



Kenton Koszdin
LAW OFFICE

Se habla español **888.393.0954**



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IN THIS ISSUE

PAGE 2

From My Blog

Impress Family and Friends with These Fun Thanksgiving Facts

PAGE 3

Recipe of the Month Mini Chocolate Tarts

PAGE 4

What's Happening....

KENTON KOSZDIN
LAW OFFICE
16600 Sherman Way
Suite 280, Van Nuys
CA 91406-3785

Phone: (818) 901-9999
Toll Free: (800) 438-7734

CONNECT ONLINE



What Are the Most Common Pitfalls When Applying for Social Security Disability?

Here is an incredible fact to digest: Up to 70% of initial Social Security Disability (SSDI) applications are denied! Often the reason(s) for the denial are errors made by the applicant.

Here is our list of the top 5 SSDI application pitfalls to watch out for in order to increase your chances of a favorable decision:



- 1. Incomplete application form.** SSDI applications must be completed in full with no blanks. All information must be very descriptive, including how your illness or injury has impacted all your daily activities - not just your work. Describe its impact on your mobility, how you sleep, your leisure activities and relationships with family members.
- 2. Filing an SSDI claim while working.** Applying for SSDI indicates that you are unable to work because of a disabling illness or injury. Your chances of being awarded disability benefits if you are still working when you apply are slim.
- 3. Applying for benefits too soon.** To be eligible for benefits, your disabling condition must be expected to last for 12 months or longer. If you apply for benefits too quickly, before it has been established that your disability will last at least a year, it may be hard to prove that your disability is long-term or permanent.
- 4. Not providing adequate medical evidence.** The Social Security Administration may require a consultative medical exam based on your submitted documentation. However, this exam is not intended to prove a disability, but to supplement the submitted medical documentation. Make sure that your application's medical evidence is as complete as possible and includes doctor visit notes, physician notes, limitations and restrictions information, test results, therapy and treatment plans, surgical notes, prescriptions and side effects.

....continued on page 2

....continued from page 1 **What Are the Most Common Pitfalls When...**

5. **Not following prescribed treatments.** Applicants must follow through with all prescribed medical treatments. The examiner will review your treatment history to assess how you have responded to treatments, and your application may be denied if you are not abiding by your doctors' prescribed treatments.

The greatest mistake in applying for SSDI is failing to consult with an attorney experienced in SSDI applications and appeals. Definitely reach out for us if your initial application is denied so we can represent you during your disability appeal.

From My Blog:

Workers' Compensation and Repetitive Stress Injuries

Many workers incorrectly believe they must suffer an acute and sudden injury in order to be eligible for Workers' Compensation (WC). But under California's WC system, employees who experience repetitive stress injuries may also be eligible for benefits.

<http://www.kentonslawoffice.com/blog/workplace-injury/workers-compensation-and-repetitive-stress-injuries/> to read more.



Impress Family and Friends with These Fun Thanksgiving Facts

Thanksgiving is as American as apple pie! As you sit around the table this year enjoying dessert and coffee, why not share some fun facts about our homegrown American holiday:

- The first Thanksgiving in 1621 was truly a diverse occasion, with 90 Wampanoag Indians and 50 Pilgrims attending. The Plymouth, MA feast continued for 3 days.
- Our ancestors did not feast on turkey but instead enjoyed venison, geese, ducks, lobster, oysters, eel and fish. There were no pies, but pumpkin and cranberries made an appearance.
- President Abraham Lincoln declared Thanksgiving a national holiday in 1863 after a determined letter-writing campaign by Sarah Josepha Hale. Ms. Hale, by the way, also wrote "Mary Had a Little Lamb."
- In 1939, President Roosevelt temporarily changed Thanksgiving's date from the fourth Thursday of November to the third to extend the holiday shopping season during the depression.
- The turkey pardoning ceremony was started in 1947 by President Truman. Since 2005, those turkeys that were pardoned by the president and escaped being eaten for Thanksgiving dinner spend the rest of their days at Disneyland or Walt Disney World.



....continued on page 3

....continued from page 2 **Impress Family and Friends with These....**

- The first Thanksgiving Day football game was Yale vs. Princeton in 1876. In addition to many college and high school games, there are 3 traditional NFL games hosted by the Dallas Cowboys, Detroit Lions and another team on a rotating basis.
- Macy's annual Thanksgiving Day Parade had humble beginnings. The 1924 parade included 400 employees marching with animals from New York's Central Park Zoo. Soon giant balloons replaced the real animals.

The attorneys and staff at Kenton Koszdin Law Office wish you and your family a safe and happy Thanksgiving holiday!

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 **Mini Chocolate Tarts**

Mini desserts are a great way to offer dessert at the holidays without overindulging.

Ingredients

- 1.4 ounces sugar-free, fat-free chocolate pudding mix
- 1 cup skim milk
- 4 ounces light whipped topping, thawed
- 24 puff pastry cups
- 48 mini-chocolate chips

Instructions

1. Preheat the oven to 400 degrees F. Bake the puff pastry cups according to package directions.
2. In a large bowl, whisk together the pudding mix and skim milk. Put in the refrigerator for 5 minutes.
3. Fold the whipped topping into the pudding mixture.
4. Spoon or pipe 1 teaspoon chocolate pudding mixture into each puff pastry cup.
5. Top each tart with 2 mini chocolate chips.



Tip

You will have 2/3 cup pudding mixture remaining. We recommend using for 2 chocolate mousse parfaits (1/3 cup servings). Top with a little whipped topping and a few chocolate chips for another delicious dessert.

Recipe courtesy of www.diabetes.org

What Are the Most Common Pitfalls When Applying for Social Security Disability?



See Page One

What's Happening in & Around VanNuys & Southern California

Dec 1 - 31

Hamilton
Pantages Theatre
Los Angeles, CA
<https://goo.gl/7rMUZq>

Dec 2

Kenny Loggins
Saban Theatre
Beverly Hills, CA
<https://goo.gl/jk7Xmr>

Dec 2 - 3

Tamale Festival
Temple City Park
Temple City, CA
<https://goo.gl/VjyEUR>

Dec 3 - 22

Aquarium Holidays
Aquarium of the Pacific
Long Beach, CA
<https://goo.gl/qme4gC>

Dec 7

Hot Chocolate Nutcracker
Redondo Beach Performing Arts Center
Redondo Beach, CA
<https://goo.gl/GeXJA9>

Dec 8 - 31

Cirque du Soleil - Luzia
Dodgers Stadium
Los Angeles, CA
<https://goo.gl/gkLY3Z>

Dec 9

2017 Holiday Half Marathon & 5K
Fairplex
Pomona, CA
<https://goo.gl/epJ3wr>

Dec 15 - 16

Newport Harbor Christmas Boat Parade
City Of Manhattan Beach
Manhattan Beach, CA
<https://goo.gl/mEbwPQ>

Dec 16

Holiday Candlelight
All Saints Church
Los Angeles, CA
<https://goo.gl/RaRneU>

Dec 18

Lady Gaga
LA Forum
Inglewood, CA
<https://goo.gl/ndCQdZ>

