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*Se habla español*



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## All About Social Security Disability Payments

Once an applicant is approved for Social Security Disability (SSDI) benefits, there are many questions that come up: When will I get my first payment? When can I expect future payments? How are these benefits paid?

Typically, once the application is approved, SSDI recipients must wait up to 2 months before receiving their first monthly payment. You should receive back pay for the period going back to your approval date. If you have not received any benefit by 90 days after being approved, check with your lawyer or the Social Security Administration.



### How Are SSDI Benefits Paid?

In the past, beneficiaries could receive paper checks every month. However, now all SSDI and other Social Security payments are made electronically. Electronic payments are safe, easy and convenient.

There are 2 options for your monthly SSDI payments:

- **Direct deposit.** Your benefit is sent every month directly to your bank or credit union account. You'll need to give the Social Security Administration your bank routing and account numbers. This is a secure and reliable way to get your benefits.
- **Direct Express® Debit MasterCard® debit account.** This option directly deposits your payment into a prepaid debit card. You can use this card to get cash or to use for purchases or pay bills. Most transactions with the card are free.

If you are eligible for Supplemental Security Income (SSI) payments, you have the same options.

Read more about all SSDI electronic payment options [here](#).

### When Are SSDI Benefits Paid?

You'll receive your SSDI payments on Wednesdays based on your date of birth:

- For birthdays on the 1st–10th of the month: Payments made on the second Wednesday of the month.
- For birthdays on the 11th–20th of the month: Payments made on the third Wednesday of the month.
- For birthdays on the 21st–31st of the month: Payments made on the fourth Wednesday of the month.

## From My Blog

### Social Security 2019 Cost of Living Increase

More than 67 million Americans will enjoy a 2.8% cost of living increase in their [Social Security Disability \(SSDI\) benefits](#), [Supplemental Security Income \(SSI\)](#) and Veterans Disability Compensation in 2019.



[Click here to read more](#)

## 9 Terrific Trivia Facts About Disneyland

Here in Southern California, we are fortunate to have one of the world's best amusement parks right in our backyard. Disneyland is 64 years "young" and is one of the most popular attractions – and one of the largest employers – in our area.

Perhaps we take this popular gem for granted – how many of these random Disney facts do you know?

- Disneyland's original name was "Mickey Mouse Park" in honor of the tiny creature that started it all.
- The land used to be filled with orange groves and other citrus trees. Rooms at the Grand Californian Hotel pay tribute to the past with abundant orange grove art.
- You can find just about any type of souvenir that you can imagine in dozens of shops – but not chewing gum. Founder Walt Disney didn't want his guests to suffer from sticky shoes.
- Many U.S. Presidents have enjoyed a Disneyland visit including Truman, Eisenhower, Kennedy, Nixon, Ford, Carter, Reagan, George H.W. Bush and Barack Obama.
- The first ticket at the 1955 opening cost just \$1 and was purchased by Walt's brother Roy Disney.
- You can see Walt's private apartment on the second floor of the Main Street Firehouse. This quiet hideout allowed him to work or to enjoy family and friends, and a light still burns in the window as a tribute to his creativity.
- You may admire Sleeping Beauty's castle, but one of the steeples is unfinished. This was a reminder from Walt to his cast members that Disneyland will never be finished.
- Hundreds of feral cats prowl the streets in search of "little Mickeys and Minnies." These welcome felines are fed by cast members and even have their own vet on staff.
- Star Wars: Galaxy's Edge opens this summer! Costing up to \$1 billion, this new attraction features a Millennium Falcon flight simulator that was built at a cost of \$55 million.



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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.

# Recipe of the Month

## Tuscan Vegetable Soup

Make a big batch of this comforting, veggie-packed soup and eat well all week long. It only takes 35 minutes to cook up, and at just 145 calories and 4 grams of fat per serving, you can eat guilt-free!

### Ingredients

- 1 (15-ounce) can low-sodium cannellini beans, drained and rinsed
- 1 tablespoon olive oil
- ½ large onion, diced (about 1 cup)
- 2 carrots, diced (about ½ cup)
- 2 stalks celery, diced (about ½ cup)
- 1 small zucchini, diced (about 1 ½ cups)
- 1 clove garlic, minced
- 1 tablespoon chopped fresh thyme leaves (or 1 teaspoon dried)
- 2 teaspoons chopped fresh sage leaves (or ½ teaspoon dried)
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 32 ounces low-sodium chicken broth or vegetable broth
- 1 (14.5-ounce) can no salt added diced tomatoes
- 2 cups chopped baby spinach leaves
- 1/3 cup freshly grated Parmesan, optional



### Directions

1. In a small bowl, mash half of the beans with a masher or the back of a spoon, and set aside.
2. Heat the oil in a large soup pot over medium-high heat. Add the onion, carrots, celery, zucchini, garlic, thyme, sage, salt and pepper, and cook stirring occasionally until the vegetables are tender, about 5 minutes.
3. Add the broth and tomatoes with the juice and bring to a boil. Add the mashed and whole beans and the spinach leaves and cook until the spinach is wilted, about 3 minutes more.
4. Serve topped with Parmesan, if desired.

*Recipe courtesy of Ellie Krieger*



**All About Social Security  
Disability Payments**



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## What's Happening In & Around Van Nuys & Southern California

**Feb 1 - 2**

Elton John  
LA Forum  
Inglewood, CA

**Feb 2**

Paul Anka  
Saban Theatre  
Beverly Hills, CA

**Feb 3 - 4**

Redondo Beach Super Bowl  
Sunday 10K/5K  
Seaside Lagoon  
Redondo Beach, CA

**Feb 8**

Jesse McCartney  
The Wiltern Theatre  
Los Angeles, CA

**Feb 9 - 10**

Valentine's Day 5K, 10K, 15K, Half  
Marathon  
Woodley Park Van Nuys  
Encino, CA

**Jan 16**

Circus Vargas: The Greatest  
Of Ease  
Circus Vargas Big Top  
Burbank, CA

**Jan 19**

R&B Rewind Festival  
Microsoft Theater  
Los Angeles, CA

**Jan 26**

Golden Dragon Acrobats  
Richard & Karen Carpenter  
Performing Arts Center  
Long Beach, CA

**Jan 26**

Chris Botti  
The Wiltern Theatre  
Los Angeles, CA

**Jan 29 - Feb 17**

Hello Dolly  
Pantages Theatre  
Los Angeles, CA

