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*Se habla español*



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## 4 Common SSDI Questions: Answered

Applying for Social Security Disability Insurance (SSDI) can take a lot of thought and consideration - it can also take a lot of bravery! When it comes to navigating some of the twists and turns of this relatively lengthy process, it's expected that you'll have one (or several) questions along the way. Our team went over a list of 4 frequently asked questions about the SSDI application process:



### When is the right time to apply for SSDI?

If you have been unable to work due to your disability for 5 months or longer, you're eligible to apply for SSDI. In most cases where someone applies for SSDI with less than 5 months of being unable to work, their request will be denied.

### Once I've applied, how long will it take to be approved?

The State of California processes an extremely high volume of SSDI requests at all times of the year - expect your request to take an average of 4 months for a response. If your first request is met with a denial, don't be discouraged - your SSDI attorneys at Kenton Koszdin will help you through the appeal process.

### What sort of evidence will I need for my case?

To give your case a fighting chance, you'll need thorough, relevant, and complete information. This will vary, but will usually include medical history, physicians names and contact information, hospitals, and clinics where treatment was received, test results, bloodwork, medications, and statements from your physician and supervisor about how your disability affects your ability to work.

### When I'm approved, how long does it take to receive benefits?

Once your claim is approved, it will take approximately 5 months after applying to start receiving benefits. In certain situations, it's possible to receive back pay for when you were unable to work - up to 12 months. Every case is different, and a specialized attorney will help

You deserve the best chance at a successful claim process - enlist the help of our attorneys who specialize in SSDI!

## From My Blog

### What Does COVID Mean for Workers' Comp?

Though the daunting year that was 2020 is finally over, it feels as if we've only just reached the top of the pandemic roller coaster. Many people found themselves newly dubbed "essential"...



[Click here to read more](#)



## 5 Must-See California State Parks

Out of all the wonder and beauty that the State of California has to offer, its State Parks are by far one of its most famous offerings! To say that the State Park system of California is expansive and varied is an understatement - just look at these numbers:

- California State Parks have over 340 miles of coastline,
- 970 miles of river and lake frontage
- 4,500 miles of hiking and walking trails
- And over 15,000 campsites!

From delicate but deadly deserts to sandy beaches, mystical redwood forests, and lush mountains, you can test the waters of California State Parks starting with those closest to Los Angeles:

### The Anza-Borrego Desert State Park

This State Park is the largest in California and only a 2 hour drive away from San Diego! It boasts 12 different wilderness areas where you can spot everything from wildflowers, cacti, and palm groves to bighorn sheep, roadrunners, and golden eagles.

### The Will Rogers State Historic Park

This State Park is a memorialization of the celebrity Will Rogers, showcasing his ranch-style home with over 31 rooms inside. The house's 1930s style has been perfectly preserved and is only accessible through guided tours which compliments an excursion exploring the surrounding trails.

### The Mount San Jacinto State Park

If you're eager to experience high country wilderness, look no further than this Riverside County State Park. You can traverse the canyons in Palm Springs and take an aerial tram upwards of over 8,500 feet in the air!

### Crystal Cove State Park

Just like its namesake, Crystal Cove is a sparkling, hidden gem amongst the State Parks of California. With its rolling hills, wooded canyons, and sandy beaches - what's not to love? Better yet, there's plenty of sites offshore to go snorkeling, scuba diving, or both!

### Malibu Creek State Park

Enjoy over 15 miles of streamside trails that roll and wind through stunning woodlands and chaparral-covered slopes and cliff sides. There's a great number of educational opportunities along these trails too, offering up information about the lives and history of the Chumash Native Americans.

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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.

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## Crispy Baked Fish Tacos

This recipe is made with delicious panko-crusted fish, zesty cilantro-lime slaw, a super-simple chipotle crema, and whatever other favorite toppings you love most.

