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LAW OFFICE

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Super Lawyers

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Causes of Disability

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:

1. **Arthritis** usually results in long-term disability due to the damage suffered by the bones and joints. Stiffness and swelling hamper everyday functions, resulting in disability. Back pain and hip dislocations also contribute in rising cases of disability.
2. **Cancer** has become extremely widespread and certain types of cancers fall under the category of "disability" defined by the Social Security Administration (SSA). Regardless, the treatment of cancer (surgery, chemotherapy and radiation) is another reason for disability, making people miss out on work and lose wages.
3. **Cardiovascular problems** like strokes and heart diseases remain one of the leading causes of disability. Strokes and heart attacks are known, not only to limit people's ability to work, but also result in death.
4. **Diabetes** affects a large number of people these days. Increase in blood sugar levels can cause nerve damage, resulting in lack of sensation and inability to move.
5. **Other nervous system disorders** like Multiple Sclerosis (MS), Parkinson's Disease, Epilepsy, Alzheimer's Disease and more, affect the brain; thereby affecting an individual's ability to function normally.
6. **Mental illness** can be as disabling as any physical disease. Depression is rising drastically and is becoming a common reason for disability claims.
7. **Blindness** is another leading cause of disability. The SSA has a separate guideline for people with low vision or vision impairment. If it is found that a person's vision efficiency is less than 20%, they may qualify for disability benefits.

If you or someone in your family is suffering from any of the above conditions or is unable to work due to some other health problems resulting in disability, consult with a Social Security Disability attorney. They will study your case to understand if you qualify for any benefits or compensation. With the help of your lawyer, you can file your claim and ease at least some of the emotional, psychological and financial pressure that you are enduring.

In case your claim is denied, do not lose hope. You can always appeal and re-apply for disability benefits. Your lawyer can guide you and make sure that your application is filled out accurately and completely. While hiring a lawyer is not necessary; however, chances of getting a claim approved increase manifold if you work with an experienced SSD lawyer.

At [Kenton Koszdin Law Office](#) in Van Nuys, our expert [attorneys](#) can help you navigate the often-complicated claim process and get the best outcome for you and your family. Call [800-438-7734](tel:800-438-7734) for your initial free consultation, either in our office or in the comfort of your own home.

From My Blog:

Why Do Employers Fight Workers' Compensation Claims?

Accidents at work can result in serious injuries. You might be qualified to file a workers' compensation claim for benefits if you suffer an injury while performing your job duties. The nature and severity of your injuries will determine what benefits you may be eligible for, some of which are as follows:

Reimbursement for medical expenses that you incurred during your treatment.

You might be qualified to receive a portion of your lost salary due to absence from work.



[Click here to read more](#)

Interesting State Mottos Including “Eureka”

State mottos are interesting, descriptive and, in some cases, very confusing! The aim of state mottos is to highlight or reflect something about the state. While most state mottos revolve around the principles of liberty and justice, each is unique as it showcases what the state stands for. They represent the values of each state and are often referred to as the identity of the state!

Here is our list of some of the most interesting mottos:



- **Alaska:** North to the Future. Despite its proximity to the North Pole, this is not what the motto stands for. Instead, it depicts hope and promise.
- **North Carolina:** “Esse Quam Videri”, means “To be rather than to seem” in Latin. This philosophical piece is meant to advocate virtue in its true sense, i.e. not only extrinsically but intrinsically as well.
- **California:** “Eureka!” means “I found it” in Greek. The exclamation refers to the discovery of gold in the state. However, the same word was exclaimed by Archimedes, the famed Greek mathematician, on finding out how to determine the purity of gold.
- **Connecticut:** Qui Transtulit Sustinet, meaning “He who transplanted still sustains”. Sources date this motto back to former State Librarian Charles J. Hoadly’s recitation of the 80th Psalm: “Thou hast brought a vine out of Egypt: thou hast cast out the heathen, and planted it.”
- **Indiana:** The Crossroads of America. It is a simple statement signifying the extensive interstate highway system. Initially, it was referring to the road lying between Indiana and Indianapolis, which later transformed into Highway 40!
- **Maine:** “Dirigo” in Latin, meaning “I lead” or “I direct”. While obscure with regards to what this beautiful state is directing, it surely is leading geographically since the sun rises earliest in Maine!
- **Wyoming:** Equal Rights. Known for its progressiveness, this was the first state to grant women voting rights and the right to hold public offices.
- **Virginia:** Sic Semper Tyrannis, which translates to “Thus always to tyrants.” Symbolic of the stabbing of Julius Caesar in 44 BC, it is linked to America’s historic victory against Great Britain in the American Revolution.
- **Utah:** Industry. Few people know what this motto really signifies. It glorifies the struggle of the early natives, who survived on their own “industry”, despite meager resources.
- **Texas:** Friendship. Texas itself means friends or allies; and thus maintains the same ideals!
- **Ohio:** With God All Things Are Possible – the most controversial motto in the US, which was also subjected to a lawsuit by the American Civil Liberties Union for violating the right of religious freedom granted by the constitution.

