

INSIDE

- 1 THE MISSION OF JORGENSEN LAW
- 2 THE TRUTH ABOUT THE FIRST MEAL OF THE DAY
TIPS TO HELP ALLEVIATE STRESS BEFORE HEADING TO COURT
- 3 A LESSON IN LEGAL LEARNING
ROASTED RADISHES WITH RADISH GREENS
- 4 ADVENTURE AWAITS (AT HOME)



NO PLACE LIKE HOME BE A TOURIST IN YOUR HOMETOWN

Do you dream of adventure? Do you want to see something new, discover someplace interesting, and make memories you'll cherish forever? Do you still have to be at work on Monday? Finding adventure doesn't have to mean packing up and trekking across the globe for six months. Being adventurous is all about changing your mindset and looking for the unexpected in the familiar.

As you start planning summer vacations, instead of spending a lot of money to be a tourist somewhere else, why not try finding a little adventure at home?

GET A ROOM If you really want to experience your hometown through the eyes of a tourist, try waking up somewhere new. One night in a hotel room or bed-and-breakfast can really put you in the adventuring mindset.

FIND LOCAL EVENTS Now's the time to check out the farmers market you've been meaning to go to for ages! Then you can swing by that free concert in the park before going to a play at your community theater. Attending local events is a great way to visit places in town you've never been before. You might even find a historical tour that can teach you all about the wonders of your town. Download an app like Eventbrite, or go old-school and check for fun local events in the paper.

APPRECIATE THE ARTS There are countless tiny museums and cultural attractions all over the place that most people overlook — especially those who have lived in an area for a while. Does your hometown have interesting art installations on Main Street? What about museums dedicated to strange and supernatural phenomena, parks, historical landmarks, or giant robotic farm animals? Check Yelp.com for lists of popular attractions near you, or ask your friends for suggestions. You might be surprised by what your hometown has to offer.

You might be thinking, "This is would be great *if* I lived somewhere fun!" If you've ever thought your town was boring, that's all the more reason to try being a tourist! Adventures can happen anywhere if you just take that first step out the door.



INFORMER

888-855-2948
 APRIL 2019

THE MISSION OF JORGENSEN LAW

STAND UP AGAINST BULLIES AND DEFEND THE UNDERDOG

All too often, I hear stories about people not liking their jobs. They dread going to work on Monday and anxiously await 5 p.m. on Friday. Growing up, I knew that I wanted to be passionate about my job. After all, people spend a huge portion of their lives working, so to me, choosing a profession I actually liked made the most sense. Since I was raised in a household with a great emphasis on principles of honesty and integrity, I often felt a pull to defend the underdog or the little guy. It was that same pull that led me to pursue a career in a field that would allow me to implement the foundational principles I learned as a child — to resolve conflict on others' behalf.

“WHAT MY TEAM AND I HERE AT JORGENSEN LAW WANT OUR EXISTING AND POTENTIAL CLIENTS TO KNOW ABOVE ALL ELSE IS THAT WE CARE ABOUT AND UNDERSTAND THE HARDSHIPS THAT BROUGHT THEM TO OUR OFFICE IN THE FIRST PLACE.”

After completing my education at Brigham Young University, I had the opportunity to serve as a full partner at one of the leading law firms in the state of Texas. It was during my time there that I really began to understand the frustration and fear of disabled people who are forced to struggle through the process of obtaining the Social Security benefits they desperately need to survive.

In the same way that I followed my heart toward a career enabling me to resolve conflict and defend the underdogs, I started Jorgensen Law with tireless zeal and passion. My firm, specializing in Social Security disability and personal injury law, works assiduously to help those who are understandably exasperated with the federal government and need help navigating the Social Security system. In fact, a great portion of our client population is filled with veterans whose sacrifice to keep our country safe is usually only thanked with mountains of paperwork and legal red tape.

