:

- ▶ Spelling and grammatical errors
- ▶ Requests for unusual forms of payment, like gift cards or Bitcoin
- ▶ Seemingly innocent openers like, "Hi, how are you?" or "Did I miss you today?"
- ▶ Threats or fines

If you think you've received a spam text or email, never click on any links or download attachments. Don't respond; block the sender and delete the message. You can report a spam email or text to the Federal Trade Commission at **ReportFraud.ftc.gov**.

Firm Happenings

Happy Spring and Summer! As we jump into the beautiful weather we wanted to say a quick hello and let you know of some exciting upcoming events. We are proud to again sponsor a racing team at the Riverhead Raceway! We hope you can join us at one of their exciting races in the coming months.

Also we welcomed paralegal Jessica Priola and intake specialist Asude Tastan to our growing team. We are excited to have them join us! We hope you stay safe and enjoy the warm weather.

From all of us at Rosenberg & Gluck, L.L.P.

-Erin and Matt

Summer Safety Cycling Tips

Three Golden Rules of Safe Riding

As the weather warms up and the summer approaches there is no better time to hop on your bicycle, get outside, and explore everything your community offers. Before you start riding, it's essential to take some proactive steps to stay safe.

Follow these three golden rules of summer bike safety to enjoy a safe and accident-free cycling season.

The Three Golden Rules of Summer Bike Safety

1. Always Wear a Helmet

Wearing a helmet is the most critical safety precaution when cycling. It protects you from concussions, scalp wounds and other head injuries.

Ensure that your helmet fits snugly yet comfortably. To find the right helmet, measure your head circumference with a flexible tape measure. Extra small helmet sizing starts below 20 inches while extra-large sizes start above 24.75 inches.

2. Be Seen and Heard

It's tough for drivers to see cyclists. Increase your visibility by wearing bright or reflective clothing. Put reflective tape or LED lights on your bike. This is especially important at dawn, dusk and night.

Use a bell to let people know you're approaching to avoid accidents with pedestrians on crowded walkways or trails.

3. Stay Alert

Always be aware of your surroundings and anticipate potential hazards. Watch out for pedestrians, animals or people opening the doors of parked cars.

Additionally, you should ride with the flow of traffic, never against it. Use hand signals to indicate stops or turns.

While cycling has many excellent physical and mental benefits, it can also increase your risk of accidents or injuries. Remember: always play it smart and ride safe.



ATTORNEY ADVERTISING

PRACTICE AREAS:

Motor Vehicle Accidents | Slip, Trip & Fall Accidents | Dog Bites | Wrongful Death | Birth Injury
Product Liability | Premises Liability | Nursing Home Abuse | Personal Injury | Construction Accidents

What can a **Personal Injury Attorney** do for you?

Many car accident victims believe that insurance providers are on their side. However, every insurance company acts in its own interest, trying to minimize the insurance coverage claimed despite the severity of your car accident injuries and sustained losses.

Rarely are car accidents the same. This means that every car accident requires a unique approach and expert legal assessment to determine the best course of action. Trained legal representatives will help you understand your rights based on local legalities that vary from state to state. They will help you adhere to existing deadlines and provide all the necessary details to make a solid case.

Case Investigation

Any strong car accident claim relies on solid evidence about your sustained injuries, damage and losses as well as your innocence. A well-versed car accident lawyer will carry out an independent case investigation to build a success-oriented case.

They will gather evidence in the form of police reports, medical records and accident scene photos that support your personal injury claim. They can consult accident reconstruction experts who will share their unbiased opinions on the accident, proving your right to a fair settlement.

Insurance Company Negotiations

Negotiating with an insurance company is a complex and stressful process. Filing a proper car accident claim, which can be rejected based on anything the adjuster deems insufficient or missing, is also stressful.

An attorney will help you file the claim, including proper evidence, and negotiate on your behalf. This will ensure a favorable outcome. A personal injury lawyer will act in

your best interest, saving you the frustration of the negotiation process so that you can focus on healing.

Maximizing Settlement Amount

Every insurance adjuster wants to reduce settlements on the cases they handle. Through legal leverage and a persuasive, confident approach, your attorney can secure a maximum settlement. There's no need for the injured party to go through this stressful experience alone.

