



**Kenton Koszdin**  
LAW OFFICE

*Se habla español* **888.393.0954**



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KENTON KOSZDIN  
LAW OFFICE  
16600 Sherman Way,  
#190 Van Nuys,  
California 91406-3875  
Phone: (818) 901-9999  
Toll Free: (800) 438-7734

CONNECT ONLINE



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**SOUTHERN  
CALIFORNIA  
WORKERS'  
COMPENSATION  
BLOG**

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What's Happening....

## When Should You Hire a Lawyer for Social Security Disability? Now!!

Are you or a family member disabled? Have you applied for Social Security Disability (SSDI) benefits?

If you have been disabled for at least 5 months, we urge you to apply now. But be prepared for your initial claim to be denied - an unbelievable 80-85% of initial SSDI applications are denied! Part of the reason for these denials is because the SSDI offices are overwhelmed with the volume of applications.



But another reason is that all too often the applications are submitted with inaccurate or incomplete information. This is why we encourage you to contact the Kenton Koszdin Law Office when you are preparing your application paperwork. We will work with you to ensure that you have included all doctor information and medical records as required so your application is as complete as possible.

### What If My Social Security Disability Application Is Denied?

If your first application is denied, and you haven't contacted an attorney experienced in SSDI applications and appeals, call us as soon as possible! We'll review your application, fill in any gaps and request a Reconsideration within 60 days of the denial for your case.

If your claim is again denied at the Reconsideration stage, we will file an appeals request, or Request for Administrative Law Judge Hearing. We'll build a strong case for your eligibility and submit any further documentation as requested in the hope of having your application approved without appearing at the hearing.

If appearance at the hearing is necessary, it's essential to have an experienced attorney represent you. We know the intricate SSDI eligibility rules and have helped many applicants successfully gain the benefits they deserve.

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## When Should You Hire a Lawyer for....

We will appear at the hearing with you and will prepare you so you know what to expect. There may be vocation and medical experts brought in to testify and your medical records will be reviewed as evidence. We'll walk you through your own testimony so you'll feel comfortable at the hearing.

With our help, you'll maximize your chances of having your application approved initially, at Reconsideration or at the hearing. Don't go it alone - call us today for help with your SSDI claim.

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## From My Blog:

### Basic Benefits of California Workers' Compensation

California employees are protected by workers' compensation benefits. Employers are required by law to pay workers' compensation benefits to any worker injured on the job. What many people don't know is exactly what their workers' compensation benefits will cover.

California workers' compensation insurance provides these basic benefits: Read the rest » <http://www.kentonslawoffice.com/blog/workers-compensation/basic-benefits-california-workers-compensation/#more-930>



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## Famous California Athletes

California might rank #3 in land size among all the states, but we surely rank #1 in our home-grown star athletes! Here's a partial list of sports personalities born in our state that have made notable contributions to their sport, to California and to the U.S.

As quarterback, **Tom Brady** may have led the New England Patriots to 6 Super Bowl appearances - with 4 wins - but he was born and raised in San Mateo.

**"Joltin' Joe" DiMaggio** played his entire 13-year major league career with the New York Yankees, taking 5 World Series championships, but he came from Martinez. His 56-game hitting streak record still stands.

**Oscar de la Hoya** was born in Los Angeles and came home from the 1992 Barcelona Olympics with a gold medal in boxing. Over his career he took 10 world titles in 6 different weight classes.

Born in San Francisco, **Jason Kidd**, basketball point guard, helped bring the Dallas Mavericks to an NBA championship and is also a 2-time Olympic gold medal winner.

Long Beach's **Billie Jean King's** tennis career includes 39 grand slams and victory in the highly publicized "Battle of the Sexes" against Bobby Riggs in 1973.

**Michelle Kwan** from Torrance holds the record for the figure skater with the most medals in U.S. history: 9 U.S. championships, 5 world championships and 2 Olympic medals.

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## ....continued from page 2 **Famous California Athletes**

Tennis superstar **Venus Williams**, born in Lynwood, has 4 Olympic gold medals to add to her 22 overall grand slam titles - including 5 Wimbledon singles victories.

Born in Cypress, **Tiger Woods** is the youngest golfer ever to achieve the career Grand Slam and has won 14 major golf championships along with 79 PGA tour events.

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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.

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## Recipe of the Month **Spicy Honey-Glazed Chicken Breasts**

Here's a great recipe for your summertime grill!

### Ingredients

- 1/4 cup extra-virgin olive oil
- 1 small onion, finely chopped
- 1 clove garlic, finely chopped
- 1/2 cup honey
- 2 teaspoons hot pepper sauce
- 1/2 teaspoon chili powder
- 1 teaspoon lemon juice
- 8 skinless, boneless chicken breasts (about 4 pounds)
- Salt
- 1 pineapple peeled, cored and cut into 8 thick rings



### Directions

1. In a small saucepan, heat 1 tablespoon olive oil over medium heat. Add the onion and garlic and cook, stirring, until translucent and beginning to brown, 6 to 8 minutes. Add the honey, hot pepper sauce and chili powder and simmer for 1 minute. Remove from the heat, stir in the lemon juice and set aside.
2. Preheat a grill or large grill pan to medium-high. Rub the chicken with the remaining 3 tablespoons olive oil and season with salt. Grill until well marked, about 7 minutes. Flip and cook until the bottoms are well marked and the chicken is cooked through, another 2 minutes. Transfer to a plate and brush with the reserved honey glaze. Cover with foil and let rest for 5 minutes.
3. Meanwhile, grill the pineapple until well marked on one side, about 4 minutes, then flip and cook for another 2 minutes. Serve with the chicken.

## When Should You Hire a Lawyer for Social Security Disability? Now!!



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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 Southern California

### July 1-4

2016 San Diego County Fair  
Del Mar  
<http://www.sdfair.com/>

### July 4

July 4th Fireworks Spectacular -  
Chicago (The Band)  
Los Angeles  
Hollywood Bowl  
[http://losangeles.eventful.com/  
events](http://losangeles.eventful.com/events)

### July 5

Festival of Arts Fine Art Show  
Laguna Beach  
<https://www.foapom.com/>

### July 6

Sunset Jazz at Newport  
Irvine  
[https://www.goldstar.com/events/  
newport-beach-ca/sunset-jazz-at-  
newport](https://www.goldstar.com/events/newport-beach-ca/sunset-jazz-at-newport)

### July 9

Rascal Flats  
Irvine Meadows  
[http://concerts.eventful.com/Rascal-  
Flatts](http://concerts.eventful.com/Rascal-Flatts)

### July 14

Ringling Brothers and Barnum & Bailey  
Circus 146th Edition  
Los Angeles  
Staples Center  
[http://losangeles.eventful.com/events/  
categories/family\\_fun\\_kids](http://losangeles.eventful.com/events/categories/family_fun_kids)

### July 15

Diana Ross  
Los Angeles  
Hollywood Bowl  
[http://losangeles.eventful.com/  
events](http://losangeles.eventful.com/events)

### July 30

American Cancer Society's Relay  
For Life - Lake Forest  
Lake Forest Sports Park  
[http://main.acsevents.org/site/  
TR?pg=entry&fr\\_id=74022](http://main.acsevents.org/site/TR?pg=entry&fr_id=74022)