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## *Residual Functional Capacity in a Disability Claim: A Key Factor in Your SSDI/SSI Claim*



You may hear the acronym RFC thrown around by Social Security Disability employees or attorneys and wonder what it means and why is it important. It is, in fact, a rather important document. RFC stands for Residual Functional Capacity. The RFC form considers the physical or mental disabilities and rates the claimant's ability to perform normal daily activities based on . . . Click [Here To Read More](#).

## *Health Tip of the Month: Unhealthy and Healthy Habits & Self Care*

We all have unhealthy habits that affect our health - not exercising, unhealthy eating, smoking, etc. The key to self care is moderation in all things and cutting out bad habits. Is there an unhealthy habit in your life that, if cut out, would have a positive impact on your health?

On the opposite end, what are some healthy habits that you can start today? Make a short list of realistic goals and start making those happen now. The average length of time it takes to create a habit is 66 days. The sooner you start, the sooner you'll find that healthy balance that is so important to self care.

MOTIVATION  
IS WHAT GETS YOU STARTED,  
— — — — —  
HABIT  
IS WHAT KEEPS YOU GOING

*Happy Mother's Day:  
Let's Celebrate!*

To Mother's Everywhere:

You are our rock and our defender. You pick us up when we fall and kiss our cheeks to take away the pain. You hurt when we hurt and rejoice when we are happy. You believe in what we can do and push us to achieve all that we can. You fight for our future, and you delight in our successes. You've shown us what it means to be courageous, to be kind, and to do what's right. You are fierce, and you are strong. Your unconditional love is like no other. You don't hear it enough, but yours truly loves you more than can be expressed. Remember that today and always.

Much Love,  
Yours Truly



KLF employees with their mothers and children!

*Happy Birthday Hanna!*  
**She's 2!**

Sara Khaki's daughter had her 2nd birthday on May 6. They celebrated with family and friends at a farm up in Cumming . . . in the rain! The day was still fun as everyone got to pet some baby goats, eat some yummy food, and pick some strawberries when the sun finally peeked out from behind the clouds.

***Happy Birthday Hanna!***



*Happy Memorial Day!*  
**Always Remember:**



Memorial Day is an opportunity for us to remember the fallen soldiers of our great nation. They willingly went into battle to fight for our freedom. Take a moment to remember a lost family member or friend. We here at The Khaki Law Firm just want to thank the families of those that have fallen and let them know that we will always remember and always be thankful for their sacrifice.

## Calendar of Events:

### May 2017

- May 1: In Court, Gainesville, GA
- May 4: In Court, Athens, GA  
In Court, Gainesville, GA
- May 5: In Court, Covington, GA  
In Court, Atlanta, GA
- May 14: Mother's Day!
- May 16: In Court, Atlanta, GA
- May 18: In Court, Atlanta, GA
- May 22: In Court, Covington, GA
- May 25: In Court, Atlanta, GA
- May 29: Memorial Day - Office Closed!



## Contact Us!

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