

OUR MEMORIAL DAY ISSUE:

A HUGE THANK-YOU TO MY DEAR FRIEND, JEFFREY

While accounts of the official origins of Memorial Day differ, according to the U.S. Department of Veterans Affairs, on May 5, 1868, just three years after the Civil War ended, Major General John A. Logan announced that the U.S. needed a national day of remembrance for soldiers who had bravely given their lives in honor of their country. After dubbing it Decoration Day, Logan declared that the holiday was to be observed every year on May 30 as a time for the nation to decorate the graves of the dead with flowers.

“**HAVING MY DEAR FRIEND LEAVE HIS HOME COUNTRY TO HELP KEEP OUR NATION'S PEOPLE SAFE GAVE ME A WHOLE NEW APPRECIATION FOR WHAT FREEDOM, SERVICE, AND SACRIFICE TRULY MEAN.**”

Since Americans all across the country will set aside time this month to commemorate the sacrifices made by these valorous men and women, I figure it is a great opportunity for me to highlight one of the bravest men I know, my dear friend Jeffrey who served as Electrician's Mate Chief Petty Officer Wigley, Jeffrey D. in the U.S. Navy for 12 years. I understand that Memorial Day is meant to honor those who have lost their lives in battle, and while Jeffrey thankfully returned home after Navy service, his sacrifices still deserve to be honored.

Growing up, Jeffrey and I maintained a close friendship. His choice to serve in the Navy meant that he could no longer live near me in San Diego, but we still worked hard to stay in touch regardless of how far away he was stationed. Being active duty in the Navy means that Jeffrey never stayed in one place too long. Even if he worked on base for a prolonged period of time, he still had to go on deployment anywhere from six months to two years. This meant that Jeffrey spent a lot of time living in close quarters with up to 5,000 other sailors.



In addition to spending months out to sea, during his dozen years of service, Jeffrey did two tours in Iraq. I don't know if this happens to others, but when I think about soldiers fighting in U.S. wars, my mind often races to battles of the past. But having my dear friend leave his home country to help keep our nation's people safe gave me a whole new appreciation for what freedom, service, and sacrifice truly mean.

What makes his military career even more noteworthy is that while he was active duty and completing tours in Iraq, Jeffrey had a family waiting for him at home. He had to sacrifice valuable time with his wife and children, often missing out on birthday and holiday celebrations. His family understood his commitment to his country, but no matter how patient and compassionate they were during his absence, they still honestly and sincerely missed having him around.

During his second tour in Iraq, Jeffrey was injured, and when he returned to the states, he decided that his time in the Navy was finished. While Jeffrey is back home now, I know that I am not the only one who will continue to honor him for all he has accomplished in the name of our country. It is because of him, and other men and women like him, that we have the freedom to live lives that people in other countries only dream of. To Jeffrey and all the other members of the U.S. military, thank you for all that you've done and continue to do. Happy Memorial Day!

-Don Jorgensen

SNACKING WHAT IS IT GOOD FOR?

There are many different opinions on the healthiness of snacking.

Some people think of snacks as processed foods with high calories, but snacks don't have to be junk food. Depending on what snacks you're eating, and how often, these little in-between-meal bites can be highly beneficial or detrimental to your overall health.



HEALTHY VS. UNHEALTHY SNACKS

People snack when they're hungry, but they also do it when they're stressed, bored, or have a habit. When people snack on unhealthy junk food when they're bored, the result is weight gain. An excellent way to avoid unhealthy snacks is to surround yourself with healthy alternatives. Fill your fridge and pantry with whole grains, fruits and vegetables, and nuts

and legumes. With those in your kitchen, you'll have plenty of healthy options to choose from when you're hungry.

WHO BENEFITS FROM SNACKING?

Depending on your weight, fitness level, and medical conditions, snacking throughout the day can be more effective than eating three large meals a day. Individuals who are crunched for time, have particular health conditions, are athletic, or are trying to lose or maintain weight all benefit from healthy snacking throughout the day.

