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Is It Worth It to File a Social Security Disability Appeal?

If you have received a letter stating that your application for Social Security Disability (SSDI) benefits has been denied, you have the right to appeal that decision with the Social Security Administration (SSA).

You may be asking yourself - is it really worth it to spend time and energy to appeal this denial? In most cases, the answer is emphatically yes! To appeal your case, you must be prepared to:

- Review your denial to determine why your claim was denied. Is the reason valid?
- Do the follow up paperwork required by an appeal. Are you physically and mentally able to do this work?
- Commit a significant amount of time to the appeal process.

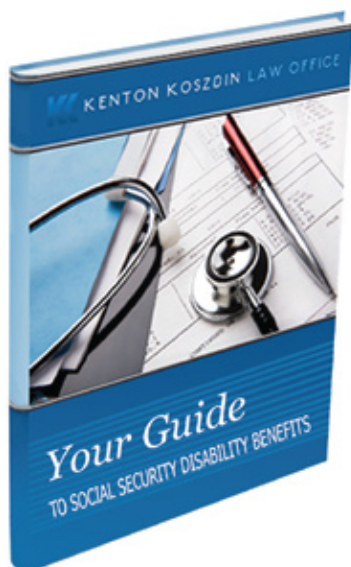
You deserve the SSDI benefits that you have earned if you are disabled and cannot work. But you will need help to appeal an SSDI denial. At this point it's a good idea to consult with an attorney experienced in SSDI appeals so you get the best outcome from the appeal process for you and your family.

Here is a quick overview of the SSDI appeal process:

- **Reconsideration.** The first step in the SSDI appeal process is to request a Reconsideration of your application within 60 days of receiving your denial letter. Your claim will be reviewed by a new claims examiner and medical consultant who were not part of the first decision. Submit any new evidence that you have of your medical condition and your inability to work.
- **Administrative Law Judge Hearing.** If your application is still denied after Reconsideration, you can request a hearing with an administrative law judge. The judge will ask you questions about your medical condition, your past employment and work limitations and may have medical and vocation experts present. Your legal counsel will have the opportunity to speak and to ask you questions.
- **The Appeals Council and Federal Court.** Your case may go to an Appeals Council for review. This Council may review your appeal or may dismiss or deny it. Your last opportunity to appeal a denied application is to file a lawsuit in the L.A. federal district court. This step is similar to a civil lawsuit but without a jury.



Helpful Reference Guide for You



**Do you know someone that
could use this guide?**

Share with a friend

<http://www.kentonslawoffice.com/brochure/>

California - Fruit Center of the U.S.

Our beautiful, sunny state produces two-thirds of the fruit and nuts consumed in the U.S.!

California leads the nation in the production of lemons and limes, plums, apricots, figs, cantaloupe, honeydew, pomegranates, raspberries, nectarines, grapes, peaches, strawberries, kiwifruit, Bartlett pears and tangerines. In fact, we produce so much of certain fruits such as table grapes, strawberries and raspberries that we are able to export them to countries ranging from Canada to Australia and Taiwan.

Our state wasn't always the fruit center of the U.S. In the 1860's, our leading crops were corn and wheat. But when rail links made transcontinental food shipments viable and hungry East Coast cities offered high prices for produce, California farmers jumped at the opportunity to switch to slow-developing crops like tree fruits.



State-wide irrigation turned arid lands into agriculture-friendly environments - in fact, the amount of land under irrigation increased four-fold from 1889 to 1914. Manufacturers of farm equipment saw their opportunity and relocated to California to produce equipment designed for our state's farming conditions.

Our year-round growing climate helps too! But the industry's reliance on irrigation - farmers use 80% of the state's available water - made the recent severe drought a real threat to agriculture in California. Thankfully, this drought appears to have been relieved by near-record rainfall and snowfall in the last 12 months.

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

Penne with Butternut Squash

We love to find new ways to use fresh vegetables. Hope you enjoy this one!

Ingredients

- 12 ounces whole-wheat or multigrain penne
- 2 tablespoons extra-virgin olive oil
- 2 cups diced peeled butternut squash (about 8 ounces)
- Freshly ground pepper
- 12 ounces cremini mushrooms, trimmed and sliced
- 4 cloves garlic, minced
- 1 medium shallot or 1/2 small red onion, minced
- 1/4 to 1/2 teaspoon red pepper flakes
- 1 cup grated parmesan cheese (about 2 ounces)
- 3 tablespoons fresh oregano



Directions

Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs; reserve 1 cup cooking water, then drain.

Meanwhile, heat 1 tablespoon olive oil in a large nonstick skillet over medium-high heat. Add the squash, 1/4 teaspoon salt and a few grinds of pepper. Cook, stirring occasionally, until golden and tender, about 5 minutes. Transfer to a plate and set aside.

Add the remaining 1 tablespoon olive oil, the mushrooms, 1/4 teaspoon salt and a few grinds of pepper to the skillet. Cook, stirring occasionally, until lightly browned, about 5 minutes. Add the garlic, shallot and red pepper flakes. Cook, stirring, until the shallot softens, about 2 minutes.

Add the pasta, squash and 1/2 cup of the reserved pasta cooking water to the skillet. Cook, stirring, until heated through, 1 to 2 minutes. Stir in 1/2 cup parmesan, then stir in enough of the remaining cooking water to loosen. Stir in the oregano and season with salt and pepper. Top with the remaining 1/2 cup parmesan.

Photograph by Justin Walker - Recipe courtesy of Food Network Magazine

Celebrate American Workers



Is It Worth It to File a Social Security Disability Appeal?



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What's Happening in VanNuys & Southern California

Oct 1

Angel City Jazz Festival
Ford Amphitheatre
Los Angeles, CA
<https://goo.gl/eqTK3i>

Oct 1 - 29

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

Oct 6

Air Supply
The Rose
Pasadena, CA
<https://goo.gl/Yngu1M>

Oct 6

Coldplay
Rose Bowl Stadium
Pasadena, CA
<https://goo.gl/vuZqGw>

Oct 7

Run4Care Family Festival
Griffith Park
Los Angeles, CA
<https://goo.gl/AqLy73>

Oct 14

Walk to End Alzheimer's
Rainbow Lagoon Park
Long Beach, CA
<https://goo.gl/Q43ya5>

Oct 14

3rd Annual OFF THE HOOK Seafood
Festival
Santa Monica Pier
Santa Monica, CA
<https://goo.gl/z4ZG1D>

Oct 14 - 15

Pumpkin Festival
Kidspace Children's Museum
Pasadena, CA
<https://goo.gl/s3YzCB>

Oct 15

14th Annual Wheelchair Wash and
Health Festival
Belvedere Park
Los Angeles, CA
<https://goo.gl/6o9e7s>

Oct 21

Micky Dolenz of The Monkees & Felix
Cavaliere of The Rascals
Saban Theatre
Beverly Hills, CA
<https://goo.gl/jajP8X>