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## **Ticket to Work Program Assists with Employment Services**



*Good Jobs, Good Careers and  
a Better Self-Supporting Future*

The Social Security Administration (SSA) always hopes to return people with disabilities to work, both for increased self-sufficiency and financial independence and to reduce dependence on [disability benefits](#). To help find work and rehabilitative services, the SSA created the [Ticket to Work](#) program for those receiving Social Security Disability (SSDI) or Supplemental Security Income (SSI) benefits.

### **How the Ticket to Work Program Works**

The [Ticket to Work](#) program is free and voluntary. Eligible beneficiaries can locate service providers that help them find rehabilitative and employment services. The service providers belong to either State Vocational Rehabilitation services or the SSA-contracted Employment Network.



## SOUTHERN CALIFORNIA

### WORKERS' COMPENSATION BLOG

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The agency will review the individual's application and, if the case is accepted, will coordinate and provide employment services. These include:

- Training
- Vocational rehabilitation
- Career counseling
- Job placement
- Ongoing support services

This individualized program allows participants to work without losing benefits. If work must stop, they can return to those benefits. Importantly, health care benefits will continue, and the normal periodic disability reviews discontinue if progress is in line with education or work goals.

#### Get More Information

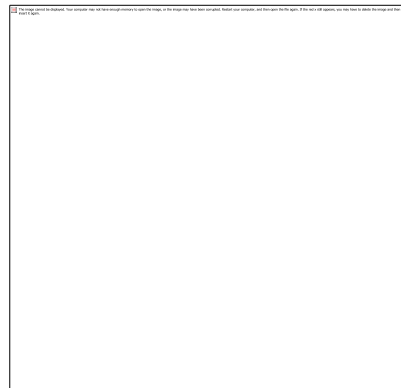
Visit the SSA's publication "[The Red Book – A Guide to Work Incentives](#)" for complete Ticket to Work program information.

You can also call the SSA at the Ticket to Work Help Line at **1-866-968-7842 (V)/866-833-2967 (TTY)** to discuss program eligibility.

In California, the Ticket to Work program is managed by the [Department of Rehabilitation](#). The Department offers [complete information](#) for beneficiaries on program specifics.

## More Than 20% of Americans Have Been Injured on the Job

Findlaw, an online legal information service, found in a recent survey of 1,000 employees that 21% of Americans have experienced an [on-the-job injury](#) serious enough to make them miss work.



- The major cause of injuries (31%) were slip and fall accidents.
- Repetitive motion accounted for 20% of injuries.
- A combination of other muscle or skeletal accidents caused 37% of injuries – these include lifting, back pain and overexertion.
- Men experienced injuries more often (26%) than women (16%).
- Women suffered more repetitive motion-type injuries such as carpal tunnel syndrome.
- Men were more often injured by an object striking them or by machinery.

### **Injuries are Underreported Because of Fear of Retaliation**

Fear of retaliation stopped nearly 10% of workers in the survey group – or 100 workers – from reporting an injury. In the survey group, almost 3%, or 30 workers, experienced **multiple** injuries that they did not report.

Often workers fear management reprisals which may include termination, denial of promotion and workplace harassment. And even incentives like bonuses and awards that acknowledge workplace safety milestones may backfire as an incentive for employee reporting. Employees may fear reporting an injury which would cause them or co-workers to miss a bonus or

award.

Even though federal law prohibits an employer from retaliation against an employee who reports a workplace injury or hazard, the Findlaw survey demonstrates that injuries are still underreported due to fear of retaliation.

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If you or a loved one has been injured on the job and is unable to work, it's important to get an attorney experienced in these types of cases involved immediately. Call **800-438-7734** for your initial free consultation, either in our office or in the comfort of your own home. The Kenton Koszdin Law Office, [Workers Compensation attorney in Van Nuys](#), can help you navigate the [Workers Compensation application process](#) for the best possible outcome for you and your family.



## Recipe of the Month:

### Poblano, Mushroom and Potato Tacos



Shake things up with this vegetarian taco!