People who have high cholesterol or diabetes can better maintain their cholesterol and blood glucose levels if they eat frequently during the day. For athletes, snacking helps distribute the consumption of nutrients their body needs throughout the day instead of all at once. This way, their energy levels stay the same instead of fluctuating with their meal times.

If you find yourself in need of a quick bite, think clementines and almonds instead of chips and Pop-Tarts. You'll still satisfy your hunger without jeopardizing your health or increasing your waistline.

ONE OF THE MOST IMPORTANT PARTS OF A DISABILITY CLAIM: MEDICAL RECORDS

Contrary to uninformed opinions regarding Social Security Disability, people who need benefits to make ends meet have to face a complex series of hurdles in order to find their claim successful. What many of these claimants don't realize before starting to seek benefits is the crucial role that medical records play in their case.

Without adequate medical evidence, you have no way of proving the extent of your condition, which means you'll have no plausible way to support your claim for disability benefits. In fact, the only way to have a successful case is by obtaining proper medical documents from your doctor. Not all medical records are treated equally, though. To that end, here's which documentation is best when attempting to provide evidence for your disability.

TREATMENT HISTORY

This might seem like common sense, but having a piece of paper that details your treatment history is absolutely vital. In some cases, a claim cannot be approved without a detailed treatment history outlining both the treatments that were administered and how your body responded to them.

THE MORE RECENT THE BETTER

While a document detailing your entire treatment history is necessary, you'll also need documents that show the extent of your disability currently. Being able to present up-to-date records will be extremely helpful in your case.

ADDITIONAL DOCTOR'S NOTES

Written statements from your treating physician can also be a huge help. Because your doctor has vast knowledge regarding the ins and outs of your condition, he or she can shed light



on how your disability prevents you from maintaining a full-time job.

Gathering these medical documents can be far easier said than done. That's why attorney Don Jorgensen works closely with clients and their doctors to ensure that the necessary records are garnered and submitted. If you need help gathering your medical records, the team at Jorgensen Law is here to help.

OUR MONTHLY LAW LESSON

YOU HAVE QUESTIONS. WE HAVE ANSWERS.
CLIENT QUESTION OF THE MONTH:

'WHAT IS THE DIFFERENCE BETWEEN SSI AND SSDI?'

SSI, otherwise known as Supplemental Security Income, is a monthly stipend paid by the U.S. Government Treasury and is provided to disabled, aged, or blind persons based on need. While there are some exceptions, in order to qualify for SSI benefits, you must not have assets that are worth more than \$2,000 (for singles) or \$3,000 (for couples).

On the other hand, SSDI, otherwise known as Social Security Disability Insurance, is a federal insurance program of the U.S. Government that is managed by the Social Security Administration and funded by a payroll tax. SSDI is designed to provide funds to people who are unable to work due to a disability. In order to qualify for these monetary benefits, you must have worked five of the last 10 years — though there are some exceptions to this rule.

While SSI and SSDI are fundamentally similar, there are three main distinctions that set them apart.

AMOUNT First of all, the amount of money dispersed is usually different depending on the type of disability benefits you are receiving. Under SSI, you receive the Federal Government supplement and, depending on the state in which you live, might also be able to receive a state supplement, as well. Additionally, with SSI, the amount of money can fluctuate annually depending on cost of living changes. With SSDI, the amounts are based on how much you've earned over the past 10 years.

RETROACTIVE PAYMENTS Under SSI, an injured or disabled claimant can only seek retroactive benefits that have accrued from the moment he or she filed the application. Under SSDI benefits, however, a claimant can receive retroactive benefits involving money up to 12 months prior to the application date. Although there are not back-pay incentives for seeking disability benefits beyond what a claimant can receive benefits for, other considerations may warrant going back further.

TYPE OF INSURANCE Under SSI, a Californian found disabled will receive Medi-Cal. Under SSDI benefits, a person will qualify for Medicare after having been found disabled for two years. If a person qualifies for both SSI and SSDI, they will be automatically given Medi-Medi which is a combination of both Medi-Cal and Medicare- this is provided to them whether they choose it or not.

