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March 2017

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SOUTHERN CALIFORNIA WORKERS' COMPENSATION BLOG

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IN THIS ISSUE

PAGE 2

How Many California State Parks Do You Know?

PAGE 3

Recipe of the Month
Citrus Baked Fish

PAGE 4

What's Happening....

Applying for Social Security Disability: Frequently Asked Questions

If you or a family member is unable to work because of a disability, you probably have a lot of questions about Social Security Disability (SSDI) benefits. Applying for SSDI is a complex process and it can be confusing.

First of all, we are here to help! Many initial SSDI claims are

rejected, often because information is incomplete or missing. It's important to get guidance from an attorney experienced in SSDI applications to avoid delays.

Here are answers to common questions that we hear every day:

When should I apply for SSDI? You should apply when you have been unable to work for at least 5 months. If you have been off work than 5 months, your claim may be denied because your condition is not severe enough to keep you out of work for a year or more.

How long will it take to get my claim approved? There are significant delays in processing SSDI applications in California because of the huge volume that processors must handle. Initial applications can take 4 months and the majority are denied at this stage. If your application is denied, request a Reconsideration and supply any information that is missing. If the Reconsideration is again denied, applicants should file a request for an Administrative Law Judge hearing. At this hearing it is essential to have experienced legal representation to help present your case.

What kind of evidence must I supply with my application? Your best chance of approval is to submit an application with complete, relevant information. Be sure to include your medical history and information on all treatments, physician names and contact information, treating hospitals and clinics, lab and test results, list of medications and a physician statement how your health problems affect your ability to work. Also include work supervisors' contact information and your job requirements. *.contd. on pg. 2*



....continued from page 1 **Applying for Social Security Disability....**

Once approved, are benefits paid retroactive to my disability date? All SSDI applicants must wait for 5 months after they apply to receive benefits. If you apply for SSDI some time after your actual disability date, you can receive back pay for a maximum of 12 months.

Again - please don't lose out on valuable benefits that you have earned. Contact us for help with filing your initial application as well as navigating the appeal process.

How Many California State Parks Do You Know?

Most of our state's best natural, cultural and recreational treasures are part of the California State Park System. The numbers are mind-boggling: 340 miles of coastline, 970 miles of river and lake frontage, 4,500 miles of trails and more than 15,000 campsites!

From fragile desert to broad, sandy beaches and the last stands of primeval redwood forests, our state parks offer a wide variety of experiences. Here are a few nearby gems that offer a lot more than just picnic tables:

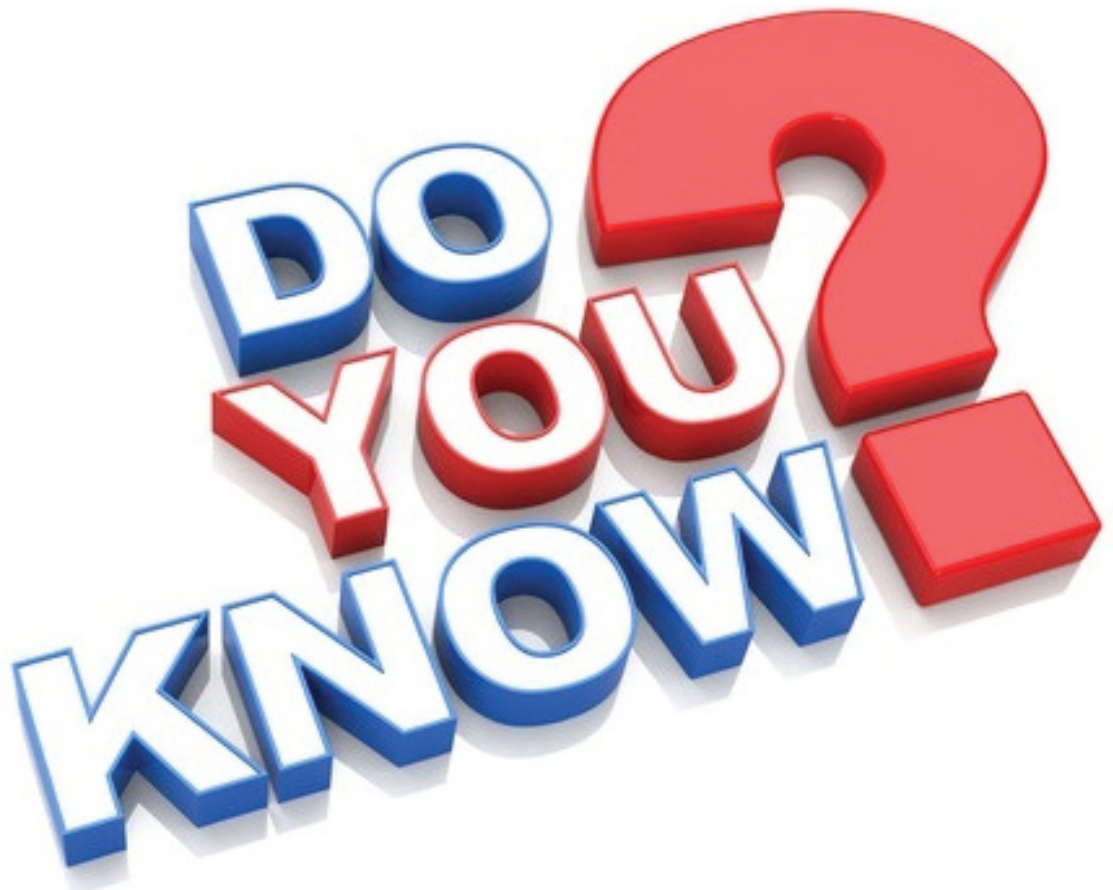
Anza-Borrego Desert State Park is the largest in our state and just 2 hours east of San Diego. Exploring the 12 wilderness areas, you'll find everything desert including wildflowers, washes, cacti and palm groves. You may even run into bighorn sheep, roadrunners and golden eagles.

