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*Se habla español*

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## Applying for Social Security Disability: How to Make Sure that Your Medical Exhibit Is Complete

You have submitted your claim for Social Security Disability (SSDI) benefits and, after anxiously waiting, you receive a denial letter. What happened?

Incredibly, almost 70% of initial SSDI claims are denied! The #1 reason for these denials is incomplete or missing medical evidence.



The Social Security Administration must have sufficient evidence about your medical condition so that they are able to assess whether or not you are able to work. In other words, your medical records must show that your condition prevents you from working.

### Complete Supporting Medical Evidence Is Vital for SSDI Claim Approval

Your SSDI application must contain the following information:

- All medical records that you have from physicians, therapists, hospitals and clinics.
- Contact information for doctors, hospitals, clinics and caseworkers from whom you received care and the dates of all visits.
- All lab and test results along with testing dates, lab information and which doctor sent you.
- All medications that you are taking with prescriber name and dosage information.

The key word here is **“all”** – make sure there are no gaps in your treatment history.

Your application must include very specific information such as test results. Attach objective testing reports from x-rays, MRIs, CAT scans, blood tests, EKGs and EMGs as part of your application.

### What to Do If Your Application Is Denied

If your first application is denied, ask for a Reconsideration of your claim. In this process, a different claim examiner will assess your SSDI application. If after a Reconsideration you are again denied benefits, the next step is to request a hearing before an Administrative Judge.

Note that at both of these appeal stages, you should submit as much medical documentation of your condition as you can. This evidence will help to prove your claim of disability.

Applying for SSDI benefits is a complicated process and may be overwhelming. We are experienced in helping SSDI applicants at all points in the process, from the initial application to working through the appeals process and hearings.

## From My Blog

### Social Security Disability: How Continuing Disability Reviews Work

Those who are receiving Social Security Disability (SSDI) payments must have their medical conditions reviewed periodically. The purpose of these Continuing Disability Reviews (CDRs) is to determine if your medical impairment has improved to the point that you are able to work. If the Social Security Administration (SSA) finds that you are no longer disabled, your benefits will stop.



[Click here to read more](#)

## Don't Fly Away – Explore Southern California with These Staycation Ideas

With spring break coming up, you may be yearning to ditch the home improvement projects and take the family away for a few days.

A staycation may be just the right idea! Instead of planning a big and expensive trip, try one of these enticing spots that are within a 3-hour drive of Southern California:

**The Mission Inn Hotel & Spa.** Located in Riverside, the inn's Spanish mission-style architecture will transport you back in history. From its humble 1876 beginning as a mission to today's "living museum" stretching around an entire city block, you'll be pampered as you enjoy its secluded garden oases and five diverse restaurants.

**El Capital Canyon.** If glamping is more your style, head just north of Santa Barbara to enjoy this unique nature lodging. Whether you choose an adventure yurt, a safari tent or a safari cabin suite, you'll lose yourself in nature with kayaking, swimming, hiking and beach bonfires.

**Ventura County Coast.** For a quick day trip, drive up along the coast to these charming beach communities. Visit the nearby U.S. Navy Seabee Museum before shopping for antiques or at the outlets. Then stroll over to enjoy the sunset on the beach.

**Catalina Island.** For a real getaway, leave the mainland by hopping on a catamaran at Long Beach for a one-hour trip to Catalina. Enjoy a food tasting and cultural tour or head for the wild on a Jeep tour to see bison up close. Outdoor adventurers can experience zip lining or a guided snorkel tour.

**Legoland Park.** If you've done Disneyland, Universal Studios and Six Flags and have LEGO-obsessed children, head south to Carlsbad to take in this all-things-LEGO theme park. With more than 60 rides, a water park and aquarium, you'll be ready for bed in adjacent Legoland Hotel complete with LEGO Ninjago-themed rooms.



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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

## Shakshuka with Feta Cheese

This one skillet Israeli breakfast dish is vibrant and delightfully spicy. Serve it with a side of pita or challah and enjoy it any time of day!

### Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 large onion, halved and thinly sliced
- 1 large red bell pepper, seeded and thinly sliced
- 3 garlic cloves, thinly sliced
- 1 teaspoon sweet paprika
- 1/8 teaspoon cayenne, or to taste
- 1 (28-ounce) can whole plum tomatoes with juices, coarsely chopped
- 3/4 teaspoon salt, more as needed
- 1/4 teaspoon black pepper, more as needed
- 5 ounces feta cheese, crumbled (about 1 1/4 cups)
- 6 large eggs



Chopped cilantro, for serving  
Hot sauce, for serving

### Preparation

- Heat oven to 375 degrees.
- Heat oil in a large skillet over medium-low heat. Add onion and bell pepper. Cook gently until very soft, about 20 minutes. Add garlic and cook until tender, 1 to 2 minutes; stir in cumin, paprika and cayenne, and cook 1 minute. Pour in tomatoes and season with 3/4 teaspoon salt and 1/4 teaspoon pepper; simmer until tomatoes have thickened, about 10 minutes. Stir in crumbled feta.
- Gently crack eggs into skillet over tomatoes. Season with salt and pepper. Transfer skillet to oven and bake until eggs are just set, 7 to 10 minutes. Sprinkle with cilantro and serve with hot sauce.

*Recipe courtesy of the New York Times*

## Don't Forget - Set Your Clocks Ahead 1 Hour on March 10



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**Applying for Social Security  
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## What's Happening In & Around Van Nuys & Southern California

**Mar 17**

Wistaria Festival  
Sierra Madre, CA

**Mar 23**

Don McLean  
Saban Theatre  
Beverly Hills, CA

**Mar 23 - 24**

Malibu, Roots, Rock,  
Reggae Festival  
Casa Escobar Malibu  
Malibu, CA

**Mar 30**

The World Cancer Day 5K & 10K  
Glendale, CA

**Apr 2**

Michael Buble  
Staples Center  
Los Angeles, CA

**Apr 11**

The Taste of the Valley  
Food, Wine, Spirits and  
Microbrew Festival  
Westfield Topanga  
Canoga Park, CA

**Apr 11**

Santa Clarity Cowboy Festival  
Old Town Newhall  
Newhall, CA

**Apr 12**

Mutti Gras Easter Pet Parade  
& Costume Contest  
Mr. Marcel Gourmet Market  
Los Angeles, CA

