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What's Happening....

Keeping a Journal To Document your Pain and Symptoms

When applying for Social Security Disability (SSDI) benefits, you have to make a convincing case that your medical condition is preventing you from working. Doctor records and medical tests tell part of the story. But the most persuasive testimony can only come from you.



That's why it's important to keep a written record or journal to track the symptoms from your injury or illness as well as the degree of pain you are experiencing and how these problems affect your everyday life.

Your words don't have to be formal - just jot down what you are experiencing as often as you can. Try to be as descriptive as possible, but don't be overly dramatic.

What To Include in Your Journal

Include information such as:

- Date and time of each episode.
- Occurrences linked to your disability like seizures, headaches, pain attacks, stiffness or weakness.
- The part of your body that is painful.
- The degree of pain you are experiencing and how long it lasts.
- The circumstances that triggered the event such as a sudden movement or resting too long in one position.
- How long each occurrence lasts.
- Whether any medication helped your symptom.
- All medications that you take and describe any side effects.
- How your sleep or appetite is affected.

Try using a number scale for things that are hard to quantify like pain or fatigue. For example, "1" means little pain and "10" means extreme pain.

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....continued from page 1 **Keeping a Journal To Document your Pain..**

Be sure to also include **things you can't do** because of your disability. For example "Could not bend over to tie my shoes" or "Could not climb stairs because of shortness of breath."

How your Symptom and Pain Journal Can Help your Disability Case

If you have been denied SSDI benefits and are appealing your case, you will have to appear before a judge at a hearing. Your journal will help you describe your symptoms and degree of pain and how your disability affects your daily life.

Your pain journal can help in other ways too. Tracking your symptoms and pain will help your attorney prepare your case for the hearing. The journal can even assist your doctors to provide better medical care for you.

From My Blog:

Can An Injured Los Angeles Domestic Worker Get Workers Compensation?

Many homeowners in Los Angeles use the services of **domestic workers** such as babysitters, nannies, housekeepers, and gardeners. While this homeowner-to-client relationship is often beneficial for both parties, it can lead to complications when and if an accident occurs. It is not always clear if the homeowner is an employer or if the worker is simply a contractor with no recourse for support through workers' compensation benefits. **Read the rest »**
<http://www.kentonslawoffice.com/blog/workers-compensation/los-angeles-domestic-workers-workers-compensation-injury/#more-975>



California Wine: A Rich History

Winemaking is a huge industry for our state. In 2015, California wineries shipped 229 million cases with an estimated retail value of almost \$32 billion to the U.S. alone!

The origins of California winemaking are humble and reach back into the 18th century. In 1769, Franciscan missionary Father Junipero Serra brought settlers to San Diego from Mexico. He and other missionaries created 21 missions and planted a vineyard at each. These early wines were used for the needs of the missions including sacramental rites and were made from a variety from Mexico known as the Mission grape.

Later, as more Europeans settled in California, they recognized the unlimited potential here for growing vineyards and producing wine. Jean Louis Vignes from Bordeaux, France brought vine cuttings from his native land to create a vineyard in what is now downtown Los Angeles. Transplanted Germans established their vineyard where Disneyland exists today.

When gold was discovered in northern California in 1848, settlers quickly spotted the value of the land and climate as perfect for grape growing. Wine growers continued to import vine cuttings from Europe to improve the local grapes, and by 1890, our wine industry was producing almost 11 million cases of wine annually.

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California Wine: A Rich History

California winemaking survived vine pests but had to rebuild the vineyards almost from scratch due to sharply reduced production during Prohibition. The Great Depression and World War II slowed these efforts, but winning the 1976 "Judgment of Paris" blind wine tasting competition in both red and white wine categories really made the world sit up and take notice!

Today, our California wines are acknowledged to be among the world's finest.

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

Italian Sausage and Zucchini Quiche

Here's a great dish for your holiday brunch. Enjoy!

Ingredients

- Nonstick cooking spray
- 4 ounces uncooked turkey Italian sausage links, casings removed
- 1 cup coarsely shredded zucchini
- 1/2 cup chopped red sweet pepper (1 small)
- 1/4 cup finely shredded Parmesan cheese (1 ounce)
- 1 1/2 cups refrigerated or frozen egg product, thawed, or 6 eggs, lightly beaten
- 1/4 cup fat-free milk
- 1/8 teaspoon black pepper
- 1/3 cup shredded part-skim or reduced-fat mozzarella cheese



Directions

1. Preheat oven to 325 degrees F. Coat four 8-ounce shallow ramekins or quiche dishes or one 9-inch pie plate with cooking spray. Set aside.
2. In a medium skillet cook turkey sausage, zucchini, and sweet pepper until turkey is cooked through and sweet pepper is just tender, using a wooden spoon to break up turkey as it cooks. In a medium bowl combine cooked turkey mixture and Parmesan cheese. Divide mixture among the prepared dishes or spoon into the pie plate. In a medium bowl whisk together egg, milk, and black pepper. Divide egg mixture evenly among the ramekins or pour into the pie plate. Sprinkle with mozzarella cheese.
3. Bake individual servings about 25 minutes or pie plate about 35 minutes or until a knife inserted in center(s) comes out clean. Cool on a wire rack 10 minutes before serving.

Keeping a Journal To Document your Pain and Symptoms



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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

Jan 1 - 21

The King & I
Hollywood Pantages Theatre
Los Angeles, CA
<http://hollywoodpantages.com/showinfo.php?id=70>

Jan 2

Coronado Kayak Tour
Ferry Landing Marketplace
San Diego, CA
<http://sandiego.eventful.com/events/coronado-kayak-tour/-/E0-001-069670975-2@2017010213>

Jan 2

128th Rose Parade
Orange Grove Blvd. & Colorado Blvd
Pasadena, CA
<https://www.tournamentofroses.com/events/roseparade>

Jan 20

Jefferson Starship
The Rose
Pasadena, CA
<http://losangeles.eventful.com/events/jefferson-starship/-/E0-001-097703181-9>

Jan 21

R&B Rewind Festival
Microsoft Theatre
Los Angeles, CA
<http://losangeles.eventful.com/events/rb-rewind-festival/-/E0-001-096425521-5>

Jan 21

The Peking Acrobats
Richard & Karen Carpenter Center
Long Beach, CA
<http://www.discoverlosangeles.com/what-to-do/events/peking-acrobats-4>

Jan 22

Styx
Saban Theatre
Beverly Hills, CA
<http://losangeles.eventful.com/events/styx/-/E0-001-096946389-1>

Jan 24 - 29

Rent
Hollywood Pantages Theatre
Los Angeles, CA
<http://hollywoodpantages.com/showinfo.php?id=83>