Even with this helpful information, the team at Jorgensen Law understands how complex this process can be. If you want any follow-up information, don't hesitate to fill out our free evaluation form online or give our office a call!

WORD SEARCH

GARDEN
BLOOMING
DAY
GEMINI
MOTHER
MEMORIAL
NIGHTINGALE
SPRING
CINCO
MAYO
EMERALD
MAY
REMEMBER

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

STRAWBERRY MANGO PALETAS



INGREDIENTS

- 1 1/4 cups strawberries, chopped
- 1/2 cup granulated sugar
- 3 tablespoons fresh lime juice
- 1/2 teaspoon kosher salt
- 2 medium ripe mangoes, peeled, pitted, and chopped

INSTRUCTIONS

1. In a saucepan, toss strawberries with 1/4 cup sugar and let stand at room temperature for 15 minutes.
2. Add 1/4 cup water and bring to a simmer over moderate heat. Cook strawberries until mixture thickens, about 5 minutes.
3. Remove from heat and stir in 1 tablespoon of lime juice and 1/4 teaspoon of salt. Let cool completely, about 45 minutes.
4. Meanwhile, in a blender, puree mangoes with 1/4 cup sugar, 2 tablespoons lime juice, and 1/4 teaspoon salt until smooth. Scrape into a medium bowl and clean the blender. Then, puree strawberry mixture until smooth.
5. Into 8 3-ounce ice pop molds, spoon 2 tablespoons mango puree. Add 2 tablespoons strawberry puree to each mold, then top with remaining mango puree, leaving 1/2 inch between filling and top of mold.
6. Using a small knife, gently swirl layers together.
7. Insert ice pop sticks and freeze until solid.
8. Dip molds in hot water for a few seconds, then unmold paletas and serve immediately.

- Social Security Disability Benefits
- Personal Injury Claims

INSIDE

1 OUR MEMORIAL DAY ISSUE

2 A HEALTHY SNACK

ONE OF THE MOST IMPORTANT PARTS OF A DISABILITY CLAIM: MEDICAL RECORDS

3 OUR MONTHLY LAW LESSON

STRAWBERRY MANGO PALETAS

4 HOW TO TRAVEL SUSTAINABLY

GO GREEN

GET OUT THERE WITH THESE ECO-TOURISM TIPS



Vacations can come with great expense, and not just for your bank account.

According to a 2018 study published in Nature Climate Change, travel accounts for 8 percent of global greenhouse gas emissions. Cut through the greenwashing and do your part to lessen these emissions by traveling sustainably.

TRAVEL GREEN When possible, trains, hybrid buses, and carpooling are great alternatives to larger, more environmentally intrusive travel methods. Large cruise liners are detrimental to oceans, and airplanes emit large amounts of toxins into the air. However, you can cruise and fly with the earth in mind. Some cruise lines are working to reduce their impact by installing more eco-friendly lighting and materials, and flight experts recommend using “green” airports, choosing fuel-efficient airlines, staying longer, and traveling less. If anything, it’s an excuse to extend your European vacation!

STAY GREEN Where you stay impacts the environment as much as how you get there. Hotels use copious amounts of water for bathing and laundry, and they struggle to reduce energy because guests leave their lights and televisions on. However, many luxury resorts, woodsy cabins, and even entire countries have opted to make eco-tourism easier. If you’re looking for a region of the world committed to preserving nature, look no further than Iceland, Finland, and Sweden, which are ranked the three most environmentally friendly places in the world.

DO GREEN Man-made attractions like the Egyptian pyramids and Machu Picchu are some of the world’s greatest wonders, but Earth itself is pretty breathtaking. Check out natural attractions while hiking or camping in preserved forests, or soak up all the Caribbean has to offer by snorkeling, scuba diving, sailing, kayaking, canoeing, and paddleboarding. When you’re mindful of your surroundings and remain unobtrusive, there are endless outdoor activities you can explore. Some locations even partner with environmentally conscious organizations you can donate to or volunteer with.

Opt for a green vacation and know that while you relax, the earth is getting a little relief too.