Date	Facebook/Twitter/LinkedIn/	Photo/Video Link	Schedule Status	Notes
03/07	If you have a disability rating from the VA and you think it should be higher, it might be time to file an appeal.  To read more, go to https://www.sullivanandkehoe.com/blog/what-does-it-mean-to-appeal-your-va-disability-rating/ #sullivankehoe #disabilitybenefits	n/a static post		
	#veteransassociation #blog			
03/17	Wishing you a happy St. Patrick's Day!	https://drive.google. com/file/d/1j076VjWmY8mKeN k0ai5YBTdrtiRwgn57/view? usp=share_link		
03/21	SSDI and SSI payments both went up by 8.7% in 2023. What is the reason for this major increase in benefits this year?  To read more, go to https://www.sullivanandkehoe.com/blog/why-did-ssdiand-ssi-payments-go-up-in-2023/  #sullivankehoe #socialsecurity #disabilitybenefits #blog	n/a static post		
03/30	You have rights as someone who cannot work, and that's why at Sullivan & Kehoe, we use our resources and 50 years of combined experience to get you the benefits you deserve. Call now for a free case evaluation at (631) 269-1515.  #sullivankehoe #veteransdisability #longisland #law	https://drive.google. com/file/d/1aWEa_7jokfZN8vU ohMUSzpTwVZK4tpr9/view? usp=share_link		

Date	Facebook/Twitter/LinkedIn/	Photo/Video Link	Schedule Status	Notes
02/02	If you are looking to apply for SSDI or SSI benefits, make sure to avoid these five crucial mistakes on your disability application.  To read more, go to sullivanandkehoe. com/blog/five-mistakes-to-avoid-in-your-social-security-disability-application  #sullivankehoe #socialsecurity #disabilitybenefits #blog #longisland	https://drive.google. com/file/d/1QSYslvnW1dSSxr1 eWqbNNP6LI_kz5CqJ/view? usp=share_link	scheduled	
02/08	Do you have a question regarding Veteran Disability? Check out our FAQ! You'll also be able to see available materials that will give you additional information.  To learn more, go to https://www. sullivanandkehoe.com/veterans-disability- faq/  #sullivankehoe #veterandisability #faq #veterans #longisland	n/a static	scheduled	
02/16	Do you keep up with our blogs? We offer helpful information that can help benefit you!  To read our blogs on social security and disability benefits, along with other topics, please go to https://www.sullivanandkehoe.com/blog/  #sullivankehoe #blog #socialsecurity #disabilitybenefits #veterans #longisland	https://drive.google. com/file/d/1Qa9rljRkRoSqOjoS 7o1zNk6o-VM8lecX/view? usp=share_link	scheduled	
02/20	Salute to all the great presidents who ruled our country. Your great deeds are always remembered.	https://drive.google. com/file/d/1AMQpfbePmNpZ4 CLZ312QtquReFgWR7s9/view ?usp=share_link	scheduled	

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02/28	As a firm that concentrates its practice on Social Security Disability law, we will be happy to provide you with a free consultation. We are committed to keeping our clients informed of the lengthy process involved in pursuing these benefits and will provide you with ongoing updates as to the progress of your claim.  To learn more, please go to https://www.sullivanandkehoe.com/contact-long-island-veterans-social-security/  #sullivankehoe #socialsecurity #veterans #longisland #law	https://drive.google. com/file/d/152b9cZHDC5d8nlv CK5zrLaBCmeYdr1XB/view? usp=share_link	scheduled	