### To Make the Chipotle Crema:

- 1/2 cup plain Greek yogurt (or mayo)
- 1 chipotle chile in adobo sauce
- 1 tablespoon lime juice
- 1/4 teaspoon fine sea salt

### To Make the Cilantro Lime Slaw

- 1 cup plain Greek yogurt
- 1/2 cup tightly packed fresh cilantro
- 1/4 cup freshly squeezed lime juice

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....continued from page 2 **Crispy Baked Fish Tacos**

- 1/2 teaspoon ground cumin
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon freshly cracked black pepper
- 3 green onions (just the green parts)
- 2 garlic cloves
- (optional) 1 jalapeño or serrano pepper, stemmed and cored
- 1 (14-ounce) bag cole slaw mix (about 7–8 cups)

**To Make the Fish:**

- 1 cup panko breadcrumbs
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon fine sea salt
- 1/2 teaspoon freshly cracked black pepper
- 1 egg, whisked
- 1 1/2 pounds firm white fish, such as cod or halibut, cut into 2-inch pieces

**To Assemble the Tacos:**

- 12 corn or flour tortillas, warmed
- 2 fresh avocados, peeled, pitted, and sliced
- 1 batch Cilantro Lime Slaw
- Optional toppings: chopped fresh cilantro, sliced jalapeños, crumbled queso fresco, sliced radishes, sliced red onions, etc.

**INSTRUCTIONS**

**To Make the Chipotle Crema:**

1. Combine all ingredients in a blender and puree until smooth. Set aside until ready to use.

**To Make the Cilantro Lime Slaw:**

1. Combine the Greek yogurt, cilantro, lime juice, cumin, salt, black pepper, green onions, garlic, and jalapeño (if using) in a blender or food processor. Pulse briefly a few times until the mixtures is combined.
2. Place the cole slaw mix in a large mixing bowl. Drizzle the sauce on top of the cole slaw, then toss until the mixture is evenly combined. Season with extra pepper and/or lime juice if needed.
3. Serve immediately or cover and refrigerate for up to 24 hours.

**To Make the Fish:**

1. Heat oven to 375°F. Spread the panko out in an even layer on a medium baking sheet. Bake for 5-7 minutes, giving the pan a gentle shake halfway through, until the panko is toasted and golden brown. (Keep a close eye on the panko so that it does not burn.) Transfer the panko to a medium bowl, and dust off the baking sheet for future use.
2. Add chili powder, garlic powder, cumin, salt, pepper to the bowl with the panko, then whisk the mixture until combined.
3. Now, set up an assembly line with the (1) fish, (2) whisked egg, (3) panko mixture and (4) parchment-covered baking sheet. Using your right hand, dip a piece of fish in the egg so that it is coated on all sides. Then, using your left hand, transfer the fish to the panko mixture and gently press it on so that the fish is coated on all sides. Using your left hand, transfer the fish to the baking sheet. Then repeat the process with the remaining fish.
4. Bake the fish for 10 minutes, or until it is cooked through and opaque and flakes easily with a fork. (Internal temperature should be 145°F.) Transfer baking sheet to a wire rack, then use a fork to roughly flake the fish into smaller pieces.

**To Assemble the Tacos:**

1. Fill a tortilla with a few spoonful's of the slaw, followed by the fish, and any desired toppings. Drizzle with the chipotle crema and serve immediately.

Recipe courtesy of [gimmesomeoven.com](http://gimmesomeoven.com)



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**4 Common SSDI  
Questions: Answered**



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

The COVID-19 pandemic has caused many large events to be cancelled or postponed. To ensure public safety, we would like to encourage you to enjoy some socially distant outdoor activities in your area.

[Encino Farmers Market](#)

[Hollywood Hills Hike](#)

[Santa Monica & Venice Beach Segway Tour](#)

[Griffith Park](#) (horseback riding)  
Los Angeles

[Orange County Zoo](#)  
Orange, CA

[Electric Dusk Drive-In](#)  
Los Angeles, CA

