

News You Can Use from Keefe Disability Law

800-776-2929

Dedicated to helping you win Social Security Disability Insurance benefits (SSDI) and Supplemental Security Income benefits (SSI) from Social Security.

Massachusetts • Rhode Island • New Hampshire



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Inside the Issue

Pg2 Pumpkin-Tomato
Bisque

Pg3 Keefe Family Update

Pg4 We All Pick Up the Phone

Is Sleep Apnea a Problem for You?

The chances are good that you know someone who snores (perhaps even you do, though you might not want to admit it!). But what you might not know is that snoring can be a symptom of sleep apnea, a much more serious condition.

Sleep apnea occurs when the normal flow of oxygen to the body is interrupted because a person's breathing becomes obstructed while they sleep. This can happen a few times during the night or as frequently as 100 times per hour. Each time breathing is interrupted, the brain has to send a signal to the body to wake up, which then enables the person to resume breathing again.

More than 12 million Americans suffer with sleep apnea, according to the National Institutes of Health. There are several risk factors, including being overweight or obese, gender (it occurs more frequently in men), age (10 percent of people over age 65 have sleep apnea), and having a blood relative with the condition (sleep apnea may be hereditary according to research).

According to the American Sleep Apnea Association, untreated sleep apnea can cause memory loss, headaches, hypertension, cardiovascular disease and impotency. In addition, because those afflicted with sleep apnea are not getting enough rest at night, they may become chronically overtired and not able to perform their jobs and may even be a danger on the roads.

Sleep apnea is listed as a potential medical disability under Social Security Disability, but in order to collect benefits, your condition must be severe enough to meet Social Security's requirement that you be unable to perform your old job, and unable to perform other jobs which you would be qualified to perform. ■

Frequently Asked Questions from Our Clients

Q: I've become disabled and can't work -- will I be eligible for Social Security Disability benefits?

A: According to Social Security Disability requirements, your physical or mental condition must be severe enough that it will keep you from working a regular job for at least a year or be expected to cause your death.

To determine if you meet the requirements, a judge will look at the facts of your case using what's known as the Five-Step Sequential Evaluation Process.

The best way to find out if you qualify for benefits is to fill out the Social Security Disability application form, which can be done in person at your local Social Security office, online or by calling Social Security at 800-772-1213. ■

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Pumpkin-Tomato Bisque

This delicious creation will warm you up on even the coldest winter days

Alison Rodin loves to make soup, but this is one of her favorites because it is so quick and easy to make, and good for you too! John, Patti and Alison all enjoyed this last week for lunch in the office. You probably already have all these ingredients in the house. Canned pumpkin is always on the supermarket shelf, but it would be delicious with butternut squash puree instead, if you can find it. Give it a try the next time you are snowed in! Serves 6-8

Ingredients

- 2 teaspoons to 2 tablespoons mild vegetable oil or butter
- Cooking spray (optional)
- 1 large onion, chopped
- 4 cups vegetable or chicken broth
- 4 cups fresh or canned pumpkin or butternut squash puree (you can also use any other sweet hard squash, sweet potatoes, yams or combination of all these)
- 1 can whole tomatoes with their juices, chopped medium fine but not pureed in a processor (or just chopped with a knife right in the can – lumps are fine)
- 1 tablespoon maple syrup (or honey)
- Salt and freshly ground pepper to taste
- Chopped parsley, if desired.

Preparation

1. Heat the oil or butter in a non-stick soup pot, or one that has been sprayed with cooking spray, over medium heat. (Omit the cooking spray if using the larger amount of oil or butter.) Add the onion and sauté until softened, about 5 minutes.
2. Add the stock and heat through. Add the pumpkin, whisking in. Heat again. Add the tomatoes and maple syrup and heat through. Season to taste with salt and pepper.
3. Serve hot, garnished with parsley. ■

Testimonial

Hi,

I just want to say
Thank you for everything
you've done so far.

Everyone I've spoken
with there has been
incredibly friendly and
patient. You take time
to listen. You have a
great staff there.

Neil

Thank You – To date, we've helped over 4,000 clients win cash benefits and health insurance coverage (Medicare and Medicaid) from Social Security.

But, here's the thing: We couldn't do it without your help. Every day we hear from people who say that the reason they called us is that they were referred to us by someone we had helped in the past – whether a neighbor, family member or friend – when they needed it most.

We truly appreciate your referrals and thank you for the trust you place in us.

Here Now: Order our brand new book, *7 Costly Mistakes That Can Ruin Your Social Security Disability Claim*. The disability claims process can be long and grueling, and it's easy to make mistakes that can ruin your case. Learn how to give yourself the best chance for success with your disability claim.