Date	Facebook/Twitter/LinkedIn/	Link	Photo/Video Link	Schedule Status	Notes
01/03	To qualify for SSDI, you need to earn a certain number of work credits. But what are these work credits, and how do you earn enough to qualify?  To read more, please go to	https://www. sullivanandkehoe. com/blog/how-many- work-credits-do-you-need- for-ssdi/	n/a static post	scheduled	
01/11	You have rights as someone who cannot work, and that's why at Sullivan & Kehoe, we use our resources and 50 years of combined experience to get you the benefits you deserve.  Call now for more information at (631) 269-1515	n/a	https://drive.google. com/file/d/1DU61D9qh8W_7V8 m1pqcps25EIILG0lvk/view? usp=share_link	scheduled	
01/18	The process of filing for social security disability is often complicated and lengthy. We take the time to walk our clients through each step of the process and answer any questions that might arise.  To learn more about our firm and our social security disability practice, visit our website:	https://www. sullivanandkehoe. com/social-security- disability-law-new-york/? utm_source=social_media &utm_medium=social_me dia&utm_campaign=social disability	https://drive.google. com/file/d/1jFU1EwcCx48h6Z0 Dgr2PYFSeLw2nF18l/view? usp=share_link	scheduled	
01/25	Sullivan & Kehoe's primary goal is to reach men and women who are no longer able to work due to a debilitating illness or injury. These individuals are facing physical challenges and the financial hardship that often follows. We assist our clients in accessing benefits they may be entitled to, which can go a long way in alleviating their hardship.  Contact us today on how we can assist you!	https://www. sullivanandkehoe. com/contact-long-island- veterans-social-security/	n/a static post	scheduled	
01/31	Do you keep up with our blogs? We offer helpful information that can help benefit you!  To read our blogs on social security and disability benefits, along with other topics, please go to	https://www. sullivanandkehoe. com/blog/	https://drive.google. com/file/d/12Zjh03vedE_m2Ox _9E-N4lfgZAZ9b7M-/view? _usp=share_link	scheduled	

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09/07	Sullivan & Kehoe have over 50 years of experience between the two partners. They will fight for you and the benefits you deserve. Contact us for a FREE case evaluation 1-800-395-7830 or click here:	https://www. sullivanandkehoe. com/contact-long- island-veterans-social- security/	https://drive.google. com/file/d/1JvrQ3PCveZ-BSL- mB1iWn9j2TQaKSyWD/view? usp=sharing	Approved	Scheduled	
09/14	Are you still able to do the job you were trained for? If not, you might be eligible for social security disability benefits. Let the attorneys at Sullivan & Kehoe take the burden off of you in the legal battle to get the benefits you deserve. Learn more below:	https://www. sullivanandkehoe. com/social-security- disability-law-new-york/	https://drive.google. com/file/d/1QE8y- reJNKkRgTENbbxsQoXnJDwr BRao/view?usp=sharing	Approved	Scheduled	
09/21	We fight for you and pride ourselves in our overly satisfied clients.		https://drive.google. com/file/d/1rFtQaFZgtS9A6Y_ WrtYR5lpVFkC0mQew/view? usp=sharing	Approved	Scheduled	
09/28	Applying for veterans disability and medical benefits can be difficult. Here at Sullivan & Kehoe we fight for those who have fought for us. Click here to learn more about Veterans Disability benefits or call 1-800-395-7830 for a FREE case evaluation.	https://www. sullivanandkehoe. com/veterans-disability- benefits-new-york/	https://drive.google. com/file/d/1KSMfbfGLIhKcDCZ i7V0gOW9uN4shExwh/view? usp=sharing	Approved	Scheduled	

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08/03	Post-traumatic stress disorder, also known as PTSD, is one of the most common psychological problems that veterans face.	https://www. sullivanandkehoe. com/blog/five-things- you-need-to-know- about-ptsd-as-a- veteran/	https://drive.google. com/file/d/1yH9r6KDWwactk56 ILZ8qrdwFGLpsuMGP/view? usp=sharing	approved	scheduled	
08/10	Congress has passed the PACT Act, which will help veterans exposed to burn pits to obtain the care and benefits they need.	https://www. sullivanandkehoe. com/blog/congress- passes-pact-act-for- veterans-exposed-to- burn-pits/	https://drive.google. com/file/d/1oKui791bhhdHbEv x5m8P9bB5OqrVD9W3/view? usp=sharing	approved	scheduled	
08/15	There are five broad categories of disabilities that make up the majority of SSDI and SSI applications.	https://www. sullivanandkehoe. com/blog/five-of-the- most-common-reasons- to-apply-for-ssdi-or-ssi/	https://drive.google. com/file/d/1eipl2mkhRE1JztP3 cvwh95xzaM2Tr4Cf/view? usp=sharing	approved	scheduled	
08/22	For some veterans, it can be worthwhile to appeal their disability determination, in order to get better benefits than they were initially awarded.	https://www. sullivanandkehoe. com/blog/what-does-it- mean-to-appeal-your- va-disability- determination/	https://drive.google. com/file/d/1VZII9Qnzpa8Em1ot -N22KjkeuGFmh_pb/view? usp=sharing	approved	scheduled	
08/31	For some veterans, it can be worthwhile to appeal their disability determination, in order to get better benefits than they were initially awarded.	https://www. sullivanandkehoe. com/blog/ssa-adds-12- new-conditions-to- compassionate- allowances-list/	https://drive.google. com/file/d/1L9DnUtgmCUYXwc ae8KCXA5h5i0-1hoh7/view? usp=sharing	approved	scheduled	

