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*Se habla español*



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July 2022

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## Social Security Disability (SSD) Denials and Appeals Process

Data from the Social Security Administration (SSA) shows that almost sixty (60) percent of first-time applications for Social Security Disability (SSD) are denied each year. These claims are often rejected due to mistakes made during the filing process.



### Denial of SSD Claims. Why?

For you to be entitled to get Social Security Disability benefits, you must prove that you have a qualifying impairment and must also meet filing restrictions and specific employment considerations.

There is a lengthy and detailed process that the SSA follows which includes filing, reviewing, and approving or canceling applications for SSD benefits. It is pertinent that applicants follow the process accurately. Many first-time applications for benefits are rejected because of negligence on the part of the applicants, such as incomplete medical records or simple errors like incomplete applications.

### Appeals Process – Four Levels

If your initial application for benefits is denied, know that you have the right to appeal. A denied disability claim does not mean that you lose all hope! The social security disability appeal process has four levels.

- 1. Reconsideration:** The first level of the appeal process is to request a reconsideration. A Social Security Administration (SSA) claim examiner who was not a part of your initial decision will review your case and consider your original/first application and additional documentation to support your claim. You have sixty (60) days from the date you receive the letter from Social Security to appeal your case. To increase your chances of winning, you should consider talking to a professional, such as a Social Security disability attorney, who will help you through the process and design an action plan personalized to your situation.
- 2. Hearing by an Administrative Law Judge:** In case the reconsideration is unsuccessful, you can submit a request for a hearing before an Administrative Law Judge (ALJ). This platform provides the applicant the opportunity to persuade the judge firsthand that you are disabled and explain how your disability has affected your life and your ability to hold employment. The judge may interrogate you about your impairment and medical records and may have medical and vocational experts in the courtroom.
- 3. Review by Social Security Appeals Council:** If your appeal before an administrative law judge is still not successful, you have another opportunity to appeal your case to the Appeals Council. You should keep in mind that you only have sixty (60) days to appeal your case. You may have to file a new application if you miss the deadline. The Appeal Council will review your case and reconsider the ALJ decisions only if the findings are not supported by evidence or the ALJ makes a procedural error.
- 4. Federal court review:** The final level in the appeal process is the Federal District Court. An appeal to the federal court may be made in case the Appeals Council denies your request for review or rejects it. Filing a civil lawsuit in a Federal District Court is your last option.

Having an attorney to apply for SSD benefits is not mandatory, but it will significantly increase the likelihood of a successful and timely outcome.

# Injured on The Job? When Workers' Comp Might Not Cover Your Injuries

Have you been injured at work and are worried about increasing medical and treatment expenditures? Well, you can relax if your employer has Workers' Compensation insurance. Do you know what Workers' compensation is? It is a system in the United States that provides compensation payments to employees who have been hurt or become ill as a result of their employment.

[Click here to read more](#)



## Summer Bicycle Safety Tips

Summer is prime biking season. Biking is a great way to stay fit and healthy and burn those extra calories! It's also one of the best ways to cut down your carbon footprint. More bikers are sharing the roads with vehicles now than ever before. This warrants awareness about bicycle riding safety.

Here's an easy guide to making your rides more fun, safe, and comfortable.

### 1. Be Aware

Before riding your bike, pay attention to weather conditions, road surfaces, traffic conditions and general alignment of the route (abrupt turns, ends, etc.). In addition, you should always travel at speeds you are comfortable with while following traffic signs, lights, and markings as drivers.

### 2. Never Ride Without a Helmet

In the United States, every state has its own Bicycle Helmet Laws, varying with the cyclists' age. In California, anyone aged 18 and under riding a bike must legally wear a bicycle helmet.

Recent statistics have shown that wearing a helmet can decrease the chances of a severe head injury by half and face and neck injuries by one-third. In simple terms, wearing a helmet will significantly reduce the likelihood of experiencing a life-altering injury. In case of an unfortunate accident, never reuse the helmet once it has been damaged, as helmets are designed to break upon impact, aiming to protect your skull.

### 3. Avoid Wearing Earphones While Riding

Wearing earphones or earbuds while biking helps people get energized and relaxed and makes the ride smoother and quicker. However, the downside to listening to music while riding is that your sense of hearing is compromised.

While riding a bike, being aware of your surroundings is key. Our senses should always be alert to respond to incoming vehicle, ambulance/ emergency sirens, and pedestrians.

### 4. Ensure Brakes Are Functioning

Before venturing on the road:

- Make sure that your brakes are functioning.
- Ensure that the brake pads are rubbing properly against the disc rotor located on the wheels.
- Don't hesitate to take the time to correct an issue with the brakes, even if it effects your plans.

Spinning the wheel of your bike and then applying brakes will tell you about the status of your brakes. Before heading out on the road, remember to do this test on both wheels.

### 5. Always Use Headlights

Headlights are as beneficial for bikes as for cars. They will help you to see during the night and make you visible to others on the road. In addition, add reflectors on the front and back of the bicycle to improve your safety.

### 6. Keep Both Hands on the Handlebars

Riding with both hands on the handlebars is always recommended. From time to time, people ride bikes with one hand while holding a cup of coffee, tea, or cellphone in the other. This is never a good idea. Even with two hands on the handlebars, hazards on the road such as potholes or uneven pavements, can make it difficult to maintain complete control of your bicycle.

### 7. Ride the Right Size Bike

The most important thing to remember when riding a bicycle is to select a bike that is neither too small nor too large, and which perfectly suits your size. A correct fitting bike will be more comfortable and fun to ride and ensure you remain in control over varying surfaces. Be sure to check the sizing charts when buying a new bicycle.



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## Summer Bicycle Safety Tips

If you or a loved one has been denied Workers' 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:

## Baked Cod with Lemon, Garlic, Capers, and Rosemary

### Ingredients:

- 12, 4-ounce wild-caught cod fillets (skinless)
- 3 TBSP rosemary leaves (minced)
- 8 cloves garlic (minced)
- 2 lemons (thinly sliced)
- 1/2 cup fresh lemon juice
- 1/2 cup olive oil
- 1/2 cup capers (drained)
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper



### Directions:

1. Preheat oven to 350°F.
2. Lightly brush both sides of cod fillets with some olive oil and season with salt and pepper. Line cod fillets in a single layer within the baking dish.
3. In a small bowl, mix remaining olive oil, lemon juice, capers and minced garlic and pour over top of cod.
4. Place a lemon slice on top of each cod fillet. Bake for 8-10 minutes, or until fish is cooked to an internal temperature of 145°F.

Serves 12 / Serving size:

*Recipe Courtesy of [Homebase](#)*

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## Happy Summer



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**Workers' Compensation for  
Uninsured Employers**



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## What's Happening In Van Nuys & Southern California

**Jul 22**  
Kenny Chesney  
SoFi Stadium

**Jul 28**  
James Taylor  
Crypto.com Arena

**Jul 29**  
The Lumineers, Gregory  
Allan Isakov  
& Daniel Rodriguez  
Crypto.com Arena

**Jul 30**  
Air Supply  
YouTube Theater

**Aug 2**  
Josh Groban  
Greek Theatre

**Aug 7**  
The Beach Boys  
Greek Theatre

