



Kenton Koszdin
LAW OFFICE

Se habla español



May 2019

IN THIS ISSUE

PAGE 2

From My Blog
Why California's State...

Why California's State Flag
Boasts a Grizzly Bear

PAGE 3

Recipe of the Month
Blueberry-Strawberry
Smoothie Bowl

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



VIEW KENTON KOSZDIN PROFILE ►



Must I Have a Medical Appointment to Get Copies of My Medical Records? How Much Will It Cost?

Complete documentation of your medical condition is one of the most important components of a Social Security Disability (SSDI) application. This requires copies of medical records; however, physician offices, clinics and hospitals may not be able to respond quickly due to the high volume of such requests.

You don't want to have your SSDI claim examiner making a decision with incomplete information. So what is the best way to get copies of your medical records?



Getting Copies of Medical Records

The first thing to do is to call or visit your healthcare provider. You can ask for the medical records directly or ask for the health information services department.

Medical information is protected by HIPAA, the Health Information Privacy and Portability Act, so you will have to sign a form to access this information. You may be able to find the form on your provider's website.

Will the Doctor or Hospital Charge for Copies of Medical Records?

You may be concerned that you will not be able to afford any charges for copies of your records.

Generally, in California, you are allowed one free copy of your medical records from your provider as needed to support a claim (or an appeal) for a public benefit program such as SSDI and Supplemental Security Income (SSI). However, healthcare providers may charge for copies of x-rays and, if your claim is successful, may then charge you for any microfilm copying.

You can read the details of any charges for medical records at this National Organization of Social Security Claimants' Representatives website.

If your doctor is not cooperating with your request for your medical records, or if the process is taking too much time, please contact an attorney experienced in Los Angeles SSDI claims. We find that physicians' offices may respond more readily to a request from an attorney.

From My Blog

Does Work History Matter When Applying for SSDI?

One of the most important factors in determining your eligibility for Social Security Disability (SSDI) benefits is your work history.

[Click here to read more](#)



Why California's State Flag Boasts a Grizzly Bear

Have you ever wondered why our state flag has a grizzly bear on it and a lone red star? The history of the California flag is as colorful as the flag itself.

The "Bear" flag dates back to 1846 when a group of American settlers revolted against Mexican rule in Alta, California. William Todd designed the flag on new, unbleached cotton. The flag's design contained a grizzly bear to represent the many grizzlies in our state at the time and a star to imitate the lone star of Texas. There is only one of these original flags remaining – you can see it at the [Autry Museum of the American West](#) in Los Angeles' Griffith Park.



The early bear flag was quickly replaced by the U.S. stars and stripes. But in 1889, William Randolph Hearst brought a live grizzly bear as a publicity stunt to San Francisco. The grizzly, named Monarch, was on display in Golden State Park until he died in 1911. The stuffed and preserved Monarch is at the [Academy of Sciences](#) in the park. The same year California formally adopted the bear flag as our state flag, with the bear modeled after Monarch.

The bear on our flag is a symbol of great strength. The star, borrowed from the Texas flag, represents freedom.

Over the years, there have been many versions of the California bear flag, but the bear is always shown in motion, walking toward the hoist on the left.

Incidentally, the only other U.S. state flag containing a bear is that of Missouri. Missouri's flag contains the state seal which shows two grizzly bears supporting a center shield and representing strength and bravery.

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.



Monday, May 27th

Recipe of the Month

Blueberry-Strawberry Smoothie Bowl

This smoothie, thick enough to eat with a spoon, is bound to keep you feeling fuller longer. This one gets its richness and creaminess from avocado, which also provides fiber and heart-healthy fats.

Ingredients

- 1/3 cup unsweetened blueberry or pomegranate juice
- 1/3 cup 2% plain Greek yogurt
- 3/4 cup fresh blueberries, divided
- 1/2 ripe peeled avocado
- 1 cup ice cubes
- 1/2 cup sliced fresh strawberries
- 1 tablespoon sliced almonds, toasted



How to Make It

Step 1

Place juice, yogurt, half of blueberries, and avocado in a blender; process until well combined, about 15 seconds. Add ice; process until smooth, about 30 seconds.

Step 2

Pour smoothie mixture into a bowl; top with remaining half of blueberries, strawberries, and almonds.

Recipe courtesy of CookingLight



Mother's Day - Sunday, May 12th

HELP US GROW!

LIKE US on [Facebook](#)
FOLLOW US on [Twitter](#)
CHECK OUT our weekly [Blogs](#)



16600 Sherman Way
Suite 280, Van Nuys
CA 91406-3785
Phone: (818) 901-9999
Toll Free: (800) 438-7734

**Must I Have a Medical Appointment
to Get Copies of My Medical
Records? How Much Will It Cost?**



See Page One

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

May 19

[A Tutta Pizza Fest](#)
Hollywood Palladium
Los Angeles, CA

May 16

[Johnny Mathis](#)
Pasadena Ice Skating Center
Pasadena, CA

May 18

[NDVets 5K Run/Walk](#)
New Directions for Veterans
Los Angeles, CA

May 25

[Grease Inspired Beer Festival](#)
Queen Mary
Long Beach, CA

June 8

[DTLA Donut Festival](#)
Union Station
Los Angeles, CA

June 12

[Jennifer Lopez](#)
Staples Center
Los Angeles, CA

June 15

[27th Annual Pasadena Chalk
Festival](#)
The Paseo Colorado
Pasadena, CA

June 15 - 16

[Father's Day 5k, 10k, 15k, Half
Marathon](#)
Long Beach, CA

