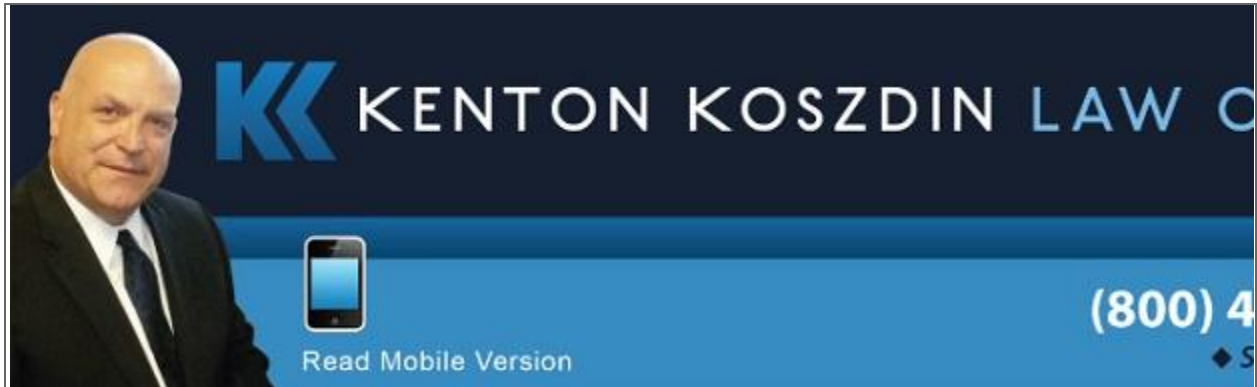


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**July 2014**

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## Returning to Work after an On-the-Job Injury in California



If you are not working because of an on-the-job injury and you want to return to work – that’s a great idea! Studies show that injured workers who return to work as soon as medically possible recover from their injuries more quickly.

Even if you feel that your work abilities have changed or diminished because of your temporary disability, you should contact your employer and ask them to work with your doctor to explore returning to your

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prior job with or without modifications, or an alternative job.

At this point it's a good idea to contact an experienced [Workers' Compensation benefits attorney](#) to advocate for you to help you get back to work. Call us today at **800-438-7734** for a free case evaluation.

#### **Are you ready to go back to work?**

Work with three people to determine if you are able to return to work:

**Your doctor.** Your treating doctor will assess your condition and determine if you are ready to return to work, with or without restrictions such as limiting repetitive bending or excessive lifting.

**Your employer.** Managers at your place of employment will evaluate your work restrictions, if any, and determine if you are able to return to your former work, a modified job that accommodates any work restrictions, or even a new alternative job.

**Your claims administrator.** It's important that your employer's claims administrator works with your doctor and employer to understand the kind of work you did before you were injured, your medical condition and what kinds of work you are able to do now.

#### **What are Supplemental Job Displacement Benefits?**

If you have a permanent disability and your employer

does not offer you any work, **and** you were injured on the job on or before January 1, 2004, you may be eligible for Supplemental Job Displacement Benefits (SJDB).

These benefits consist of a voucher to help pay for educational retraining and/or skill enhancement at state-accredited schools. The amount is based on your permanent disability level and injury date, ranging from \$4,000 to \$10,000.

Here are expenses that SJDB may cover:

- School tuition and fees
- Books
- Licensing or certification fees
- Purchase of tools or computer equipment
- Vocational counseling

We've provided links below to sites with more information on this subject.

[Frequently Asked Questions on California Workers' Compensation](#)

[Frequently Asked Questions on SJDB](#)

## Family Members Eligibility for SSDI

If you are receiving [Social Security Disability \(SSDI\) benefits](#), some members of your family may be eligible to receive payments too.



### Eligible Family Members

The following family members may be eligible to receive benefits based on your SSDI payments:

- A spouse age 62 or older, unless already collecting a higher Social Security benefit based on earnings. A spouse of any age may receive benefits if caring for a child under age 16 or disabled.
- A divorced spouse age 62 or more, unmarried and to whom you were married for at least ten years, and who is not eligible for a higher Social Security benefit based on earnings.
- Children, unmarried, who are under age 18 or 18–19 years old and a full-time student.
- A disabled child.
- An adult child disabled before age 22.

