



Se habla español



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What Happens If an Employer Disputes a Worker's Compensation Claim



Unforeseen workplace accidents can result in employees facing physical and financial vulnerability. [Worker's compensation](#) insurance is designed to offer assistance and advantages to individuals who sustain injuries while performing their duties. Nevertheless, there are circumstances in which a worker's compensation claim might not be approved, placing employees in a challenging predicament.

[Click Here to Learn What to Expect](#)

From Our Blog

How Much Do You Get For Social Security Disability?

The average Social Security disability insurance payment in 2022 was \$1,358 per month, while the maximum SSDI payment was \$3,345.00 per month, according to the U.S. Social Security Administration (SSA). The average Social Security disability benefits amount (SSDI) is expected to rise to \$1,483 per month in 2023, while the maximum SSDI payment will be \$3,627.00 per month.

[Click Here to Read More](#)



Top 10 Hiking Trails in Southern California



While Southern California is famous for its iconic hiking trails, numerous hidden gems offer equally stunning vistas and unique experiences for nature enthusiasts. If you want to escape the crowds and immerse yourself in untouched wilderness, these hiking trails in Southern California await discovery. From tranquil canyons to secluded waterfalls, these trails promise to take you on an unforgettable journey through some of the region's most underrated landscapes.

[Click Here for Some Great Places](#)

If you or a loved one has been denied [Workers' Compensation](#) or [Social Security Disability \(SSDI\) benefits](#), it's important to get an attorney experienced in these types of cases involved immediately. [The Kenton Koszdin Law Office](#), a [Social Security attorney in Van Nuys](#), can help you navigate the application process for the best possible outcome for you and your family.

Call **818-901-9999** for your initial free consultation in our office or the comfort of your home.

[Click here](#) for a **FREE** Consultation

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What's Happening in Van Nuys & Southern California

August 17

[Burlesque & Fire Show on the World Famous Sunset Strip!](#)

Sunset Rooftop
Los Angeles

August 31 – September 4

[Cinecon 59 Classic Film Festival](#)

Old Town Music Hall
El Segundo

September 8

[Titanic: The Exhibition](#)

Beverly Event Venue
Los Angeles

August 20

[21st Annual Jazz and R&B Festival](#)

Kappa Kastle
Los Angeles

September 1

[Open Mic Comedy Shows Daily](#)

The Hollywood Comedy
Los Angeles

September 10

[Belmont Shore Car Show 2023](#)

Belmont Shore 2nd St
Long Beach

August 24

[Paint Nite](#)

Pineapple Hill Saloon & Grill
Sherman Oaks

September 2 – 3

[Gelato Festival World Masters](#)

Ovation Hollywood
Los Angeles

September 13

[Georgian Wine & Dine Patio Experience](#)

Le Grand Restaurant
Los Angeles

August 25 – 27

[Monster Jam](#)

Crypto.com Arena
Los Angeles

Recipe of the Month:

Zucchini Chile-Cheddar Mash

This recipe for mashed zucchini with chiles and cheddar embraces zucchini's tendency to become very soft when cooked.

Ingredients:

- 1 tablespoon canola oil
- 1 1/4 pound of zucchini (2-3 medium) halved lengthwise and sliced.
- 1 medium onion, chopped.
- 1 4-ounce can of diced green chiles, drained.
- 1/4 teaspoon salt
- 1/2 cup grated extra-sharp cheddar cheese.

Instructions:

1. Heat oil in a large nonstick skillet over medium heat. Add zucchini and onion; stir to coat. Cover and cook, stirring occasionally, until very soft and lightly browned, 12 to 15 minutes. Stir in chiles and salt; cook until heated, about 1 minute.
2. Transfer to a medium bowl. Mash with a potato masher until chunky, not completely smooth. Stir in cheese and serve immediately.

Courtesy of [eatingwell.com](#)



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