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Se habla español



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3 Reasons to Celebrate Social Security's 85th Anniversary

As of August 14th, 2020, the Social Security program as we know it in the United States celebrated its 85th Anniversary! The Social Security Act was signed into existence by Franklin D. Roosevelt in 1935, an act that made the prospect of financial security more accessible to seniors, people with disabilities, and families who would come to rely on the program to survive in difficult times. Without the introduction of the Social Security Act, which led to the development of the Social Security Administration and its social insurance programs, two out of every five seniors would be living in poverty.



While the Social Security program as we know it today has waxed and waned over time on what it covers and who is eligible for assistance, one truth has remained consistent: Social Security is vital to the longevity and prosperity of the American people. When more than 90% of Republicans, Democrats, Independents, and other political affiliates all agree on the importance of one program, it's clear that its protection and expansion is critically important. Here are 3 reasons to celebrate Social Security's 85th Anniversary:

Social Security goes beyond retirement - it's a safety net for life and disability protection.

Nearly 1 in every 6 U.S. residents have collected Social Security benefits in their lifetime, and one-fifth of those beneficiaries received Social Security Disability Insurance (SSDI) or Social Security benefits as young survivors of deceased workers. In the event of severe injury or illness leading to disability, 96% of adults aged 20-49 making Social Security payroll tax are protected by life insurance and SSDI.

Social Security is dynamic, and its benefits will always keep up with the cost of living.

As a citizen works throughout their life, their earnings that pay into Social Security payroll taxes will contribute to their benefit amount. The higher their earnings are, the higher their benefits will be once they start collecting them. Even if the cost of living changes between now and when they start collecting benefits, their benefits will reflect the current cost of living rather than reflecting costs associated with the time of their earnings.

Social Security helps protect children, people of color, and low-income families, too.

It's a common misunderstanding that Social Security only benefits senior citizens. While its impact on the elderly community is indeed vital, Social Security helps many other demographics as well. According to 2019 statistics, nearly 6 million children under the age of 18 lived with parents or relatives who received Social Security benefits. Due to racial disparities in healthcare, housing, and our education systems, Black and Latino workers on average have higher rates of disability and often earn lower wages than white workers.

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From My Blog

3 Questions to Better Understand Worker's Comp

You work hard to maintain your livelihood and support those you love. Despite this, many hard-working Americans don't learn about the full extent of their rights as a worker until it's too late. One of the most important rights to be fully aware of is your right to workers' compensation:

What is Workers' Compensation?

Workers' compensation is a type of insurance that serves to protect workers' when they are injured on the job....

[Click here to read more](#)

The 'Seeing-Eye Dog' Days of September

Did you know that September is National Guide Dog Month? Guide dogs often referred to as seeing-eye dogs, are a type of service dog trained to assist people with limited eyesight or total blindness. While the exact timeline of the domestication of dogs is highly debated, artifacts dating back as far as the 13th-century detailing illustrations of dogs operating as visual guides for humans have been found in China.

Having a reliable, focused, and hardworking companion can be life-changing for those with impaired eyesight, but a dog doesn't become a guide dog overnight! There are many accredited, non-profit guide dog schools in the United States - all of which offer 2-year training programs that generally cost upwards of \$40,000 to complete. A guide dog is an essential part of life for many people experiencing blindness.



In addition to providing companionship, a guide dog is trained to aid their handler in dozens of everyday scenarios, such as:

- Learning an array of highly specialized commands
- Keeping their handler on a direct route to their destination
- Stopping at curbs and roadsides to wait for their cue to safely proceed
- Navigating dynamic movements and stopping those movements on command
- Staying alert and recognizing obstacles for their handler, such as narrow passages
- Bringing their handler to the panel of buttons on an elevator
- Laying calmly and quietly while their handler is sitting down
- Helping their handler board and move around public transportation, like buses or trains
- Actively avoiding distractions, like interesting smells or other animals and people

Arguably, one of the most fascinating aspects of the rigorous training that guide dogs undergo is something called "intelligent disobedience." The dogs are trained to disobey a command if the action following that command would result in harm to their handler, such as crossing a road with an oncoming car. Don't worry - it's not all work and no play. Guide dogs, and all service dogs, get time off, too! No wonder they get a whole month to celebrate their PAWS-itive impact in the lives of visually impaired people.

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

Apple Cinnamon Quinoa Breakfast Bowls

Apple Cinnamon Quinoa Breakfast Bowls are the coziest way to start your morning. A great alternative to your usual bowl of oatmeal!

INGREDIENTS:

Quinoa

- 1/2 cup uncooked quinoa, rinsed and drained
- 1 cup water
- Pinch of salt
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground nutmeg
- 2 tablespoons maple syrup
- 2 tablespoons milk (optional)

Cinnamon Apples

- 1 apple peeled and diced
- 1 teaspoon melted coconut oil or butter
- 2 teaspoons maple syrup
- 1/4 teaspoon ground cinnamon

Yogurt

- 1/2 cup plain non-fat Greek yogurt
- 1 teaspoon maple syrup
- 1/4 teaspoon ground cinnamon

Other Ingredients

- Toasted chopped pecans and toasted coconut flakes



INSTRUCTIONS:

1. In a small saucepan, bring the quinoa, salt, and water to a boil. Once boiling cover with a lid and reduce the heat to medium. Cook for 12-15 minutes or until the liquid is absorbed (drain remaining liquid if needed). Add in the cinnamon, ginger, nutmeg, maple syrup and milk. Stir together then remove from the heat and let it steam, covered for about 10 minutes.
2. Divide the quinoa into two bowls then add the coconut oil or butter to the saucepan and heat over medium-high heat. Add in the diced apple, maple syrup and cinnamon. Stir together and cook until the apples are tender, about 5 minutes.
3. While the apples cook, whisk together the yogurt, maple syrup and cinnamon.
4. Top the bowls of quinoa with the Greek yogurt mixture, cooked apples, chopped pecans and coconut.

Recipe courtesy of RecipeRunner.com

Here's to a Safe and Happy School Year!



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What's Happening in Van Nuys & Southern California

The COVID-19 pandemic has caused many large events to be cancelled or postponed. To ensure public safety, we would like to encourage you to enjoy some socially distant outdoor activities in your area.

The Japanese Garden
Van Nuys, CA

Pacific Blue Air
Hawthorne, CA

JetSki2Catalina
Long Beach, CA

LA Scuba Diving
Los Angeles, CA

Electric Dusk Drive-In
Los Angeles, CA