### Benefit Amounts

Eligible family members will receive a benefit equal to 50% of your SSDI benefits. However, the total amount paid to your family is limited, based on

your SSDI benefit amount and the number of qualifying family members.

Generally, the total amount you and qualifying family members may receive is approximately 150% to 180% of your disability payments. Your benefit amount will not be reduced to meet this threshold; instead, family members' benefits will be reduced proportionately.

Also, if you have a divorced spouse who qualifies for a benefit based on your SSDI payment, the amount of your family benefits will not be reduced.

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If you or a loved one has been injured on the job, 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:

### Arugula, Watermelon and Feta Salad



Here's a cool summer salad that takes advantage of everyone's favorite summertime treat -- watermelon!

## Ingredients

For the vinaigrette:

- ¼ cup freshly squeezed orange juice
- ¼ cup freshly squeezed lemon juice (2 lemons)
- ¼ cup minced shallots (1 large)
- 1 tablespoon honey
- ½ cup good olive oil
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper

For the salad:

- 6 cups baby arugula, washed and spun dry
- 1/8 th seedless watermelon, rind removed, and cut in 1-inch cubes
- 12 ounces good feta cheese, 1/2-inch diced
- Salt and freshly ground black pepper
- 1 cup (4 ounces) whole fresh mint leaves, julienned

## Directions:

Whisk together the orange juice, lemon juice, shallots, honey, salt, and pepper. Slowly pour in the olive oil, whisking constantly, to form an emulsion. If not using within an hour, store the vinaigrette covered in the refrigerator.

Place the arugula, watermelon, feta, and mint in a large bowl. Drizzle with enough vinaigrette to coat the greens lightly and toss well. Taste for seasonings and serve immediately.

**August 1, 2014**

Dave Koz concert  
Humphreys concerts by the Bay, San Diego, CA

**August 1, 2014**

Chicago – The Band  
Greek Theatre, Los Angeles, CA

**August 1 – 2, 2014**

Mel Brooks' The Producers  
Theatre, Pico Blvd, Santa Monica, CA

**August 1– 3, 2014**

Irish Fair & Music Festival  
Fairplex, Los Angeles, CA

**August 1 – 3, 2014**

Hair – musical  
Hollywood Bowl, Los Angeles, CA

**August 1 – 10, 2014**

Once – play  
Pantages Theatre, Hollywood Blvd, Los Angeles, CA

**August 1 – 24, 2014**

We Will Rock You – production  
Ahmanson Theatre, Los Angeles, CA

**August 1, 8, 15, 22 & 29, 2014**

Wine Tasting  
Barnsdall Art Park, Hollywood Blvd, Los Angeles, CA

**August 2 – 3, 2014**

Jay-Z – concert  
Rose Bowl, Los Angeles, CA

**August 5 - 6, 2014**

Jay-Z concert  
AT&T Park, San Francisco, CA

**August 5 – 6, 2014**

Beyonce concert  
AT&T Park, San Francisco, CA

**August 6, 13, 20 & 27, 2014**

Summer concerts at the pier  
Huntington Beach, CA

**August 7 – 8, 2014**

Rihanna concert  
Rose Bowl, Los Angeles, CA

**August 8, 2014**

Kanye West concert  
Golden Gate Park, San Francisco, CA

**August 8, 2014**

Eminem concert  
Rose Bowl, Los Angeles, CA

**August 10, 2014**

Paul McCartney concert  
Dodger Stadium, Los Angeles, CA

**August 11, 2014**

**August 1 – 30, 2014**

Mythbusters: The Explosive Exhibition  
Discovery Science Center, Santa Ana, CA

**August 1 – 30, 2014**

Festival of Arts  
Laguna Beach, CA

**August 1 – 30, 2014**

Two Thousand Years of Chinese &  
Japanese Equine Art  
Bowers Museum, Santa Ana, CA

**August 2 – 3, 2014**

Beyonce – concert  
Rose Bowl, Los Angeles, CA

Justin Timberlake concert  
SAP Center, San Jose, CA

**August 13, 2014**

Angelique Kidjo concert  
Hollywood Bowl, Los Angeles,  
CA

**August 16, 2014**

51st Huck Finn Fishing Derby  
Huntington Beach Pier, CA

**August 21, 2014**

Twilight Concert Series with The  
Zombies  
Santa Monica Pier, Santa  
Monica, CA



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