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07/08	Congress has passed the Camp Lejeune Justice Act of 2022, to help victims of water contamination at the military base to get the relief they deserve.	https://www. sullivanandkehoe. com/blog/congress- passes-camp-lejeune- justice-act-of-2022/	https://drive.google. com/file/d/1R5zVuExBICar8X8 _Dd5nDFXp6v30QINc/view? usp=sharing	approved	scheduled	
07/13	What is Disability Determination Services (DDS), and what role does it play in the SSDI and SSI application process?	https://www. sullivanandkehoe. com/blog/understandin g-the-role-of-disability- determination-services- dds/	https://drive.google. com/file/d/168QyKoTHLe6x4d H9mRexaf1A7i-thCEb/view? usp=sharing	approved	scheduled	
07/15	If you are applying for VA disability benefits, watch out for these potential issues that may cause your application to be denied.	https://www. sullivanandkehoe. com/blog/why-might- your-application-for-va- benefits-be-denied/	https://drive.google. com/file/d/1bTSWBmqrx3vu32 zNt6moNZBVPFg_sNX6/view? usp=sharing	approved	scheduled	
07/19	You have rights as someone who cannot work and that's why at Sullivan & Kehoe we use our resources and 50 years of combined experience to get you the benefits you deserve. Call now for a free case evaluation (631) 269-1515.		https://drive.google. com/file/d/1U1V9G9ZRqBdTN W5LXVGVU1YoJvSl6yGa/view ?usp=sharing	Approved	Scheduled	
07/22	If you have a severe psychological disorder, you may be able to qualify for SSDI or SSI benefits.	https://www. sullivanandkehoe. com/blog/can-a- psychological-disorder- qualify-you-for-ssdi-ssi/	https://drive.google. com/file/d/118LM_UMAJSwtWF rZgtC9eKsvwk_ABW2V/view? usp=sharing	Approved	Scheduled	
07/25	For years, Sullivan & Kehoe have been fighting for those who have fought for our country. As a veteran, you may be entitled to disability benefits. Read here about the veterans disability claim process and how we can help you:	https://www. sullivanandkehoe. com/veterans-disability- claim-process/	https://drive.google. com/file/d/1WZIAPFz7D9Hrmo RbUrEjvJHGURFAcp3B/view? usp=sharing	Approved	Scheduled	
07/29	Not being able to work due to a disability is not your fault. Unfortunately, many individuals are still denied Social Security Disability (SSD) and Supplemental Security Income (SSI) benefits when they submit their initial application. Here at Sullivan & Kehoe, we are trained to understand the complex nature of these benefits and how to create for you successful outcomes. Click here to learn more about how we can help you get the benefits you deserve.	https://www. sullivanandkehoe. com/social-security- disability-law-new-york/	https://drive.google. com/file/d/1BVwHpbmhcZmEq Zr1Kg0sv1S ZQbkUkE2/view? usp=sharing	Approved	Scheduled	

