



Kenton Koszdin
LAW OFFICE

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KENTON KOSZDIN
LAW OFFICE

16600 Sherman Way
Suite 280, Van Nuys
CA 91406-3785

Phone: (818) 901-9999

Toll Free: (800) 438-7734

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Applying for Social Security Disability: Best Steps for Success

When you submit your initial application for Social Security Disability (SSDI) benefits, you hope to find out within a few months that your claim has been approved. The reality is that almost 80% of first time SSDI applications are denied!

Your best chance of success is to prepare, prepare, prepare! The more complete your application is, the better your chance of an approved application and benefit payments beginning. So before you rush to complete the online SSDI application, check out our recommended steps for success:



- You may want to check the Social Security Administration's Blue Book that lists medical criteria used in the evaluation of impairments.
- Discuss your plan to apply for SSDI with your primary care doctor. He or she must be able to provide the required medical evidence, a written statement about your medical condition and your work abilities. Don't limit your discussions to your primary doctor – be sure to discuss your SSDI application with any specialists that you regularly see such as a nephrologist, rheumatologist, oncologist or psychologist.
- Carefully gather materials from your doctor(s) that document your complete medical history. This should include treatment history, hospitalizations, surgeries, lab tests and medications.
- Complete the SSDI benefits application that you can find online. You can also apply via the phone or at your local Social Security office. Be as complete in answering the questions as you can be – don't just reply with a "yes" or "no" and don't leave any question blank.
- Continue to submit medical records as they come in to enhance your application.
- The Social Security Administration may send you to see an independent doctor for a consultation and exam. Be sure to cooperate with this request which is an essential part of the application process

It's never too early to hire an experienced disability attorney! We can help you with the initial application process, and certainly, if your application is denied please let us help with appealing this decision.

[VIEW KENTON KOSZDIN PROFILE ►►](#)



From My Blog

How to Avoid Damaging Your Workers Compensation Case

If you have experienced a work-related injury or illness and have filed a Workers' Compensation (WC) claim, you may want to sit back and relax and just let the benefits come to you. This is a bad idea!

Your employer has an insurance company handling your case, and that company will watch your every move so they can save your employer money – in other words, they will try to prove that you are not as hurt or sick as you are claiming.

You have to be on your toes! Here are some tips to keep you from ruining your WC case:



[Click here to read more](#)

The Hollywood Bowl: Southern California's Unique Treasure

Quick quiz: Which of the following entertainers have appeared at the Hollywood Bowl?

- American contralto Marian Anderson
- The Beatles
- Jimi Hendrix
- Monty Python
- Cher
- Lady Gaga and Tony Bennett
- The Muppets

The answer is – all of them! This amazing resource right in our back yard has hosted diverse, world-famous artists for almost 100 years.

Nestled in a bowl-like concave hillside that gave the Hollywood Bowl its name, this iconic venue is owned by the County of Los Angeles and the home of the Hollywood Bowl Orchestra, as well as the summer home of the L.A. Philharmonic.

Many visitors and even regular fans don't know that there is a [Hollywood Bowl Museum](#) on the property. You can enjoy vintage photographs, postcards, newspaper clippings, vintage sound equipment as well as live video and audio recordings. Check out the Hollywood Bowl Hall of Fame with musical icons including John Williams, Henry Mancini, George Harrison and Reba McEntire.

The Hollywood Bowl has also figured in no less than 28 movies due to its proximity to Tinseltown. These great films include the 1937 version of *A Star Is Born*, *Double Indemnity*, *Beaches*, *Escape from L.A.* and *Shrek 2*. Most of the Columbo episode "Etude in Black" with Peter Falk and John Cassavetes was filmed at the Bowl.

If it's been a while since you have enjoyed a fabulous music event at the Bowl, just look at some of the [upcoming performances](#) like Disney Pixar Coco "Live-to-Film" concert, Sara Bareilles and Ozzy Osbourne. There's something for everyone! Pack a picnic dinner and enjoy our perfect weather at this venerable setting.



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

Slow Cooker Mexican Chicken Soup

This Mexican chicken soup is fresh, tangy, and comforting. Place all the ingredients in a slow cooker and walk away! You'll come back home to a wonderful healthy homemade soup!

Ingredients

- 3 boneless, skinless whole chicken breasts
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- Kosher salt and freshly ground black pepper
- One 28-ounce can whole or diced tomatoes, with juice
- 3 cups low-sodium chicken broth (more if you like the soup more liquid)
- One 15-ounce can black beans, drained and rinsed
- One 10-ounce can diced tomatoes with green chiles, such as Ro*tel
- 4 ounces tomato paste
- 1 medium onion, chopped
- 1 red bell pepper, seeded and chopped
- 1 yellow bell pepper, seeded and chopped
- 1 canned chipotle pepper in adobo (you may add 2 to 3 if you like)
- 1/2 lime, juiced
- Fixings: avocado, sour cream, grated cheese, crushed tortilla chips and fresh cilantro leaves



Directions

1. Put the chicken in a slow cooker. Sprinkle on the chili powder, cumin and some salt and pepper. Add the tomatoes, chicken broth, black beans, tomatoes with chiles, tomato paste, onion, chipotle pepper and red and yellow peppers. Stir, place the lid on the slow cooker and cook for 5 hours on high or 8 hours on low.
2. Stir in the lime juice. Remove the chicken to a plate and use 2 forks to break it into chunks (or shred it finely). Return the chicken to the pot, taste and add more seasoning if necessary.
3. Serve piping hot in a bowl with avocado, sour cream, grated cheese, crushed tortilla chips and cilantro leaves on top!

Recipe courtesy of Ree Drummond



**Fasten Your Seatbelt or
the Turkey Won't Make it!**



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What's Happening in Van Nuys & Southern California

Nov 12 - 15

Madonna - Madame X Tour

The Wiltern Theatre
Los Angeles, CA

Nov 24

Totowa 5k Turkey Trot

UCLA Campus
Los Angeles, CA

Dec 14 - 15

Jonas Brothers

LA Forum
Inglewood, CA

Nov 17

Harlem 100

Cerritos Center for the Performing Arts
Cerritos, CA

Dec 5

Hot Chocolate Nutcracker

Redondo Beach Performing Arts Center
Redondo Beach, CA

Dec 14 - 15

Holiday Half Marathon & 5K

Fairplex
Pomona, CA

Nov 23

Dodger Stadium Community

Dog Walk & Festival
Dodger Stadium
Los Angeles, CA

Dec 6

Fantasia, Robin Thicke & The Bonfyre

Microsoft Theater
Los Angeles, CA

