

From My Blog:

Injuries That Are Not Covered by Workers Compensation

Most injuries that arise in the course of employment are covered under California workers' compensation system. As long as you were performing work-related activities at the time of your injury, you should be able to seek financial support for your medical bills and a portion of your lost wages. However, there are many factors that may impact your eligibility.

For example, the severity of your injuries will affect your potential claim. Workers' comp is reserved for those who have suffered relatively serious injuries. If your injuries were adequately treated by the contents of a first-aid kit, you probably will not qualify for benefits. Small wounds or minor cuts that do not require stitches won't likely result in workers' comp benefits. Read the rest »

<http://www.kentonslawoffice.com/blog/workers-compensation-claims/injuries-that-are-not-covered-workers-compensation/#more-751>



Something for Everyone: Our Top 10 Southern California Hikes

Whether you're a beginner or a veteran hiker, there are hundreds of challenging and beautiful hikes in our area. Before you venture out, be sure to check the trail's difficulty rating and confirm your start and end points. Verify also whether you'll need a wilderness permit.

The Bridge to Nowhere (10 miles) trail in the San Gabriel Mountains takes you over rocks and through streams to a bridge, abandoned in 1936, that goes nowhere.



You may be lucky enough to observe seal pups at Carpinteria Bluffs Nature Preserve (2 miles) coastal trail.

Angeles Forest Icehouse Canyon Trail (8 miles) takes a full day and yields great views of Mount Baldy.

Bring your family to Kelso Dunes in Mojave National Preserve (3 miles) - the dunes are perfect for running, sliding and rolling.

The Mishe Mokwa trail to Sandstone Peak (6 miles) takes you through stunning geological formations with abundant wildflowers especially after this year's rainfall.

To enjoy Mt. San Jacinto (11 miles) trail, you'll begin on the Palm Springs Aerial Tramway and then enjoy the summit's spectacular views.

Experienced adventurers will enjoy Mt. Wilson (12 miles) trail with its beautiful waterfall - but stay away during winter months.

Poway's Mt. Woodson trail (8 miles round trip) with its ocean views takes you to Potato Chip Rock by way of its pristine lake.

Enjoy amazing ocean views next to the railroad tracks at San Clemente Beach Trail (4 miles).

Slot Canyon in Anza-Borrego State Park (2 miles) is kid-friendly where you can squeeze through the renowned slot rocks and enjoy seasonal wildflowers.

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If you or a loved one has been denied Worker's Compensation or Social Security Disability (SSDI) benefits, 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, Social Security attorney in Van Nuys, can help you navigate the application process for the best possible outcome for you and your family.

Recipe of the Month

Fresh Blackberry Cobbler

A special occasion calls for a special dessert. Here's a quick and easy way to enjoy fresh blackberries for dessert.

Ingredients

- 4 cups fresh blackberries
- 1 tablespoon lemon juice
- 1 large egg
- 1 cup sugar
- 1 cup all-purpose flour
- 6 tablespoons butter, melted
- Whipped cream or ice cream (optional)
- Garnish: fresh mint sprig



Directions

Preheat oven to 375°. Place blackberries in a lightly greased 8-inch square baking dish; sprinkle with lemon juice. Stir together egg, sugar, and flour in a medium bowl until mixture resembles coarse meal. Sprinkle over fruit. Drizzle melted butter over topping. Bake at 375° for 35 minutes or until lightly browned and bubbly. Let stand 10 minutes. Serve warm with whipped cream or ice cream, if desired. Garnish with fresh mint sprig. For a neat presentation, bake for the same amount of time in 6 (8-oz.) ramekins on an aluminum foil-lined baking sheet.

Happy Cinco de Mayo!



Happy Mother's Day



What Are the Different Parts of Medicare?



See Page One

What's Happening in VanNuys & Southern California

June 2

New Kids On The Block, Paula
Abdul & Boyz II Men
Hollywood Bowl
Los Angeles, CA
<https://goo.gl/ZxNYYF>

June 3

Lady Antebellum
Hollywood Bowl
Los Angeles, CA
<https://goo.gl/6FUb1X>

June 10

Chicago and the Doobie Brothers
LA Forum
Inglewood, CA
<https://goo.gl/0zgfC>

June 11

Balboa Strawberry Festival
Ventura Blvd - Balboa to Amestory
Los Angeles, CA
<https://goo.gl/KIXAYU>

June 17

12th Annual LAWineFest
The Row
Los Angeles, CA
<https://goo.gl/2YddO8>

June 24

Styx, REO Speedwagon & Don
Felder
The Greek Theatre
Los Angeles, CA
<https://goo.gl/unqlZ2>

June 24 - 25

Arroyo Seco Music Festival
Rose Bowl Stadium
Los Angeles, CA
<https://goo.gl/qbTyVB>

June 25

Autofest 2017
Wally Parks NHRA Museum
Pomona, CA
<https://goo.gl/WXHbUa>

