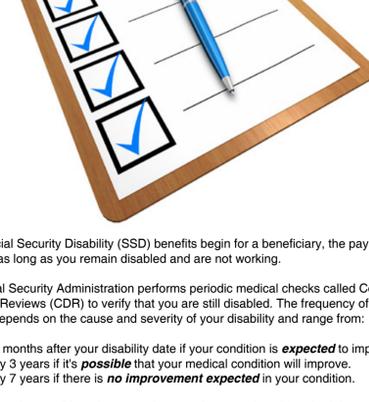




## In This Issue...

- Social Security Disability: How Does a Medical Condition Review Work?
- Why Hire a Lawyer for Your Workers' Compensation Case?
- Recipe of the Month: Healthy Chicken Salad
- What's Happening In Youngstown, Warren, Salem, Ravenna & Akron

## Social Security Disability: How Does a Medical Condition Review Work?



Once Social Security Disability (SSD) benefits begin for a beneficiary, the payments continue as long as you remain disabled and are not working.

The Social Security Administration performs periodic medical checks called Continuing Disability Reviews (CDR) to verify that you are still disabled. The frequency of the reviews depends on the cause and severity of your disability and range from:

- 6-18 months after your disability date if your condition is **expected** to improve.
- Every 3 years if it's **possible** that your medical condition will improve.
- Every 7 years if there is **no improvement expected** in your condition.

If you are under age 50, reviews may be more frequent than this schedule.

In addition to the above schedule, the Social Security Administration may request a CDR if you actually have returned to work, if medical evidence shows that your condition has improved or if a new treatment for your condition is introduced.

### How the Review Process Works

First, you will receive a letter giving you notice of the review and asking that you visit your local SSA office with medical and work documentation.

The purpose of the CDR is to answer these two questions:

- Has your condition improved? If the answer is **NO**, then benefits will continue.
- Are you now able to return to work? If the answer is **YES**, your SSD benefits will be stopped. At that time, you will be advised of the appeal process.

Understanding that you may be reviewed based on the schedule above or because an Administrative Law Judge recommended a review in his/her decision, you need to keep good records regarding doctor's visits, medication changes, and changes in the effects your disability has on your daily activities. It is imperative you continue treating and medicating as your doctor tells you.

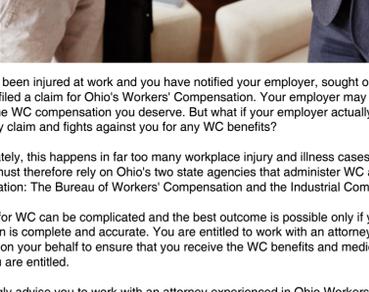
You can learn more about CDRs in the brochure *What You Need To Know: Reviewing Your Disability*.

### You Must Act Quickly If SSD Benefits Are Stopped Because of a Review

If the result of a CDR shows that you are able to return to work, you must act fast! You have only 60 days in which to appeal this decision.

Attorneys are hesitant to take on a CDR appeal since attorneys can only be paid from past due benefits paid on a claim. If your benefits continue through the appeal process, there will be no past due benefits from which an attorney can be paid. We suggest you call the attorney that handled the disability claim for your initially or your local legal services agency for assistance.

## Why Hire a Lawyer for Your Workers' Compensation Case?



You have been injured at work and you have notified your employer, sought out medical care and filed a claim for Ohio's Workers' Compensation. Your employer may try to help you get the WC compensation you deserve. But what if your employer actually disputes your injury claim and fights against you for any WC benefits?

Unfortunately, this happens in far too many workplace injury and illness cases. Injured workers must therefore rely on Ohio's two state agencies that administer WC and its compensation: The Bureau of Workers' Compensation and the Industrial Commission.

Applying for WC can be complicated and the best outcome is possible only if your application is complete and accurate. You are entitled to work with an attorney who can advocate on your behalf to ensure that you receive the WC benefits and medical care to which you are entitled.

We strongly advise you to work with an attorney experienced in Ohio Workers' Compensation when you first apply for WC. We know Ohio's WC system as well as other programs for which you may be eligible as an injured or disabled worker. Our attorneys are experienced in WC claims and we know what the Bureau of Workers' Compensation expects to see.

Another advantage to working with an experienced WC attorney is that you may be eligible for additional compensation, for example for lost wages as well as work-related permanent physical damage that may prevent you from working. If your illness or injury results in a long-term disability, we can help you apply for Social Security Disability (SSD) benefits as well.

