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Super Lawyers

RISING STAR

SOUTHERN CALIFORNIA

WORKERS' COMPENSATION

Leading Causes of Disability



Recent statistics from the U.S. Social Security Administration show that 9 million disabled workers receive more than \$10 billion in disability benefits annually.

Here are the primary causes of disability in the U.S.:

Arthritis. This disease, along with other musculoskeletal problems like bad backs and hips, is the most common cause of long term disability. Arthritis can lead to severe joint damage and even eye and skin damage.

Heart Disease and Stroke. People with heart diseases like chronic heart failure, recurrent arrhythmias and peripheral arterial disease can be limited in their ability to continue working. A stroke, where blood flow to the brain is impaired, can have devastating long-term consequences like paralysis.

Mental Health Problems. Conditions like depression and bi-polar disorder can be just as disabling as physical diseases, making work difficult or impossible, and are the most common reason seen in Social Security Disability applications.

Cancer. Cancer itself can be disabling, but often treatments like chemotherapy, surgery and radiation make working difficult. The number of disability cases due to cancer is growing rapidly, in part because of effective treatments that result in patients living longer.

Diabetes. Diabetes can lead to other serious health problems like heart and kidney disease, neuropathy and eye complications like glaucoma.

How does the SSA Define Visually Impaired?

The Social Security Administration (SSA) has special rules for determining when someone who is blind or who has low vision is disabled.

The SSA defines that one is “legally blind” if the vision in the better eye is 20/200 even with the best possible corrective lenses, or if there is a loss of peripheral vision or a loss of center vision. A narrowing of 20% or less may qualify as legal blindness.

Also, if one cannot focus properly, distinguish color or work together for tracking an object, there may be a visual insufficiency. If the visual efficiency is less than 20%, the person may be eligible for SSDI benefits.

Even if you don't meet these rules for legal blindness, vision problems combined with other health issues may prevent you from working.

Get More Information and Apply

If you or a family member is visually impaired, the SSA has many alternate means of getting benefit information. Their brochure “If You Are Blind Or Have Low Vision—How We Can Help” has extensive information on benefit eligibility, special rules on payments if you are able to work, and special communication services. You can also call them at t 1-800-772-1213 to request a copy.

Complete information on Social Security Disability benefits can be found at the SSA website. Social Security offices have all information and application materials.

The Disability Starter Kit contains everything needed to prepare for applying for Social Security Disability payments.



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If you or a loved one has been denied Social Security Disability benefits, it's important to get an attorney experienced in these types of cases involved immediately. Call 800-438-7734 for your initial free consultation, either in our office or in the comfort of your own home.





## Recipe of the Month

# BUFFALO CHICKEN DIP

Get ready for the SuperBowl with this great Buffalo Chicken dip. May your favorite team win!!



**Total Time:** 30 min

**Prep:** 10 min

**Cook:** 20 min

## Ingredients

4 ounces softened [cream cheese](#)

1/2 cup each sour cream

Frank's RedHot sauce (or 1/4 cup other hot sauce)

2 cups shredded [rotisserie chicken](#)

Garnish on top: celery seeds, chopped scallions, shredded cheddar, crumbled [blue cheese](#)

Serve with: Celery Sticks, Carrot Sticks, Crackers

## Directions

Mix 4 ounces softened [cream cheese](#) and 1/2 cup each sour cream and Frank's RedHot sauce (or 1/4 cup other hot sauce); fold in 2 cups shredded [rotisserie chicken](#). Spread in a small baking dish, sprinkle with celery seeds, chopped scallions and shredded cheddar and bake at 425 degrees F until bubbly about 20 minutes. Top with crumbled [blue cheese](#). Serve with celery and

## What's Happening in Southern California

So much to do in Southern California ... here are just a few suggestions

**January 30 – February 9, 2014**

[Santa Barbara Film Festival](#)

Various Restaurant Locations, Santa Barbara, CA

**January 31 - February 2, 2014**

[The Huntington Beach California Lifestyle Expo, partnered with Surf City Marathon](#)  
Huntington Beach State Beach

**February 7 – February 9, 2014**

[Tet Festival – Year of the Horse](#)

OC Fair & Event Center, 88 Fair Drive, Costa Mesa, CA

Traditional foods, live entertainment, festive games, and customs celebrating the Vietnamese Lunar New Year.

**February 8 – 9, 2014**

[Los Angeles Travel & Adventure Show](#)  
Long Beach Convention Center, 300 E. Ocean Blvd., Long Beach, CA 90802

**February 8 - 9 2014**

[San Diego Chinese New Year Fair](#)  
428 3rd Ave, San Diego, CA

**February 14 – 23, 2014**

[Family: Riverside County Fair & National Date Festival](#)

82-503 Highway 111, Indio CA

**February 18, 2014**

[Yosemite: A Gathering of Spirit](#)

Stewart Hall at Temescal Gateway Park, 15601 Sunset Blvd., Pacific Palisades, CA



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