



BULLETIN

FEBRUARY 2017 • VOLUME 2 • ISSUE 1

A MESSAGE FROM THE PARTNERS

Jay and I and the Bulldog Lawyer Family hope that you enjoyed the holidays and had a great New Year, and we wish you a happy, healthy and prosperous 2017. We look forward to fighting for you and your loved ones this year and hope to help make this a great year for you.

We have some exciting plans for 2017. We have teamed up with EZ Scripts, one of the largest Workers' Compensation Specialty Pharmacies in the country (you can find more details in this issue) to help you alleviate any problems that you may encounter in acquiring your medications. We are upgrading our computer systems, we have Michele and Joanne back in the fold to help better serve you (our long time clients are intimately familiar with how great they are), and of course we will be having our annual Client Appreciation Day at Knoebels which is always great fun for all. Keep your eyes open for upcoming announcements regarding Client Appreciation Day.

Have a great year and keep in mind that The Bulldog Lawyers are always here to serve you.

— Larry Levin



The Bulldog Lawyers Team Up With EZ Scripts

Great news for injured workers

We are proud and excited to announce that The Bulldog Lawyers have formed a partnership with EZ Scripts, one of the largest specialty Workers' Compensation

Pharmacies in the country. We are confident that this affiliation will benefit our clients in many significant ways.

As we have frequently stated, and have consistently demonstrated, we at the Bulldog Lawyers are all about our clients. Our clients are our life blood. They inspire us to excel and fight for them. They honor us with their many referrals of their friends and loved ones and they make our annual Client Appreciation Day at Knoebels a truly special and joyous event.

Because we strive to be worthy of our clients' loyalty, we are constantly looking for more and better ways to serve them, whether it be finding the right physician, scheduling doctor's appointments for them, providing transportation to get them to the doctor or to court, or providing a translator for our client's testimony or deposition.

How will you and your family and friends benefit from using EZ Scripts?

- No co-pays
- Free immediate home delivery
- Can be used by ANYONE hurt on the job
- No claim forms to complete
- EZ Scripts works directly with your doctor
- Can be used by car accident victims
- No insurance company denials
- No calls to the insurance company
- No reimbursement issues
- EZ Scripts' licensed pharmacists are readily available to answer medication-related questions
- EZ Scripts provides prompt, detailed records to your attorney

Having an EZ Script card enables the Bulldog Lawyers more flexibility in helping you to find the best treatment available.

For more information regarding this exciting program, please call the Bulldog Lawyers at (800) 681-7000. We look forward to hearing from you and helping you to obtain your prescriptions hassle-free. ■

30 Minute Shepherd's Pie

This old time favorite is perfect comfort food for the winter. Inexpensive, easy to make, and it only takes about a half hour. Enjoy!

INGREDIENTS:

- 2 pounds potatoes, such as russet, peeled and cubed
- 2 tablespoons sour cream or softened cream cheese
- 1 large egg yolk
- 1/2 cup cream, for a lighter version substitute vegetable or chicken broth
- Salt and freshly ground black pepper
- 1 tablespoon extra-virgin olive oil, 1 turn of the pan
- 1 3/4 pounds ground beef or ground lamb
- 1 carrot, peeled and chopped
- 1 onion, chopped
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 cup beef stock or broth
- 2 teaspoons Worcestershire, eyeball it
- 1/2 cup frozen peas, a couple of handfuls
- 1 teaspoon sweet paprika
- 2 tablespoons chopped fresh parsley leaves

DIRECTIONS:

- 1 Boil potatoes in salted water until tender, about 12 minutes. Drain potatoes and pour them into a bowl. Combine sour cream, egg yolk and cream. Add the cream mixture into potatoes and mash until potatoes are almost smooth.
- 2 While potatoes boil, preheat a large skillet over medium high heat. Add oil to hot pan with beef or lamb. Season meat with salt and pepper. Brown and crumble meat for 3 or 4 minutes. If you are using lamb and the pan is fatty, spoon away some of the drippings. Add chopped carrot and onion to the meat. Cook veggies with meat 5 minutes, stirring frequently. In a second small skillet over medium heat cook butter and flour together 2 minutes. Whisk in broth and Worcestershire sauce. Thicken gravy 1 minute. Add gravy to meat and vegetables. Stir in peas.
- 3 Preheat broiler to high. Fill a small rectangular casserole with meat and vegetable mixture. Spoon potatoes over meat evenly. Top potatoes with paprika and broil 6 to 8 inches from the heat until potatoes are evenly browned. Top casserole dish with chopped parsley and serve.