If you or a loved one has been harmed by any type of personal injury or has been denied Worker's Compensation or Social Security Disability (SSD) benefits, it's important to get an attorney experienced in these types of cases involved immediately. Call **1 (800) 589-6611** for your initial, free consultation, either in our office or in the comfort of your own home. Heller, Maas, Moro & Magill, Co., LPA, a workplace injury and Social Security disability law firm located in Youngstown, can help you navigate the application process for the best possible outcome for you and your family.

## Recipe of the Month Healthy Chicken Salad



If you love chicken salad but don't like all the calories from mayo, here's a delicious alternative using Greek Yogurt and Sour Cream.

### Ingredients

- 2 cups chicken breast, shredded or chopped
- ½ cup Nonfat Greek Yogurt
- ¼ cup Nonfat Sour Cream
- 1 tablespoon Mayonnaise
- ½ Gala Apple, chopped into small pieces
- 2 tablespoons Bell Pepper, diced fine
- 1 tablespoon Dill Pickle Relish
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon black pepper

### Instructions

1. In a large bowl, mix together all ingredients until well blended.
2. Adjust salt and pepper as needed.
3. Serve with bread, crackers or vegetables.

Recipe courtesy of [youbrewmytea.com](http://youbrewmytea.com)

## What's Happening In Youngstown Warren, Salem, Ravenna & Akron

- Nov 3**  
Johnny Mathis  
State Theatre - The Playhouse Square Center  
Cleveland, OH  
<http://cleveland.eventful.com/venues/state-theatre-the-playhouse-square-center-/VO-001-003026516-2>
- Nov 8 - Dec 3**  
Wicked  
State Theatre - The Playhouse Square Center  
Cleveland, OH  
<http://cleveland.eventful.com/venues/state-theatre-the-playhouse-square-center-/VO-001-003026516-2>
- Nov 25**  
Moscow Ballet's Great Russian Nutcracker  
Powers Auditorium  
Youngstown, OH  
<http://youngstown.eventful.com/events/moscow-ballets-great-russian-nutcracker-/E0-001-101766219-8>
- Dec 7**  
Michael Bolton  
Stambaugh Auditorium  
Youngstown, OH  
<http://youngstown.eventful.com/events/michael-bolton-/E0-001-104702031-7>
- Dec 9**  
Oddmall: Chrishanukwanzmadan  
Canton Cultural Center  
Canton, OH  
<http://eventful.com/canton/events/oddmall-chrishanukwanzmadan-/E0-001-099963660-7@2017120910>
- Dec 21**  
Emmet Cahill - Irish Tenor Holiday Benefit Concert  
St. Columba Cathedral  
Youngstown, OH  
<http://youngstown.eventful.com/events/emmet-cahill-irish-tenor-holiday-benefit-con-/E0-001-106143874-3>
- Dec 30**  
Mannheim Steamroller Christmas  
EJ Thomas Performing Arts Hall  
Akron, OH  
<http://eventful.com/akron/events/mannheim-steamroller-christmas-/E0-001-103027264-8>
- Jan 9 - 28**  
Love Never Dies  
State Theatre - The Playhouse Square Center  
Cleveland, OH  
<http://cleveland.eventful.com/venues/state-theatre-the-playhouse-square-center-/VO-001-003026516-2>

## Follow us...



## Meet Our Attorneys



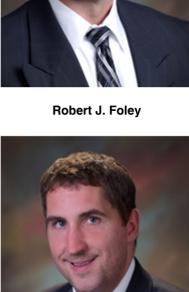
**Robert L. Heller**



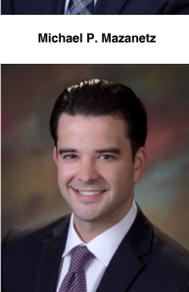
**Steven D. Maas**



**Joseph A. Moro**



**Richard L. Magill**



**Robert J. Foley**



**Michael P. Mazanetz**



**Patrick J. Moro**



**C. Douglas Ames**

## Our Offices

**Youngstown Office**  
54 Westchester Dr.  
Suite 10  
Youngstown, OH 44515  
Phone: (330) 792-6611  
Fax: (330) 792-7486

**Warren Office**  
8096 E. Market St.  
Suite 2  
Warren, OH 44484  
Phone: (330) 393-6602

**Salem Office**  
1376 E. State St.  
Salem, OH 44460  
Phone: (800) 589-6611

**Ravenna Office**  
250 S. Prospect Street  
Ravenna, OH 44266  
Phone: (800) 589 6611

**Akron Office**  
39 E. Market Street  
Suite 301  
Akron, OH 44308  
Phone: (800) 589-6611

[www.ohiodisabilitylaw.com](http://www.ohiodisabilitylaw.com)

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