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RISING STAR

1 in 5 Americans are Injured on the Job

Did you know that at least 21% (if not more) of Americans have suffered an injury at their workplace, forcing them to take some time off for recovery? The rate of injury cases is alarming, averaging 2.8 million nonfatal workplace accidents and injuries each year.

The most common types of nonfatal injuries include:

- Trips, slips and falls
- Injury due to repetitive work or movement
- Sprains, muscular strains and tears due to overexertion
- Back, hip and knee injuries due to heavy weight lifting



On the other hand, the number of fatalities associated with workplace accidents is quite disturbing as well. In 2020 alone, there were 4,764 workplace fatalities in the US. While some workers report their injuries to their managers or supervisors, there is a large majority of people who do not report them at all. If you have suffered an injury at work, it is extremely important that you report it and seek medical treatment right away. Proper diagnosis and timely treatment can prevent long-term health issues.

Why don't people report their injuries? Here are some reasons cited in workplace injury related surveys:

- Fear of retaliation from employers or co-workers
- Possible loss of bonuses and rewards associated with zero injury time or cases
- Harassment at workplace
- Possibility of being terminated
- Rejection or denial of promotions and other workplace benefits

The number of injury cases vary between industries, but the manufacturing and construction sectors report the highest number of workplace injuries every year. The number of illness cases among medical professionals and assistants increased drastically due to COVID-19. Agriculture, forestry and fishing usually report the highest number of on-the-job fatalities in a year.

If you have been injured at work and have to take time off from work for medical appointments and treatment or recovery, you can claim workers' compensation benefits. Workers' compensation is a state-mandated benefit that provides coverage for medical bills, treatment, and [compensation for lost wages](#) to workers who have suffered from workplace-related injuries and illnesses.

You can consult with a workers' compensation attorney to understand what is the amount of benefit that you could qualify for. At [Kenton Koszdin Law Office](#), [workers' compensation attorneys](#) are committed to helping injured workers and providing workers' compensation assistance. Our lawyers are experienced in handling workers' compensation cases and make sure that our clients get the maximum possible benefit.

Getting injured can be a tough time, not only for the injured worker but also for their family and loved ones. Medical bills and loss of income due to absence from work will definitely aggravate the situation. Stress and pressure mount in such situations, which can also have an adverse effect on the recovery and healing process. Let our lawyers handle your case while you focus on your health and recovery.

SSD- What Can Cause You to Lose Your SS Benefits

It's unnerving to contemplate having your entitled Social Security Disability benefits taken away from you. For many people, who depend on such payments to support themselves, it truly is survival.

Unfortunately, you might actually stop receiving compensation, as it is not a permanent income. Many individuals who still needed their benefits have eventually lost them over time. We will discuss here a few possibilities that become valid reasons for you to stop receiving your benefits.

You do not qualify medically anymore.

While improvement in health is a good thing, it might be a reason that leads to discontinuation of SSDI. You risk losing your benefits if you are no longer medically eligible as per the medical guidelines of disability defined by the SSA.

Ability to work again.

Resuming employment or taking up a new job with increased working hours may result in losing SSI benefits.

Earning more than the designated amount of SSA.

Your benefits might be discontinued if you start earning an income that exceeds the SSI cap. Only specific forms of funds are taken into account as income for SSI purposes.

[Click here to read more](#)



History of the Rose Parade

Are you ready for the upcoming Pasadena Tournament of Rose Parade on New Year's Day? Numerous hi-tech floats, covered with only flowers and all-natural materials, marching down Colorado Boulevard, is surely a sight of splendor! Every year, California attracts thousands of visitors in the middle of winter to showcase its beautiful blooming flowers.

Here's how it all started and some interesting facts about the parade:

- Valley Hunt Club members wanted to promote their county as the "Mediterranean of the West" in 1890. They came up with a series of events, the most notable of which include the display of floral floats, marching bands, chariot races, equestrian matches, tug-of-war and more.
- The parade is a culmination of over 80,000 hours of 935 volunteer members of the Tournament of Roses Association. The volunteers are known as "White Suiters" because of their white uniforms.
- Every year, the number of roses and flowers used to decorate the floats is estimated at 18 million blooms!
- The parade takes place on a 5.5-mile route and lasts for about 2 hours.
- The 31st parade replaced horse-driven carriages with motorized floats. Now, with technological advancements, the floats have become computerized and highly animated. However, they are still covered with natural flowers. Artificial plants and coloring are not allowed.
- The first grand marshals of the parade included sports legend Jackie Robinson, astronaut Buzz Aldrin, actress and diplomat Shirley Temple Black and producer David L. Wolper. Later, President Richard Nixon, Captain Chesley Sullenberger and Walt Disney have also been the parade marshals.
- Professional float creation companies have joined the parade. Some of their extensive displays take about a year to construct.



Irrespective of how long it takes to build the floats, the wait is worth it! Don't miss out on the New Year's Rose Parade. "Turning The Corner" will be the theme for the 2023 Rose Parade.

You can find out more information about the events and volunteering activities on the official Tournament of Roses [website](#).

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. 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: Old-Fashioned Vegetable-Barley Soup

Ingredients:

- Cooking spray
- 1 teaspoon olive oil
- 1/2 medium onion, chopped
- 1 medium rib of celery, chopped
- 1 medium garlic clove, minced
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 1/2 cups frozen mixed vegetables
- 1 1/2 cups low-sodium vegetable broth
- 1 cup chopped kale
- 1/2 cup water
- 1/4 cup uncooked quick-cooking barley
- 1/2 teaspoon dried basil, crumbled
- 1/2 teaspoon dried oregano, crumbled
- 1/8 teaspoon pepper
- 1 tablespoon plus 1 teaspoon shredded or grated Parmesan cheese



Directions:

1. Lightly spray a large Dutch oven with cooking spray. Add the oil and swirl to coat the bottom. Cook the onion and celery over medium-high heat until golden, about 3 minutes, stirring occasionally. Add the garlic and cook for 10 seconds. Stir in the remaining ingredients except the Parmesan. Bring to a boil over medium-high heat. Reduce the heat and simmer, covered, for 10 to 12 minutes, or until the barley is cooked.
2. Ladle into soup bowls. Sprinkle with the Parmesan.

Servings: 4 **Serving Size** 1-1/4 cups

Recipe Courtesy of Heart.org

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**Workers' Compensation for
Uninsured Employers**



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What's Happening In Van Nuys & Southern California

Dec 13 - 17

Billie Eilish

KIA Forum

Dec 15 – 17

Harry Connick, Jr.

Pantages Theatre

Dec 23

Reindeer Run Half

Marathon

Van Nuys

Jan 4 – 29

Mean Girls

Pantages Theatre

Hollywood

Jan 13

The Temptations

Saban Theatre

Beverly Hills

Jan 20

Kenny Loggins

Saban Theatre

Beverly Hills