Date	Facebook/Twitter/LinkedIn/	Link	Photo/Video Link	Approved/Not Approved	Schedule Status	Notes
06/02	If you are looking to apply for SSDI or SSI benefits, you should be aware that there is a minimum five month waiting period before you can receive benefits	https://www. sullivanandkehoe. com/blog/how-long-do- you-need-to-wait-to- apply-for-disability- benefits/	https://drive.google. com/file/d/1x- 3WV9sChz_uFgAcaMRryVBM XDWeFCe0/view?usp=sharing	approved	scheduled	
06/08	The VA has announced that it will begin issuing guaranteed life insurance policies for all veterans, regardless of their disability status.	https://www. sullivanandkehoe. com/blog/va-to-begin- issuing-guaranteed-life- insurance-to-all- veterans/	https://drive.google. com/file/d/1_Fi5ETKqg9UQRH GjjcOeedjS2SVome-0/view? usp=sharing	approved	scheduled	
06/13	The SSA has announced that the Cost of Living Adjustment (COLA) for Social Security benefits is set to increase by as much as 8% in the coming year.	https://www. sullivanandkehoe. com/blog/ssa- announces-2023-cola- likely-to-rise-by-8/	https://drive.google. com/file/d/1mCTGdOaXX767gq K-PEcnUXSvWn6ptBbl/view? usp=sharing	approved	scheduled	
06/17	The Honor Our PACT Act is set to become the biggest expansion to the VA in the department's history.	https://www. sullivanandkehoe. com/blog/honoring-our- pact-act-set-to-expand- veterans-benefits/	https://drive.google. com/file/d/1XJGDQFfXvWWSH L0bvMnlvaAgRc3y7mcv/view? usp=sharing	approved	scheduled	
06/21	As a firm with over 50 years of experience and that concentrates its practice in Social Security Disability law, we would be pleased to provide you with a free consultation. The firm is committed to keeping our clients informed of the often lengthy process involved in pursuing these benefits and will provide you with ongoing updates on the progress of your claim. Considering that many clients find it difficult to travel, they have several offices in convenient locations throughout Long Island and New York City. To learn more on how we can assist you, please click here:	https://www. sullivanandkehoe.com/	https://drive.google. com/file/d/1debtAFdTldWl1WP FCMLGVrzmxC5MOWCD/view ?usp=sharing	approved	scheduled	
06/19	Happy Father's Day to all of the great dads out there		https://drive.google. com/file/d/1hLedSZFed8oGwS SB0IDF1psip3Nn6IJh/view? usp=sharing	approved	scheduled	
06/23	To be eligible for social security or supplemental security income benefits, individuals must demonstrate "totally disabled." This means they must prove they have a physical or mental impairment (or a combination of impairments) severe enough to prevent them from performing a substantial gainful activity (any regular paying job) for at least twelve (12) consecutive months.  To learn more about the requirements of this, please go to:	https://www. sullivanandkehoe. com/social-security- disability-law-new-york/	https://drive.google. com/file/d/1tBfCE52TPIwNbRw H_yMSfYBfiKSRm6n6/view? usp=sharing	approved	scheduled	

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06/29	Applying for veterans' disability and medical benefits can be a complicated and lengthy process, especially if you have been denied by your local veterans' hospital or veterans' office. Fortunately, an extensive appeal process has been established for those who have filed a claim with the Veterans Administration and have received an unfavorable determination. However, time is of the essence. Unless you can introduce new evidence or the VA has made an unmistakable error, you only have one year from when the local VA office mails you an initial determination of your claim.  While you do not need an attorney or representative to assist you in appealing your claim, it is essential to have someone on your side due to the appeals process's technical, procedural, and legal nature. For years, Sullivan & Kehoe have been assisting veterans in receiving the benefits they deserve.	https://www.	https://drive.google. com/file/d/1m363djyNCc6b2CP 3tZYDfz9S2sUgXgIP/view? usp=sharing			

Date	Facebook/Twitter/LinkedIn/	Link	Photo/Video Link	Approved/Not Approved	Schedule Status	Notes
05/13	If you are looking to apply for SSDI or SSI benefits, you should be aware that there is a minimum five month waiting period before you can receive benefits	https://www. sullivanandkehoe. com/blog/how-long-do- you-need-to-wait-to- apply-for-disability- benefits/	https://drive.google. com/file/d/1x- 3WV9sChz_uFgAcaMRryVBM XDWeFCe0/view?usp=sharing			
05/18	As a firm with over 50 years of experience and that concentrates its practice in Social Security Disability law, we would be pleased to provide you with a free consultation. The firm is committed to keeping our clients informed of the often lengthy process involved in pursuing these benefits and will provide you with ongoing updates on the progress of your claim. Considering that many clients find it difficult to travel, they have several offices in convenient locations throughout Long Island and New York City. To learn more on how we can assist you, please click here:	https://www. sullivanandkehoe.com/	https://drive.google. com/file/d/1debtAFdTldWl1WP FCMLGVrzmxC5MOWCD/view ?usp=sharing			
05/26	To be eligible for social security or supplemental security income benefits, individuals must demonstrate "totally disabled." This means they must prove they have a physical or mental impairment (or a combination of impairments) severe enough to prevent them from performing a substantial gainful activity (any regular paying job) for at least twelve (12) consecutive months.  To learn more about the requirements of this, please go to:	https://www. sullivanandkehoe. com/social-security- disability-law-new-york/	https://drive.google. com/file/d/1tBfCE52TPIwNbRw H_yMSfYBflKSRm6n6/view? usp=sharing			
05/30	Memorial Day Post	https://theprmg. com/samples/email- options-for- memorialday				The link will bring you to options for your Memorial Day email blast and social media post. Please let us know which design you wish to use as soon as possible. Options are available on a first come, first served basis. Any muted images below are already in use and can no longer be selected.