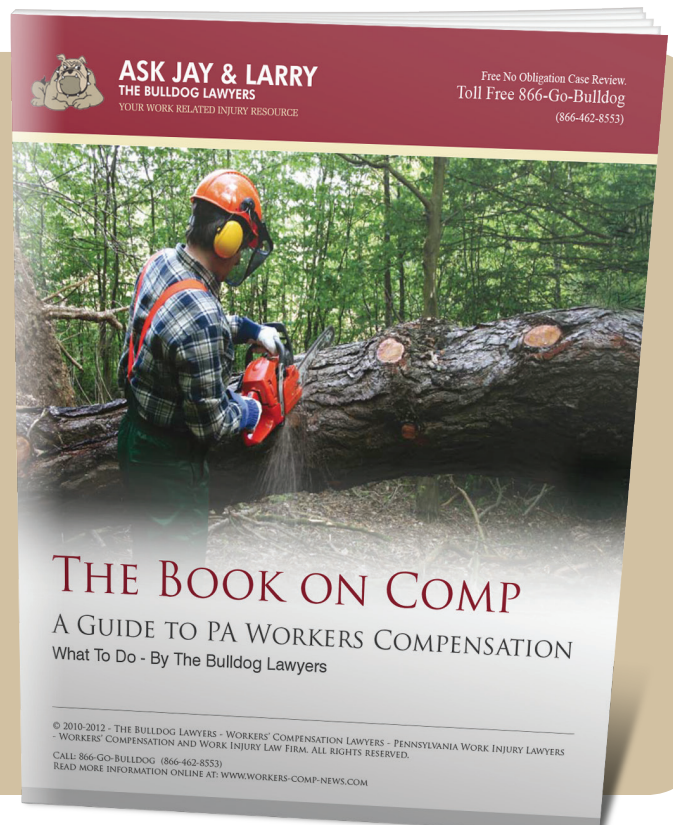
Recipe courtesy of Rachael Ray



WE WROTE THE BOOK ON COMP

Call us and we'll send you a **FREE** copy

Toll Free
866-Go-Bulldog
(866-462-8553)



Helpful Hints from the Bulldog Lawyers

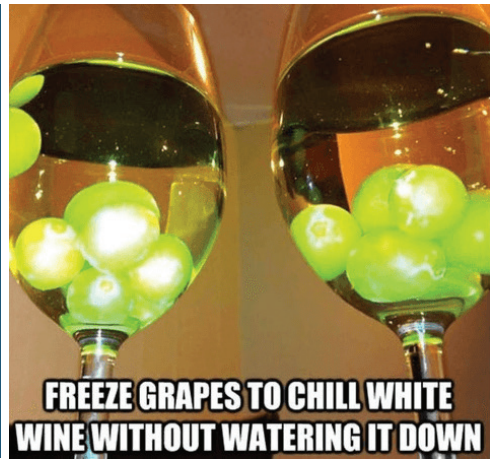
As we are always looking for ways to benefit our clients and friends, here are a few every day, inexpensive suggestions that just may improve the quality of your life.



We have tried several of these and they never disappoint, especially the cell phone in the glass.

If you set your cell phone alarm on vibrate and put it in a glass next to your bed, it will wake you, Guaranteed.

Enjoy these helpful hints.



The Bulldog Bulletin is a monthly publication of The Bulldog Lawyers. This publication is intended to educate the general public about workers' compensation 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.

Design by Zine Graphics & Print (www.zinegraphics.com). Copyright © 2017 by The Bulldog Lawyers.



ASK JAY & LARRY
 THE BULLDOG LAWYERS
 YOUR WORK RELATED INJURY RESOURCE

Shor & Levin | The Bulldog Lawyers
 261 Old York Road, Suite 200
 Jenkintown, PA 19046

Toll Free 866-Go-Bulldog (866-462-8553)
 www.BulldogLawyers.com



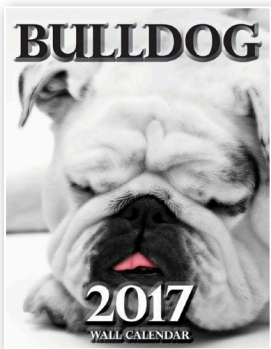
BulldogLawyers



BulldogLawyersPA

IN THIS ISSUE...

- A Message from the Partners
- The Bulldog Lawyers Team Up With EZ Scripts
- 30 Minute Shepherd's Pie
- Helpful Hints from the Bulldog Lawyers
- Quotable: *From Icons We Lost in 2016*



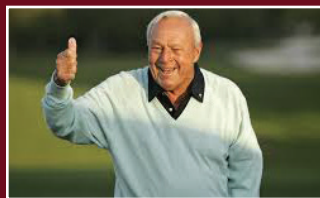
*HAPPY
 NEW
 YEAR!*

“QUOTABLE *From Icons We Lost in 2016*



"Tomorrow belongs to those who can hear it coming."

David Bowie
 Died January 10, 2016



"Always make a total effort, even when the odds are against you."

Arnold Palmer
 Died September 25, 2016



"If there is one thing I've learned in my years on this planet, it's that the happiest and most fulfilled I've known are those who devoted themselves to something bigger and more profound than merely their own self-interest."

John Glenn
 Died December 8, 2016