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KENTON KOSZDIN LAW O

(800) 4

November 2014

**Kenton Koszdin Law
Office**

16600 Sherman Way, #190
Van Nuys, CA 91406-3875

Phone: (818) 901-9999

Toll Free : (800) 438-7734



Non-U.S. Citizens May Qualify for SSDI Benefits



Workers who are not U.S. citizens but are permanent residents of the U.S., or lawfully present here, are covered for [Social Security Disability \(SSDI\)](#) benefits. To qualify, the services must be performed in the U.S. and the worker must have paid Social Security taxes.

Eligible workers must be considered disabled

SOUTHERN CALIFORNIA

WORKERS' COMPENSATION BLOG

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according to the Social Security Administration (SSA) definition and also must follow the same work credit earnings rules as a U.S. citizen.

There are two additional requirements for non-U.S. citizens:

- If your Social Security number was assigned on or after 1/2/2004, the assigned number must have been based on an authorization to work in the U.S., **or** you must have a B-1, D-1 or D-1 nonimmigrant visa; **and**
- For any month that you are claiming disability, you must show that you were legally present in the U.S. for that month in order to be paid disability benefits for that month.

SSDI eligibility rules for non-U.S. citizens are complicated. You can find complete information at the [Social Security Disability Help website](#) and at any Social Security [office](#).

Supplemental Security Income

The rules for an alien to receive Supplemental Security Income (SSI) are even more complex.

To qualify, a non-U.S. citizen must match one of eight “qualified alien” categories as defined by the [Social Security Administration](#). The worker must also meet one of the predefined “conditions” for eligibility.

Residing Outside the U.S. May Affect SSDI and SSI Benefits

The SSA is prohibited from sending payments to certain countries, including Cambodia, Cuba, North Korea, Vietnam and many of the former Soviet Union republics. Other than these, U.S. citizens who live outside of the U.S. generally may continue to receive their SSDI benefits. For complete information, see the SSA publication “[Your Payments While You Are Outside the United States](#)”, visit an SSA office or call 1-800-772-1213.

Because of the complexities of SSDI eligibility for both non-U.S. citizens and those residing outside of the U.S., we urge you to contact an attorney experienced in all aspects of SSDI applications. The [Kenton Koszdin Law Office](#) has the right expertise to get a favorable outcome for your claim. Call us today at **800-438-7734** for a free review of your case.

November is National Diabetes Month



Each November the [National Diabetes Education Program \(NDEP\)](#) works to raise awareness of diabetes management and prevention. This year's theme is “Be Smart About Your Heart: Control the ABCs of Diabetes” because people with diabetes are at greater risk for heart disease.

The ABCs of Diabetes are warnings to alert you and your doctors to heart disease risk:

A is for the A1C test. This test shows blood glucose levels – if too high your heart, blood vessels, kidneys, feet and eyes may be harmed.

B is for Blood Pressure. High blood pressure makes your heart work too hard and can lead to stroke, heart attack or kidney disease.

C is for Cholesterol. Bad cholesterol can clog your blood vessels, causing a heart attack or stroke. Good cholesterol helps to remove excess cholesterol.

s is for Stop Smoking. Smoking increases the chances of complications from diabetes such as heart disease, neuropathy and restricted blood flow.

Check Your ABCs

Ask your health care team:

- What are my current A1C, blood pressure and cholesterol numbers?
- What are my target numbers and how can I reach them?
- What help can I get to stop smoking?

By controlling your ABCs, you can lower your chances of having a heart attack or stroke.

More Resources from the NDEP

[Taking Care of Your Diabetes Means Taking Care of Your Heart](#) tip sheet

[You Are the Heart of Your Family – Take Care of It](#) tip sheet

[Take Care of Your Feet for a Lifetime](#) booklet

[4 Steps to Manage Your Diabetes for Life](#) booklet

If you or a loved one has been denied Worker's Compensation or Social Security Disability (SSDI) 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. The Kenton Koszdin Law Office, [Social Security attorney in Van Nuys](#), can help you navigate the application process for the best possible outcome for you and your family.

Qualifying for SSDI for Those with Diabetes

Not all individuals with diabetes will qualify for SSDI benefits. But if your diabetes is uncontrolled **and** you are unable to work because the damage caused by your diabetes either severely limits what you can do or you have complications that fit one of the SSA's conditions, you may qualify. [Consult our firm](#) to discuss your SSDI eligibility.

Recipe of the Month:

Creamy Garlic Mashed Potatoes



Everyone needs a great mashed potato recipe for their holiday dinner ... enjoy this one!

Ingredients

- 3 ½ pounds russet potatoes
- 2 tablespoons kosher salt
- 16 fluid ounces (2 cups) half-and-half
- 6 cloves garlic, crushed
- 6 ounces grated Parmesan

Directions:

Peel and dice potatoes, making sure all are relatively the same size. Place in a large saucepan, add the salt, and cover with water. Bring to a boil over medium-high heat and then reduce heat to maintain a rolling boil. Cook until potatoes fall apart when poked with a fork.

Heat the half-and-half and the garlic in a medium saucepan over medium heat until simmering. Remove from heat and set aside.

Remove the potatoes from the heat and drain the water. Mash and add the garlic-cream mixture and Parmesan; stir to combine. Let stand for 5 minutes so that mixture thickens and then serve.

Recipe courtesy Alton Brown, 2004

What's Happening in Southern California

Dec. 1, 2014

Queen Mary presents CHILL 2014
1126 Queens Highway, Long Beach

Dec. 1, 2014

The Discovery of King Tut
Natural History Museum, San Diego

Dec. 6, 2014

Main Street Holiday Event & Holiday
Parties
Main Street, Santa Monica

Dec. 7, 2014

Holiday Concert
Barnum Hall, Santa Monica High

Dec. 3, 2014

The Aimee Mann Christmas Show
Largo at the Coronet, Los Angeles

Dec. 5, 2014

Hospitality Night
Forest Avenue, Laguna Beach

Dec. 5, 2014

Harvest Festival original Art & Craft
show
Fairplex, Los Angeles

Dec. 5 – 6, 2014

Balboa Park December Nights
Balboa Park museums, San Diego

Dec. 6, 2014

Oxnard Tamale Festival
Plaza Park, Oxnard

Dec. 6, 2014

Santa Monica – Venice Christmas Run
2600 Barnard Way, Santa Monica

School, Santa Monica

Dec. 7, 2014

La Jolla Christmas Parade & Holiday
Festival
Streets of La Jolla, San Diego

Dec. 13, 2014

California’s Ballet’s The Nutcracker
Civic Theatre, San Diego

Dec. 14 & 21, 2014

The 44th Annual San Diego Bay
Parade of Lights
San Diego Bay

Dec. 20, 2014

Naples Island Annual Holiday Boat
parade
Naples Island, Long Beach

Dec. 21, 2014

Moscow Ballet’s Great Russian
Nutcracker
The Wiltern, Los Angeles



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