Representation in Court

The most skilled negotiators may fail to settle a case without going to court. If the initial claim is denied, your attorney will file a car accident lawsuit and can take the matter to trial if necessary.

Your legal representative will prepare all the necessary documents and guide you through the process. He/ She will deliver a strategy that will help you maximize the settlement you receive while reducing your involvement so that you can focus on your full recovery. Call our office today. We are here to help.



Rideshare Accidents

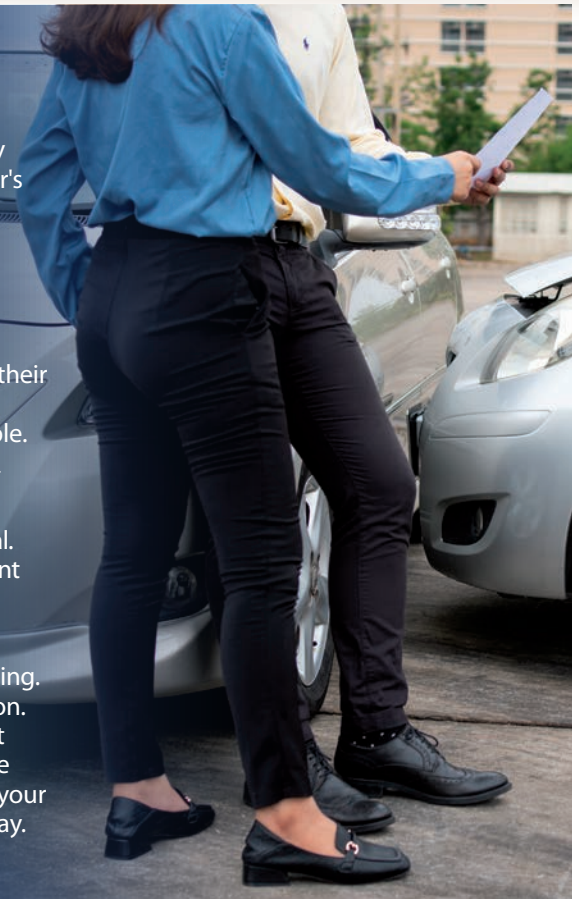
Rideshare services continue to grow in popularity. With the high number of automobiles on the road, the chance of being involved in an accident grows as well.

1. **Prioritize Safety:** Your safety is most important. Assess yourself and others for injuries and contact emergency services by calling 911 if help is needed. Move to the side of the road away from traffic if possible. If a police report is filed, be sure to obtain a copy for an insurance claim. A police report may not be admissible in court but a favorable report can serve as valuable leverage when negotiating with the insurance company.
2. **Document the scene:** Take photos of the vehicles involved, visible injuries and road conditions that may be relevant to the incident. This could be crucial evidence later.
3. **Gather information:** Exchange information with the rideshare driver,

the other driver(s) involved and any witnesses. Ensure you get the driver's name, insurance and ride-sharing company's contact information.

4. **Report the incident to the rideshare company:** Most rideshare companies have a process for reporting accidents in their app. Use it to report the accident, providing as much detail as possible.
5. **Seek medical attention:** Even if you don't feel seriously injured, get examined by a medical professional. Some injuries might not be apparent immediately.

Navigating the legal aspects of a rideshare accident can be overwhelming. It's important to seek legal consultation. A personal injury attorney can protect your rights and guide you through the process of seeking compensation for your injuries and losses. Call our office today. We are here to help.



Your Doctor's Crucial Role in Disability Claims

While most people understand the importance of doctor's visits to return to normal health after an accident or injury, they may not realize the critical role medical professionals play in disability claims.

Here are the top reasons your doctor's involvement is essential to obtaining Social Security Disability benefits.

Documenting Your Medical History

Your doctor is most familiar with your medical history including any chronic conditions, injuries or illnesses. For your disability claim, detailed documentation of your condition is vital to prove your eligibility. This can include diagnosis, treatment history and symptoms.

Providing Objective Medical Opinions

Disability claims often require a clear objective medical opinion about how your condition impacts your ability to work. While you can describe your symptoms and limitations, an independent medical opinion from a qualified doctor provides an objective, unbiased assessment.

Supporting Your Functional Limitations

In many disability claims, a key component is proving how your medical condition prevents you from engaging in substantial gainful activity (SGA). This includes not just physical limitations but mental or cognitive impairments as well. Having your doctor outline these functional limitations can be powerful evidence in a disability claim.