My personal injury team knows how to handle tough insurance adjusters throughout the personal injury settlement process, and



Jorgensen Law's overarching goal is to assist clients by helping them throw off their worries about legal complexities so they can focus on what really matters: their own physical and mental health. What my team and I here at Jorgensen Law want our existing and potential clients to know above all else is that we care about and understand the hardships that brought them to our office in the first place. We know that financial compensation is just one aspect of their struggle, and we are here to provide help and comfort in any way we know how.

With our clients, we are kind, compassionate, and understanding. With Social Security analysts and insurance agencies, we are tough. We stand up against bullies, and we defend those in need. We don't back down; we get results. In fact, approximately 90 percent of our clients have received benefits, due in large part to my team's continued persistence, organization, and thorough understanding of these processes.

Every time I have the opportunity to meet with a new client, I feel grateful for the path that led me to the life and job I have now. I'm grateful for the clients who have weathered the stress associated with these types of cases and trust me to help. I'm grateful to my team for their continuous hard work and dedication to learning anything and everything they can to help. And I'm grateful to my family for teaching me the importance of honesty, integrity, and the true value of defending the underdog.

- Don Jorgensen

IS IT OKAY TO SKIP BREAKFAST? THE TRUTH ABOUT THE FIRST MEAL OF THE DAY



Sometimes you skip breakfast simply because you don't have time to eat. Other times, you skip breakfast because nothing really appeals to you. This is a common occurrence for many people across the country. But when you skip breakfast, you may find that you feel just fine. It begs the question: Is breakfast really that important? Do you *need* to eat breakfast?

It depends. Most people can skip breakfast and be totally fine. They'll make it to lunch without skipping a beat. It all comes down to how you *feel*. Some people need breakfast or they'll have to deal with mood swings — often referred to as being “hangry” — caused by low blood sugar. A healthy breakfast can stabilize your mood, helping you feel more positive, energized, and focused throughout the morning.

We can, however, bust the notion that breakfast is the “most important meal of the day.” This phrase was used to market breakfast cereal in the last century. In reality, it doesn't mean anything. The most important meal of the day is whichever meal you get the most out of, whether it's nutritional value, enjoyment, or both.

Having a healthy, protein-rich breakfast does come with benefits, though. It gives you energy for the day and helps you avoid scrambling to find something to eat a couple hours later when hunger sets in. All too often, skipping breakfast (or having a carb-heavy breakfast) leads people to raid the vending machine or make unhealthy food choices they wouldn't ordinarily make.

Along these same lines, skipping breakfast may encourage you to eat more later in the day at lunch or dinner. You may think you're saving calories, but over the course of a day, you can end up consuming more calories than if you had simply eaten breakfast.

With so much research on the subject of breakfast, one thing is clear: You should eat when you feel hungry. You don't have to live by the conventional wisdom of “three squares a day.” When you listen to your body, you'll feel better for it!

IT'S NORMAL TO FEEL NERVOUS BUT HERE ARE SOME TIPS TO HELP ALLEVIATE STRESS BEFORE HEADING TO COURT

Going to court can be a stressful ordeal — especially if you're stuck navigating a personal injury case following an accident that left you physically or mentally impaired. Even with a knowledgeable attorney on your team, if you're heading to court to inquire about or challenge an insurance company's offer of compensation, you're bound to feel some anxiety. On top of all this, you're then asked to recount a painful and traumatic experience in excruciating detail.

Regardless of the anxiety associated with this experience, you still need to try to maintain a professional demeanor and keep your head held high. However, all of us here at Jorgensen Law understand that this is easier said than done. That's why we wanted to offer a few tips that will hopefully help you along the way:

GIVE YOURSELF EXTRA TIME

Make sure you arrive at the courthouse with time to spare. If you're rushing or worried that you're running late, you'll only amplify your stress level. Aim to arrive at least 10 minutes before your appearance time. You might have to sit and wait, but that's far better than running late.

WHAT YOU SHOULD LEAVE AT HOME

Chewing gum or tobacco, recording devices, food, beverages, and newspapers are not allowed in the courtroom. Similarly, in many different counties, cell phones aren't allowed either. If you are given permission to bring your cell phone, make sure you turn it off or set it on silent. Knowing what you can and can't bring with you will help give you some added peace of mind.



