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Se habla español

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Disability and Eligibility for Medicare

Normally, those individuals who are age 65 and older are eligible for Medicare coverage. However, certain people under age 65 who are disabled may be eligible for Medicare at an earlier age.



Medicare Available after Receiving Social Security Disability for 24 Months

If you are eligible for Social Security Disability (SSDI) benefits, you can be covered for Medicare **before** you reach 65.

Medicare coverage can begin once you have received SSDI payments for 24 months. Typically, this 2-year waiting period begins from the date that you become entitled to SSDI monthly benefits.

There are two exceptions to the 24 month waiting period for those who suffer from:

- End-stage renal disease with kidney failure. Medicare coverage can begin the third month after the month that you began dialysis or after a kidney transplant.

OR

- Amyotrophic lateral sclerosis (ALS). Individuals with this condition, also known as Lou Gehrig's disease, are eligible for Medicare as soon as they become eligible for SSDI payments.

Once a beneficiary receives SSDI benefits, he or she should receive a Medicare card once the waiting period has passed. Contact your local Social Security office if you do not receive a card or if you have questions.

The full range of Medicare benefits is available for those who qualify based on disability, including hospital, nursing home, doctor, home health and community-based services.

From My Blog

Injured at Work? How to Prove That it Happened on the Job

You have injured your back at work and must stay out for a few weeks. You know that your injury happened while lifting those boxes in the storeroom. But how can you prove to your employer's Workers' Compensation (WC) insurer that your injury happened on the job?



[Click here to read more](#)

All Aboard! The History of California Trains

If you have ever gazed in amazement out of the window of an Amtrak train traveling through the beauties of our state, you probably could not imagine the colorful and arduous history of train travel in California.

Before the First Transcontinental Railroad was completed in 1869, the only way to reach the western U.S. was to travel by ship around the tip of South America. The 1849 Gold Rush was one of the prime drivers of developing train transportation to California.

Once the rest of the country got a taste of the agricultural bounty available in our sunny state, the Pacific Fruit Express began to ship more produce in its refrigerated cars. In the early twentieth century, train engines were converted to run on oil instead of coal and began transporting oil in steel tank cars.



Los Angeles Becomes a Major Western Terminus

The Atchison, Topeka and Santa Fe Railroad of the 1944 song selected Los Angeles for its western terminus in 1885. This strategic action chipped away at Southern Pacific Railroad's transportation monopoly.

Shortly after, the San Diego electric railway helped to urbanize that city in 1892, as did the Pacific Electric Railway in Orange and Los Angeles Counties.

Rail tourism brought millions into our state beginning in the 1870s. However, railroading's "Golden Age" dwindled when air and auto traffic became more cost-effective.

Amtrak still provides train routes within our state and to other regions as well. California also has several intercity lines that connect metropolitan areas and reach out to rural spots.

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

Beef and Watermelon Stir-fry

The sweet heat of this beef dish is surprisingly refreshing. Fresh juicy watermelon and sweet sugar snap peas deliver a satisfying crunch in every bite. Garnish with fresh cilantro for extra zing.

Ingredients

- 1 pound sirloin strip steak, cut into thin strips
- 3 garlic cloves, minced
- 2 teaspoons cornstarch
- 2 teaspoons cold water
- 1 ½ teaspoons sesame oil
- 2 tablespoons dry white wine
- 2 tablespoons hot water
- 2 tablespoons hoisin sauce
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 2 tablespoons canola oil, divided
- 1 medium-size sweet onion, halved and sliced
- 12 ounces fresh sugar snap peas
- 1 teaspoon grated fresh ginger
- ½ teaspoon dried crushed red pepper
- 16 ounces watermelon, rind removed and cut into sticks (about 2 cups)
- 2 cups hot cooked rice



Directions

Toss together first 6 ingredients and 1 Tbsp. wine. Let stand 30 minutes. Meanwhile, stir together hot water, hoisin, and remaining 1 Tbsp. wine.

Remove beef from marinade, discarding marinade. Sprinkle with salt and black pepper; cook half of beef in 1 1/2 tsp. hot canola oil in a large skillet over high heat, without stirring, 45 seconds or until browned; turn beef, and cook 30 seconds or until browned. Transfer to a warm plate. Repeat with remaining 1 1/2 tsp. oil and beef.

Stir-fry onion in remaining 1 Tbsp. hot canola oil in skillet over medium-high heat 2 minutes or until tender. Add sugar snap peas, ginger, and crushed red pepper; stir-fry 2 minutes. Add beef and hoisin mixture; stir-fry 1 minute or until slightly thickened. Remove from heat. Stir in watermelon. Add salt, black pepper, and red pepper to taste. Serve immediately with hot cooked rice.

Recipe courtesy of Southern Living



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**Disability and Eligibility
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What's Happening in Van Nuys & Southern California

July 19 - 20

Queen & Adam Lambert
LA Forum
Inglewood, CA

July 21

Natalia Lafourcade & Gustavo
Dudamel
Hollywood Bowl
Los Angeles, CA

July 27

Chicago
The Greek Theatre
Los Angeles, CA

July 27- 29

Long Beach Crawfish Festival
Rainbow Lagoon Park
Long Beach, CA

Aug 2

Dean Mclean
The Rose
Pasadena, CA

Aug 3

Long Beach Vegan Festival
The Pike Outlets
Long Beach, CA

Aug 3

Backstreet Boys
Staples Center
Los Angeles, CA

Aug 5

Lionel Richie
Hollywood Bowl
Los Angeles, CA

