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SOUTHERN CALIFORNIA
WORKERS'
COMPENSATION
BLOG

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What's Happening....

Key Steps To Apply Successfully for SSDI

If you have been disabled and can no longer work, it's undoubtedly a very stressful time for you. You're dealing with health problems along with medical bills and, at the same time, worried about continuing to support your family.

If you are unable to work because of an injury or illness, it's time to

apply for Social Security Disability (SSDI) benefits. Unfortunately, at least 80% of initial SSDI applications are denied! This happens most often because the application package with necessary medical and job information is incomplete, but also occurs because the Social Security offices are seriously understaffed.

Give yourself the best chance of an SSDI approval by following these steps:

- Don't delay. Apply as soon as you have been disabled for 5 months. It will take a long time for your application to be processed.
- Get help with the application. Incomplete paperwork will result in a denial and the appeal process is very time-consuming. We can help you complete your application and make sure that other necessary information is submitted too.
- Submit copies of all medical records. Attach all documents, even the most recent, when you initially apply and with each appeal.
- Keep seeing your doctor regularly. Your doctor will be unable to complete a supporting statement if you haven't had regular visits and your medical condition will not appear serious. If you lose your medical coverage before your claim is approved, seek medical care at a free clinic or county health department.
- Take your medications. At a disability hearing, the judge will want to verify that you have been following medical advice for your condition.
- Cooperate with the claims examiner. Answer letters promptly and be sure to go to any requested medical exams.

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- Don't get frustrated with those working on your case. As we've mentioned, they are overburdened with many disability cases and are doing their best. It won't help your case if you are short or unreasonable with them during conversations.
- Ask your doctor to complete an "RFC" form. The Residual Functioning Capacity form reports on an individual's ability to work. It's a good idea if your doctor completes it rather than an assigned doctor at the Social Security office.

If your SSDI claim is denied, be sure to call an attorney experienced in SSDI claims right away. We have the right expertise to work for you on an appeal including Reconsideration and all appeals hearings.

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>



Amazing Facts about Los Angeles

Los Angeles is an amazing city but not just for its fascinating history, ethnic diversity and Mediterranean-type climate. How many of these unusual facts do you know?

- Our original name was "El Pueblo de Nuestra Senora Reina de los Angeles sobre el Rio Porciuncula," meaning "The town of our lady queen of the angels on the Porciuncula River."
- There are more cars than people in L.A.
- Our city is located on top of the third-largest oil field in the country.
- L.A. is home to people from more than 140 countries who speak 224 different identified languages.
- "It Never Rains in California"? In 1926, a rain gauge in the San Gabriel Mountains collected 1 inch in just 1 minute of rain!
- Our city is truly a cultural center with at least 90 stage theaters and more than 300 museums.
- Beverly Hills was originally a lima bean ranch.
- If L.A. were a country, our economy would be bigger than that of Saudi Arabia, Switzerland and Sweden.
- The Hollywood sign originally read "Hollywoodland" and was created in 1923 to advertise a real estate development.
- LAX is the second busiest airport in the U.S.



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- The grass of the meticulously maintained grounds of the Getty Museum is kept trimmed by goats.
- The steepest street in California is Eldred Street in Highland Park. With a 33% elevation grade, it beats out all of San Francisco's avenues.
- 11 miles of hidden tunnels under the city - that still exist today - once transported money and prisoners and even liquor to underground speakeasies during Prohibition.

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 **Stuffed Acorn Squash**

Here's a delicious variation to your standard holiday stuffing recipe. Enjoy!

Ingredients

- 2 medium acorn squash (about 1 ¼ pounds each), halved widthwise and seeded
- Cooking Spray
- 1 tablespoon Olive Oil
- 8 ounces Cremini mushrooms, sliced
- 2 3-ounce links apple chicken sausage, cooked and diced
- 8 ounces kale, stemmed and chopped
- ½ teaspoons salt (optional)
- ½ teaspoons ground black pepper
- ½ cup fat-free, reduced sodium chicken broth
- 1 cup dried cornbread stuffing



Instructions

1. Preheat oven to 375 degrees.
2. Coat a baking pan with non-stick cooking spray and place squash cut-side down in the pan. Add about an inch of water and bake for 30 minutes.
3. While the squash is baking, add olive oil to a sauté pan over medium-high heat. Sauté mushrooms and chicken sausage until golden brown. Add kale, salt (optional) and pepper and sauté until kale is wilted, about 5-7 minutes.
4. Add the chicken broth and cornbread stuffing to the mushroom mixture and simmer until all of the liquid is absorbed.
5. Remove squash from the oven. Turn the squash over in the pan so the cut side is up. Fill each squash with ¼ of the mushroom mixture then return to the oven. Bake for 15 minutes.
6. Cut each squash in half and serve.

Recipe courtesy of www.diabetes.org

Key Steps To Apply Successfully for SSDI



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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

Nov 1

Sergio Mendes "A Celebration of 50 Years of Brasil 66"
Belly Up
Solana Beach, CA
<http://sandiego.eventful.com/events/sergio-mendes-celebration-50-years-brasil-66-e-/E0-001-092629056-2>

Nov 4

Three Dog Night
Saban Theatre
Beverly Hills, CA
<http://losangeles.eventful.com/events/three-dog-night-/E0-001-092158831-0>

Nov 5

Celtic Thunder
Orpheum Theatre
Los Angeles, CA
<http://losangeles.eventful.com/events/celtic-thunder-/E0-001-091987720-2>

Nov 12

2016 LA Beer Festival
Los Angeles Center Studios
Los Angeles, CA
<https://www.eventbrite.com/e/2016-la-beer-festival-tickets-27609965149?aff=es2>

Nov 13

America
Saban Theatre
Beverly Hills, CA
<http://losangeles.eventful.com/events/america-/E0-001-092188584-2>

Nov 17

Snow Day LA - Snow Tubing Park
Recreation Lodge Drive
Los Angeles, CA
<https://www.eventbrite.com/e/snow-day-la-snow-tubing-park-tickets-28405353176?aff=es2>

Nov 19

Pasadena International Film Festival
Laemmle Playhouse 7 Movie Theatre
Pasadena, CA
<http://www.pasadenafilmmfestival.org/>

Nov 26

Count Basie Orchestra: Sinatra's Jazz
Copley Symphony Hall
San Diego, CA
<http://sandiego.eventful.com/events/count-basie-orchestra-sintras-jazz-/E0-001-095518356-3>