Will Rogers State Historic Park memorializes the ranch and home of this multi-talented celebrity. Take a tour of the 31-room ranch house with its perfectly preserved 1930's style or enjoy a guided trail ride right in Los Angeles.

For a real getaway, visit Mount San Jacinto State Park, a dedicated high-country wilderness area in Riverside County. Traverse the canyons in the Palm Springs Aerial Tramway as you climb to 8,516 feet.

Tucked between Corona Del Mar and Laguna Beach, Crystal Cove State Park is a hidden jewel that blends the best of sandy beaches, gentle hills and deeply wooded canyons. The offshore underwater area is perfect for snorkelers and scuba divers.

Malibu Creek State Park features 15 miles of stream-side trail through woodlands on chaparral-covered slopes. Learn about Chumash Native American life at the restored Sepulveda Adobe and use your imagination to picture TV shows like M*A*S*H being filmed there.



....continued on page 3

....continued from page 2 **How Many California State Parks Do You...**

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.

From My Blog:

How to Help Someone Apply for Social Security Disability Benefits Online

You can apply for adult disability benefits online if you are over the age of 18, are not currently receiving benefits on your own Social Security record, have an injury or illness that will prevent you from working for 12 months or more, and have not been denied disability benefits in the last 60 days. If you would like to seek support for your injuries, or if you would like to help someone apply for Social Security Disability benefits, you should go official website of the Social Security Administration (SSA). Read the rest » <http://www.kentonslawoffice.com/blog/social-security-disability/how-help-someone-apply-for-social-security-disability-benefits-online/#more-846>



Recipe of the Month **Citrus Baked Fish**

Here's a delicious variation to your next fish dish.

Ingredients

- 2 tablespoons butter
- 1/4 cup orange juice
- 2 tablespoons lime juice
- 1 tablespoon lemon juice
- 1 lb fish (cod, haddock, walleye)
- salt
- pepper

Directions

1. In small pan, melt butter, add juices.
2. Spray 13x9 pan with cooking spray.
3. Place fish in pan. Salt & pepper to taste.
4. Pour butter-juice mixture over fish.
5. Bake 400 degrees for 15-20 minutes or until easily flakes with fork.



Recipe courtesy of food.com

Applying for Social Security Disability: Frequently Asked Questions



See Page One

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

Apr 1 - 9

An American In Paris
Pantages Theatre
Los Angeles, CA
<https://goo.gl/tiiwW2>

Apr 8

Wayne Newton
Sayban Theatre
Beverly Hills, CA
<https://goo.gl/Y6VWFA>

Apr 21

John Mayer
LA Forum
Inglewood, CA
<https://goo.gl/RiWcZF>

Apr 1 -16

Discovery Cube Orange County
Bubblefest
Discovery Cube Orange County
Santa Ana, CA
<https://goo.gl/sYmq5U>

Apr 13

Doc Severinsen and His Big Band -
VPAC Celebrates Doc's 90th!
Valley Performing Arts Center
Northridge, CA
<https://goo.gl/xIQYWg>

Apr 29

Color Funfest 5K Run
Irwindale Speedway
Irwindale, CA
<https://goo.gl/1UH77j>

Apr 1 - 30

Into the Woods
Music Center
Los Angeles, CA
<https://goo.gl/bq6Mww>

Apr 19

David Crosby & Friends
The Wiltern Theatre
Los Angeles, CA
<https://goo.gl/7GAVOI>