KNOW COURT ETIQUETTE

The vast majority of clients our team serves are heading into the courtroom for the very first time. Therefore, we thought sharing some court etiquette could help assuage nerves or anxiety. Make sure that you speak only when instructed to, and never interrupt. When you are answering questions, make sure you only answer the question you were asked.

Even with these tips, feeling nervous about going to court is completely normal. Still, if you're concerned or have any other lingering questions about what to expect, don't hesitate to let us know!

OUR MONTHLY LAW LESSON

YOU HAVE QUESTIONS. WE HAVE ANSWERS.

CLIENT QUESTION OF THE MONTH:

WHO DECIDES IF A PERSON IS DISABLED?

According to the Bureau of Labor Statistics, the unemployment rate in the U.S. in February fell to 3.8 percent from 4 percent at the beginning of the year. Many people across the country are celebrating the drop, but what many of them don't realize is that a lot of factors get shoved to the wayside when this number is configured — one of the most important being the application process for Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI).

While there are Americans who argue against SSDI or SSI, these programs are an absolute necessity for millions of disabled people throughout the nation who are physically or mentally unable to work and who need financial assistance just to make ends meet. The application process for these programs is quite complex, and many who apply are denied access.

If you have a disability that prevents you from working, you should seriously consider letting us help you apply for these programs. Once you apply, the Social Security Administration (SSA) will review your application using a five-step process to ensure that you meet basic requirements for disability benefits.

1. Are you working?
2. Is your medical condition considered “severe”?
3. Is your medical condition listed on their list of impairments?
4. Can you do the work you did before you were injured?
5. Can you do any other type of work?

After answering these questions and reviewing your application, the SSA will send it to the Disability Determination Services (DDS) office located in your state. Doctors and disability specialists in the state agency then contact your doctor(s) regarding your condition. They will use medical evidence from your doctors and hospitals, clinics, or institutions where you have been treated. After that, they may still require more medical information before they can decide if you are disabled.

As you can see, even applying for these programs is convoluted. If you have any questions about the process or about who ultimately determines whether or not you qualify for SSDI or SSI, please contact us for a FREE case evaluation on Social Security disability.



WORD SEARCH

RAINBOW
EASTER
PRANK
PASSOVER
FOOL
SHOWERS
TAURUS
HOAX
SPRING
BUTTERFLY
DANDELION
MISCHIEF

K R Q N T M H R T M C T R Y Y
V P A A Z I O I E S O A T L B
P R A N K S A F Q T I Y F N G
P C V T G C X S O N S R N N B
E A U F K H E S B O E A I U T
B M S J R I P O C T L R E S Y
Z A G S N E W J T R P E N U N
A T E L O F V U B S O T P R T
O R J F F V B X M O G Z A U Z
A S B O M Z E M Z P U V T A V
M R Q C G Y F R Q A P U Q T G
D A N D E L I O N R O M J M A
X F Y N T X N G N R W J Z I H
H T S R E W O H S O C M Q Y H
F T T N U H I J Y G O Q J L S

ROASTED RADISHES WITH RADISH GREENS



Radishes start showing up in droves during the spring and summer months, but all too often we only eat the bulbs raw on salads and discard the greens. This recipe bucks both of those trends, with the radishes being roasted alongside their green tops.

INGREDIENTS

- 3 bunches radishes with greens attached
- 2 tablespoons extra-virgin olive oil
- Salt and pepper, to taste
- 2 tablespoons unsalted butter
- 2 tablespoons fresh lemon juice

INSTRUCTIONS

1. Heat oven to 500 F. While heating, trim radishes and wash greens. Pat both dry using a paper towel.
2. In a large ovenproof skillet, heat oil over high heat until shimmering. Season radishes with salt and pepper, add to skillet, and cook until lightly browned, about 2 minutes. Transfer entire skillet to oven rack and roast for 15 minutes.
3. Once removed from oven, return skillet to stove. Over medium heat, stir in butter and add greens. Cook until they are wilted, about 2 minutes.
4. Finish with lemon juice and additional salt if desired. Serve immediately.