While there are many others that will tickle your brain and amuse you, we hope you enjoyed our list!

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: Eggplant Lasagna

Ingredients:

- 16 oz cremini mushrooms
- 2 eggplants
- 3.5 tbsp olive oil
- 1/2 tsp pepper
- 3 cloves garlic
- 1/2 tsp oregano
- 24 oz can marinara sauce
- 15 oz container ricotta cheese
- 10 oz package of frozen spinach
- 1/2 cup grated parmesan cheese
- 1 egg
- 1 cup shredded mozzarella cheese
- 2 tbsp basil

Directions:

- Wash any fresh produce, if necessary.
- Slice eggplant into thin planks.
- Divide olive oil, pepper, and parmesan in half and set aside.
- Chop spinach, once thawed and chop basil
- Preheat the oven to 400 degrees F.
- Position racks in the upper and lower thirds of your oven. Lightly coat 2 rimmed baking sheets with nonstick spray. Coat a 9×13-inch baking dish with nonstick spray and set aside.
- Arrange sliced eggplant in a single layer on the 2 sheet pans – if some of the ends of the eggplant slices are very curved, trim off the eggplant outermost curvy portion so the slices lay mostly flat. Brush 2 1/2 tablespoons of the oil over both sides of all the slices. Sprinkle 1/2 teaspoon kosher salt and 1/4 teaspoon pepper over the top.
- Roast the eggplant until soft and golden, about 25 minutes, flipping the slices over and swapping the pans positions once halfway through. Remove the slices from the oven and reduce the oven temperature to 350 degrees F.
- Meanwhile, in a large skillet, heat the remaining 1/2 tablespoon of oil over medium heat. Add the sliced mushrooms. Sauté until the mushrooms are soft, about 7 minutes. Add the minced garlic, next add 1/2 teaspoon kosher salt, and oregano. Cook for another 2 minutes. Remove the pan from the heat. Add the marinara pasta sauce and stir to combine.
- In a large bowl, add the ricotta, 1/4 cup parmesan, egg, and remaining 1/2 teaspoon of salt and remaining 1/4 teaspoon of pepper. Mix well, until the mixture is evenly combined. Stir in the spinach, using a fork to break it up and distribute it as evenly with the ricotta mixture as possible.
- Spoon half of the mushroom marinara sauce on the bottom of the prepared baking dish and spread it into an even layer. Lay 4 eggplant slices on top followed by all the ricotta mixture. Layer on another 4 slices of eggplant and finish with the remaining mushroom marinara sauce. Top with the mozzarella and remaining 1/4 cup parmesan. Bake for 25 to 30 minutes, until the cheese is melted, and the lasagna is hot and bubbly. Remove from the oven and sprinkle with fresh herbs.
- Let rest 5 to 10 minutes, then serve.



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**Workers' Compensation for
Uninsured Employers**



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What's Happening In Van Nuys & Southern California

Jan 4 – 29

Mean Girls

Pantages Theatre
Hollywood

Jan 20

Kenny Loggins

Saban Theatre
Beverly Hills

Jan 26, 27, 29

Harry Styles

KIA Forum

Feb 2 – Mar 26

The Lion King

Pantages Theatre

Feb 12

Monster Jam

Angel Stadium