#### Ingredients

- 4 medium poblano chili peppers
- 3 medium Yukon gold potatoes, peeled and cut into ½-inch pieces
- Kosher salt

- 2 tablespoons extra-virgin olive oil
- 1 ½ tablespoons finely chopped fresh cilantro
- 1 ½ tablespoons finely chopped fresh parsley
- 2 tablespoons unsalted butter
- 1 large onion, halved and thinly sliced
- 12 ounces cremini and/or white mushrooms, trimmed and thinly sliced
- 1 clove garlic, minced
- ½ cup Mexican crema, creme fraiche or sour cream
- Juice of 2 limes
- Freshly ground pepper
- Corn tortillas, warmed, and assorted toppings, for serving

### **Directions:**

Roast the poblanos directly over the flame of a gas burner or under the broiler, turning with tongs, until charred all over, about 10 minutes. Transfer to a bowl, cover with a plate and let steam until cool enough to handle, about 10 minutes. Scrape off the charred skin with a paring knife; remove the stems and seeds. Cut the poblanos into strips and set aside.

Meanwhile, put the potatoes in a large nonstick skillet and cover with cold water; season with salt. Bring to a simmer over medium-high heat and cook until just tender, 5 to 6 minutes; drain. Wipe the skillet dry.

Heat the olive oil in the skillet over medium-high heat. Add the potatoes and cook until golden and crisp, about 4 minutes per side. Remove with a slotted spoon and drain on paper towels. While still hot, sprinkle with half of the herbs, and salt to taste. Discard the excess oil and wipe out the skillet.

Heat the butter in the skillet over medium-high heat. Add the onion and cook, stirring occasionally, until golden, about 6 minutes. Add the mushrooms and cook, stirring occasionally, until golden, 6 to 8 minutes. Stir in the remaining

herbs and the garlic; cook 1 minute. Add the roasted poblanos, crema, lime juice and a few spoonful of water; stir until warmed through, 1 to 2 minutes. Season with salt and pepper. Serve the potatoes and mushroom mixture in tortillas with assorted toppings.

## What's Happening in Southern California

### **May 1, 2014**

Fourth Annual Guacamole Festival  
395 Santa Monica Place, Santa Monica

### **May 1 – 18, 2014**

The Original Renaissance Pleasure  
Faire  
Santa Fe Recreation Area, Irwindale

### **May 2, 2014**

Shrek The Musical  
Casa del Prado Theatre, San Diego

### **May 2 – 4, 2014**

Old Town Fiesta Cinco de Mayo  
Old Town San Diego State Historic Park

### **May 3, 2014**

Under the Streetlamp Concert  
Downtown San Diego

### **May 4, 2014**

2nd Annual LSGF L.A. Craft Fair  
Mil Studio, Los Angeles

### **May 4, 2014**

### **May 16 – 18, 2014**

Annual Duck-a-Thon  
Huntington Beach Pier

### **May 17, 2014**

Pet Day on the Bay  
Downtown San Diego

### **May 17, 2014**

Edible Art  
Casa Familia Civic & Recreation  
Center, San Diego

### **May 17, 2014**

Alonzo King Lines Ballet  
Spreckels Theatre, San Diego

### **May 17 – 18, 2014**

Antique, Vintage & Collection  
Button Show  
Mission Valley & Old Town, San  
Diego

### **May 18, 2014**

WorldFest  
Woodley Park, Lake Balboa

Annual Motorcars on Main Street Car Show

Downtown Coronado, San Diego

**May 4, 2014**

Wine Tasting and Auction  
Rose Garden & Aratani Japanese Garden, Cal Poly, Pomona

**May 4 – 5, 2014**

Santa Monica Bike Expo  
Santa Monica Pier, Santa Monica

**May 7 – 10, 2014**

San Diego Surf Film Festival  
Bird's Surf Shed, Mission Bay & Beaches, San Diego

**May 10, 2014**

Wanderlust Yoga  
Santa Monica Pier, Santa Monica

**May 10, 2014**

United We Stand Fest  
Edwin W. Pauley Pavilion, Los Angeles

**May 18, 2014**

Annual Sicilian Festival  
Little Italy, San Diego

**May 18, 2014**

Navy's Bay Bridge Run/Walk  
Hilton San Diego Bay Front, San Diego

**May 25, 2014**

Main Street Memorial Day  
Weekend Block Party  
31Ten Lounge, Santa Monica

**May 25 – 26, 2014**

Jazz Reggae Festival  
UCLA Intramural Field, Los Angeles

**May 26, 2014**

Memorial Day Lunch Cruise  
Grape Street Pier, San Diego



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