If you are considering applying for disability, you may need legal guidance to increase your chances of success. Our attorneys can guide you through the claims process and explain the essential role your doctor plays. Contact us today for more information.

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Spring Word Search

O F L O W E R S F K E H J E
B U T R A I L S R N R L P U
R W T G R V H U A C U H M Q
E I R D A Y L I G H T I B S
N N D J O R O N E I C K I E
A D I I S O D M N C R I C R
S Y L E N F R E T K P N Y U
C X S F W G I S N S I G C T
E B U T T E R F L I E S L C
N B O U N T I F U L N L E I
T O P M O S S O L B Y G S P

OUTDOORS
DAYLIGHT
FLOWERS
BICYCLE
WINDY
HIKING
TRAILS
RIDING
BOUNTIFUL
BLOSSOM
PICTURESQUE
RENASCENT
BUTTERFLIES
GARDENING
CHICKS



Spinach Feta Penne Bowl

Ingredients:

- ▶ 1 package (12 ounces) whole wheat penne pasta
- ▶ 1-1/2 pounds boneless skinless chicken breasts, cut into 1/4-in.-thick strips
- ▶ 3 tablespoons olive oil, divided
- ▶ 3/4 teaspoon salt, divided
- ▶ 1/4 teaspoon pepper
- ▶ 3 garlic cloves, minced
- ▶ 1/2 cup reduced-sodium chicken broth
- ▶ 1/2 cup dry white wine or additional broth
- ▶ 6 plum tomatoes, chopped
- ▶ 2 cups fresh baby spinach
- ▶ 3/4 cup crumbled feta cheese

Instructions:

1. In a 6-qt. stockpot, cook pasta according to package directions. Drain; return to pot.
2. Meanwhile, toss chicken with 2 tablespoons oil, 1/2 teaspoon salt and pepper. In a large skillet, cook and stir chicken, half at a time, over medium-high heat 3-5 minutes or until no longer pink; remove from pan.
3. In the same skillet, heat remaining oil over medium heat. Add garlic; cook and stir 1-2 minutes or until tender. Add broth and wine. Bring to a boil, stirring to loosen browned bits from pan; cook 2 minutes. Stir in tomatoes and remaining salt; cook until tomatoes are softened. Stir in spinach until wilted.
4. Add chicken and tomato mixture to pasta; heat through, tossing to combine. Serve with cheese.

Nutrition Facts:

1-1/2 cups: 455 calories, 13g fat (3g saturated fat), 70mg cholesterol, 552mg sodium, 46g carbohydrate (3g sugars, 8g fiber), 36g protein. Diabetic Exchanges: 3 lean meat, 2-1/2 starch, 2 fat, 1 vegetable.



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Referrals

A referral is the greatest professional compliment we can receive. If you have a friend, neighbor, or family member who is in need of legal representation, please consider referring them to our firm. We will do our best to provide the highest possible level of service and deliver winning results.

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What is Full Coverage?

Full coverage is not a term used by insurance companies because no insurance company will be able to cover 100% of all situations. Full coverage is going to vary by the person and situation. Many states require "state minimum coverage".

- ▶ **Liability Coverage** This coverage is designed to protect you if you're found to be at fault in an accident. It can cover the other drivers' medical costs, lost wages, pain and suffering, repair or replacement of their vehicle or property and even some legal bills. This coverage does not cover you.
- ▶ **Uninsured/ Underinsured Motorist Coverage** This coverage requirement varies by state but is used when you are in an accident caused by another driver that does not have enough coverage.
- ▶ **Personal Injury Protection** This is meant to help cover you and your passengers' medical bills sustained during an accident.

Lenders and financial institutions may tell you to have full insurance coverage. They are referring to the coverage you have on your vehicle in the event of an accident. These coverages are optional but are often required by lenders.

- ▶ **Collision Coverage** This protects your vehicle in the event of a collision with another vehicle or object.
- ▶ **Comprehensive Coverage** This protects your vehicle in the event of an accident that is not related to a collision such as a deer running into your car, theft or vandalism.

The policyholder has the option to add a wide range of additional coverages they may think of when they hear the words "full coverage". This can include rental car coverage, roadside assistance and auto security. If you have been involved in an accident, call our office. We are here to help.