



Kenton Koszdin
LAW OFFICE

Se habla español **888.393.0954**



February 2017

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

CONNECT ONLINE



VIEW KENTON KOSZDIN PROFILE ►



SOUTHERN CALIFORNIA WORKERS' COMPENSATION BLOG

VISIT OUR BLOG

IN THIS ISSUE

PAGE 2

Eureka! Learn About Interesting State Mottos

PAGE 3

Recipe of the Month
Winter Salad

PAGE 4

What's Happening....

How Often Do You Check Your Social Security Statement?

The Social Security Administration (SSA) has quite a lot of helpful information online. You can visit SSA.gov/myaccount to get information on your Social Security Disability (SSDI) benefits as well as Social Security retirement.

One of the best pieces of information at this website is your Social Security retirement statement. You can view your Social Security statement there at any time. If you don't have a "my account" set up with the SSA, you will receive paper statements every 5 years - at ages 25, 30, 35, 40, 45, 50, 55 and 60+.

What To Check in Your Social Security Statement

We recommend checking your Social Security statement online annually. In fact, the SSA does too! April 7th is designated as National Check Your Statement Day when the SSA reminds you to visit your account online or check your latest paper statement.

Why check up on the SSA? It's possible that some of your earnings have not been properly reported. They may even be completely missing.

Your statement shows the earnings on which you've paid Social Security taxes. Ultimately your Social Security benefit will be calculated based on these numbers. It's important to check these earnings regularly while you can confirm their accuracy against pay stubs or your tax forms.

Check also that basic information is correct like your name and Social Security number. Your own Social Security number must appear on the statement, not your spouse's or other family member's.

How to Correct an Error on Your Social Security Statement

If you dispute your earnings, you must have evidence of your covered earnings for the applicable period.continued on page 2



....continued from page 1 **How Often Do You Check Your Social....**

Call the Social Security helpline at 800-772-1213, Monday through Friday, from 7 a.m. to 7 p.m. Since this is the number for all types of Social Security questions, you may have to wait a while. You can also visit your local Social Security office to speak with someone in person. Check here for the location of the nearest office.

Correcting any errors can take up to several months. After you've been notified of the correction, check online or ask for another statement to verify.

From My Blog:

How Divorce Can Affect Disability Payments in Los Angeles

Your divorce can affect the amount of money you receive through disability benefits. This is especially true if you are receiving Social Security Disability Insurance (SSDI) based on your spouse's earnings. How your divorce will affect your benefits depends on whether your benefits were based on your spouse's record or your own Social Security work record. Read the rest » <http://www.kentonslawoffice.com/blog/social-security-disability/divorce-affect-disability-payments-los-angeles/#more-872>



Eureka! Learn About Interesting State Mottos

Each of our states and territories has a motto. These phrases are intended to formally describe the general intent or motivation of an organization - in other words, a mission statement.

Many state mottos refer to America's freedoms and basic principles of liberty and justice. As originally created, the mottos are in many languages. While 24 are in English, 20 are written in Latin, once considered the language for all solemn occasions. Two more are in native languages.

Here are a few intriguing mottos with our own at the top of the list:

- "Eureka!" (California) means "I have found it" in Greek. This statement is originally attributed to the ancient Greek inventor and physicist Archimedes who shouted it when he discovered how to measure an object's density. Our motto commemorates another discovery - the 1848 gold strike near Sutter's Mill which began the Gold Rush.
- "The crossroads of America" (Indiana, English) describes this state's location as the hub for several interstate highways that cross Indiana.
- "To the stars with difficulty" (Kansas, Latin) refers to the pioneering spirit as well as the difficult times Kansas endured in becoming a state during the Civil War.
- "If you seek a pleasant peninsula, look about you" (Michigan, Latin) aptly describes the beauty of this state's upper and lower peninsulas.
- "It grows as it goes" (New Mexico, Latin) is puzzling at first, but its original reference in Lucretia's ancient epic poem refers to a thunderbolt's increasing strength as a symbol of dynamic growth.
- "She flies with her own wings" (Oregon, Latin) reflects this state's tradition of independence and innovation.



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

Winter Salad

If you love salads but welcome something new, here's a great salad for winter using citrus fruits.

Ingredients

Salad

- 6 cups mixed greens
- 1 cup grapefruit sections
- 1 cup orange sections
- 1 cup thinly sliced red onion
- 1/4 cup coarsely chopped toasted walnuts

Dressing

- 2 tablespoons raspberry vinegar
- 1 tablespoon orange juice
- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil
- 1/2 teaspoon sugar
- 1/4 teaspoon pepper
- 1/2 teaspoon soy sauce
- 1/4 teaspoon dry mustard
- 1/8 teaspoon salt



Directions

Combine the dressing ingredients in a bowl. Combine the greens, grapefruit, oranges, onion and walnuts. Add dressing and toss to coat.

Recipe courtesy of www.diabetes.org

Happy Valentine's Day!



