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July 2016

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Super Lawyers
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**SOUTHERN
CALIFORNIA
WORKERS'
COMPENSATION
BLOG**

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What's Happening....

How Social Security Disability Appeals Work

If your initial application for Social Security Disability (SSDI) benefits has been denied - and 80-85% of initial claims are! - you should always reapply. And you need to do it quickly - you have only 60 days from the date you received the denial letter to request an appeal.

Read the denial letter carefully to determine exactly why your claim has been denied. The Social Security Administration must have all medical documents, including contact information for all your doctors, as well as work-related documentation so they can make an accurate decision.



As you begin your appeal it's a good idea to bring in an attorney experienced in SSDI appeals in southern California. We have extensive knowledge of the judges and health care providers and can help you complete and expedite your appeal.

Here are the 4 appeal levels:

Reconsideration

After your initial denial, you will request Reconsideration to ask that your initial claim be looked at again. This review will be done by a claims examiner who was not involved in your first claim. If there is any new medical evidence, it should be submitted at this time.

Appeals Hearing

If after Reconsideration your claim is again denied, you have the right to request a Hearing before an Administrative Law Judge. You should attend this hearing which will be at a location that is convenient to you. Again, if there is any new evidence you should supply it before the hearing.

It's advisable to have an attorney prepare you for the hearing and attend along with any witnesses that you choose to bring. The judge will question you and your witnesses, and may also question other witnesses such as medical and vocational experts.

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....continued from page 1 **How Social Security Disability Appeals....**

Appeals Council

If you disagree with the Administrative Law Judge's decision, you can make an appeal to the Appeals Council. The Council may deny your request for review or may decide either to review your case or ask the Administrative Law Judge to revisit the decision.

Federal Court

If you disagree with the Appeal Council's decision, or if the Council denied your request for review, you may file a lawsuit in a federal district court. It's essential to have a skilled attorney at your side through this process.

You will find our **free** Social Security Reference Guide very helpful.

From My Blog:

Los Angeles Brain Injuries and Workers' Compensation

If you've suffered an injury at work that keeps you from returning to work for a long period of time, you can get support for your lost wages and medical bills through workers' compensation insurance. You should inform your employer that an accident happened, that you were hurt, and that you plan on seeking out medical attention right away. Then, you can receive financial support as you recover.

Some types of injuries have symptoms that don't immediately need medical attention, but get worse over time. If you've suffered a head injury while working, you may only feel a little nauseous or dizzy. If you later develop more severe symptoms and can no longer work, it may prove challenging to receive workers' compensation benefits because you didn't immediately seek out medical attention. Read the rest » <http://www.kentonslawoffice.com/blog/workers-compensation/brain-injuries-workers-compensation/#more-858>



Where Our Water Comes From: A Fascinating Narrative

We're in the middle of a record-breaking drought in southern California and the expected help from the El Niño dried up. With La Niña on the way, the situation may get even worse.

With water on everyone's mind, did you ever open a tap and pause to wonder where exactly the water comes from? Southern California's water supply comes from an amazing system of aqueducts that flow into L.A.'s water system.

In fact, California's drinking water supply system depends on 157 million acres of land in 8 states to collect, filter and deliver water! The snowmelt in the Sierra Madre Mountains is an important source of water for the state as it drains into our lakes and rivers.



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The Colorado River Aqueduct delivers water over 242 miles to southern California. This is one of the primary sources of our drinking water, delivering water to 3.8 million residents of Los Angeles. Along the way, a lot of this water irrigates crops in the Coachella, Imperial and Palo Verde valleys. The water is actually pumped up to climb elevated land as it winds its way through open canals, deserts and underground tunnels.

The State Water Project takes water from the deltas of the San Joaquin and Sacramento Rivers and sends it via aqueducts over 400 miles to L.A. This water must be pumped over mountains several times.

Incidentally, 30% of California's total annual water supply comes from groundwater in normal years. This figure climbs to 60% during a drought.

Visit the L.A. County Department of Public Works website to learn more about your water supply and how to deal with drought conditions. You can even find exactly where your local water comes from at the Water Education Foundation.

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.

Recipe of the Month **Super Summer Salsa**

Here's a great alternative to traditional tomato salsa for your summer get together. Fresh and delicious - serve with chips or on grilled chicken.

Ingredients

- 2 (10 ounce) cans sweet white corn or 4-5 ears of fresh steamed corn
- 1 (14.5 ounce) can black beans
- 1/2 red onion, chopped
- 1 red pepper, chopped
- 1/2 cup sugar
- 1/2 cup rice wine vinegar
- salt to taste

Directions

In a large bowl, stir together corn, beans, onion, red pepper, and sugar. Stir in rice wine vinegar, and season with salt. Refrigerate for one hour and serve.

Recipe courtesy of allrecipes.com



How Social Security Disability Appeals Work



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This newsletter is intended to educate the general public about probate, trusts, wills, and other issues. It is for information purpose only and should not be constructed as legal advice. Prior to acting on any information contained in this publication, you should consult with experienced, competent counsel regarding your specific situation.

What's Happening in VanNuys & Southern California

Aug 2

Barbara Streisand
Staples Center
Los Angeles, CA
[http://losangeles.eventful.com/
events/barbra-streisand-/E0-001-
093444402-5](http://losangeles.eventful.com/events/barbra-streisand-/E0-001-093444402-5)

Aug 3

Gladys Knight
Hollywood Bowl
Los Angeles, CA
[http://losangeles.eventful.com/
events/gladys-knight-tower-power-/
E0-001-091020338-9](http://losangeles.eventful.com/events/gladys-knight-tower-power-/E0-001-091020338-9)

Aug 6

The Spirit of LA Run
Elysian Park
Los Angeles, CA
[http://thewccompany.com/spirit-of-la-
run.html](http://thewccompany.com/spirit-of-la-run.html)

Aug 13

Street Food Cinema: Manhattan Beach
Manhattan Beach Marriott
Manhattan Beach, CA
[http://losangeles.eventful.com/events/
street-food-cinema-ma-/E0-001-07333
7630-7@2016081320](http://losangeles.eventful.com/events/street-food-cinema-ma-/E0-001-073337630-7@2016081320)

Aug 19-21

12th Annual Art Deco Festival
Queen Mary
Long Beach, CA
[http://www.queenmary.com/events/
art-deco-festival/](http://www.queenmary.com/events/art-deco-festival/)

Aug 23

ASICS World Series of
Beach Volleyball
Los Alamitos Beach
Long Beach, CA
[http://losangeles.eventful.com/event
s/asics-world-series-beach-v-/E0-00
1-093980399-5@2016082310](http://losangeles.eventful.com/event/s/asics-world-series-beach-v-/E0-001-093980399-5@2016082310)