The book is available for FREE to Massachusetts, New Hampshire and Rhode Island residents who request it. You can order your copy by sending us a FAX at 508-359-1165, calling us at 800-776-2929 or at 508-359-2588, or email us at: 7costlymistakesbookoffer@KeefeLaw.com. ■

Keefe Family Update

As many of you know, my wife Patti and I have a big family (11 children, 11 grandchildren and counting!) and as you can imagine, there's always a lot happening in our lives. Each newsletter, I'm going to do my best to keep you updated on one or two of the latest developments:

A Keefe Makes Waves at American Idol Last September

When our son, James, told us that he was going to audition for American Idol last year, we weren't exactly shocked. After all, he had always had a great voice and musical talent, so it seemed like the perfect opportunity for him, and we were tremendously excited for him as he set out to become the next American Idol.

James, 27, had his first Idol audition five years ago in Manhattan. For his second try he drove down to the Meadowlands arena in New Jersey this August. Singing a Jason Mraz song and going up against 17,000 other competitors, James managed to get a golden ticket (!) and was asked to come back for a second audition.

In late August he asked me to come down as his "wing man" when he sang for the "call back" audition at Chelsea Pier in Manhattan. When we got there we saw the several hundred other aspiring Idols who had been chosen at the Meadowlands, all dressed up in a wide variety of snappy, interesting outfits, designed to help them "stand out" in this crowd.

James was dressed up in a "preppy" style outfit, (and he did stand out since no one else looked preppy at all!) and performed "Geek in the Pink," another Jason Mraz song. Once again, James was chosen to advance and given a golden ticket. We had to pinch ourselves and wonder, "Was this really happening?"

For his third Idol audition, James traveled to Jersey City, NJ, with me and three of his friends as "Team Jamesie"; including Hadley Pennington (now his fiancé), Chris and Jonathan – two friends who sang with James at Providence College. James had added the Queen song, "Don't Stop Me Now," to his audition set and was ready to roll.



Hadley, James, John and Chris at the American Idol tryout in New Jersey.

Though Simon Cowell has left the program, the other celebrity judges came out to speak with the Idols and their family supporters before the auditions. Jennifer Lopez (J. Lo, but she says call me "Jennifer") urged each singer to not hold anything back, as those chosen would all go to Hollywood for a week of further Idol auditions. Steven Tyler of Aerosmith and Randy Jackson also addressed the singers before the auditions to relax them and encourage them to really go for it. This was the moment of truth.

While James sang his two songs for Lopez, Tyler and Jackson, I was being interviewed by Ryan Seacrest about our large family and the fact that (excluding me) they are all very musical.

When James came out of the audition, his hands were empty. It was no go. Seacrest interviewed James about that, and James relayed the feedback he got from the judges. In the middle of that interview, Steven Tyler came through the door put his arm around James and pointing at James said, "You should know he got my vote!"

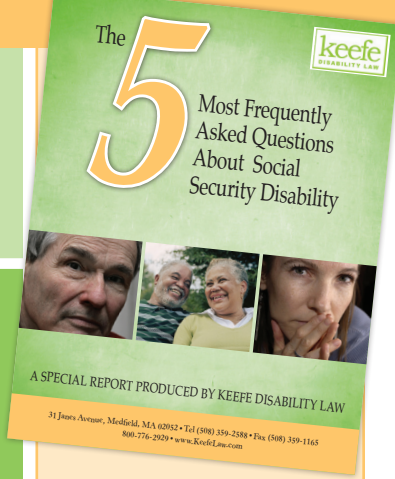
Although it ended in disappointment, James three friends, Hadley, Chris and Jonathan all agreed we had a great day in the middle of all the excitement, and that it was all due to the hard work that James had put in, to take his God-given talent, and move it up to a higher level.

You can see James sing, with his band Taste, at various gigs around Boston and Providence, and hear him, with streaming music, and announcements of upcoming gigs at www.TasteisLife.com.

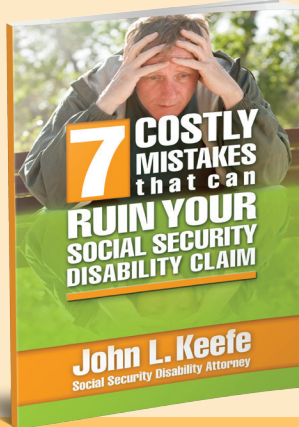
Thanks James for asking me to be your wing man for American Idol. Can we do it again next year?? ■



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Did Keefe win at American Idol?



See p. 3 to find out!

We All Pick Up the Phone

At Keefe Disability Law, when you call us, you might talk to one of the paralegals on our staff, like Jen, Douglas or Michelle. Or you may reach an attorney such as Patrick or Liza. Either way, you can be sure that the person who answers the phone will look up your case in the computer right away and has the knowledge to help you with your questions.

Law firm management surveys have consistently shown that “My lawyer did not call me back” is a keen source of frustration for law firm clients all across the country.

We try to avoid that by having all of our paralegals and lawyers answer the phone. This enables us to provide you with fast and efficient service right from the beginning of the



call, saving you the aggravation of waiting on hold for someone or, worse yet, having to wait for someone to call you back.

Any notes and information from your call are entered into our system so that the next time you call, the paralegal or attorney you speak with will quickly be up to speed on the facts of your case.

You will find that everyone on our staff is happy to talk to you, whether it is Genevieve, Tyler, Jill... ■