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Se habla español



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IN THIS ISSUE

PAGE 2

From My Blog
How to Report an Injury to...

Southern California Beaches:
Something for Everyone

PAGE 3

Recipe of the Month
White Bean Dip with
Fresh Herbs

PAGE 4

What's Happening....

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Super Lawyers
RISING STAR

Preparation Is Key for a Workers' Compensation Deposition

Do you know what a Workers' Compensation (WC) deposition is? A deposition is simply a question and answer session when a witness answers questions under oath. If you are pursuing a WC claim, you may be called to testify in a deposition session.



A deposition has two purposes: to discover what the witness knows and to preserve that testimony. As simple as it sounds, it may be somewhat intimidating when you are called to give a deposition under oath, so it helps to be prepared.

Here's how a deposition works:

- **Before the deposition.** Preparation is essential so you will be ready to answer any questions. Review all your paperwork and notes that pertain to your injury or illness. Refresh your memory about your symptoms, your missed work days and how your injury has affected your ability to work. If you have hired an attorney, he or she will help you prepare.
- **At the deposition.** The deposition itself will probably take place at a lawyer's office. You and your attorney, if you have one, will attend, as well as the lawyer taking your deposition and a court reporter. The reporter will record the questions and answers. At the beginning, you will be sworn in and so must answer every question truthfully just as you would in a courtroom. You will be asked some background information about yourself and any prior injuries. You will have to describe how the accident happened, what treatments you have received and how your physical or mental condition prevents you from working.
- **How to answer questions.** Remember that the court reporter must be able to produce a record of the proceedings, so take care to verbalize your answers rather than just nodding. Wait to hear the full question and take your time gathering your thoughts before answering. Don't volunteer information! A simple "Yes" or "No" will suffice as answers to many questions. If you and your attorney have discussed confidential information – known as "attorney-client privilege" – keep it private. Your attorney will step in if you are asked any related questions.

You will receive a written transcript of your deposition and can make any corrections if necessary.

Having an experienced attorney represent you in a WC deposition will ensure that your interests are protected and that no illegal questions are asked.

From My Blog

How to Report an Injury to Your Employer

If you've sustained an injury while working, do you know how to report it? Do you know why it is important to report even minor injuries? Workplace injuries are more common than you'd think, but your employer will most likely have procedures in place to make sure you get the care you need after your injury, as well as preventing subsequent injuries. A workplace injury can be everything from a slip and fall to injuries that take longer to sustain, such as those that are desk related.



[Click here to read more](#)

Southern California Beaches: Something for Everyone

Even in December, our gorgeous Southern California beaches beckon with sand, surf and maybe even some well-deserved solitude. Whether you want to picnic, jog, surf or people-watch on the boardwalk, our list of top local beaches offers something for everyone.



- For snorkeling and scuba diving, you can't beat La Jolla Cove. Protected by the [San Diego La Jolla Underwater Park Ecological Reserve](#), you'll delight in 1.5 square miles of surf grass and kelp bed with rays, harbor seals and many smaller fish and animals.
- If you're looking for livelier activity, check out the boardwalk at [Venice Beach](#). This world-famous spot includes hundreds of street performers and vendors. You can get a tattoo or a piercing and browse through unique art before stopping at one of the many restaurants for a bite to eat.
- [Crystal Cove State Park](#) just outside Newport Harbor is the place for outdoor adventurers. From hiking, mountain biking, horseback riding and snorkeling, the secluded beach, reefs, tide pools and woodlands are year-round inviting spots.
- "26 miles across the sea ..." the island of [Santa Catalina](#) waits for everyone and is only an hour away from several ports via high-speed ferry. You'll find many beaches, some close to the main town of Avalon and many in more secluded areas. Because cars are strictly limited, enjoy sightseeing via golf cart or bicycle.

Want to bring along your favorite canine for a leash-free run in the sand? Try [Rosie's Dog Beach](#) in Long Beach, where you and your pooch can revel in the waves. You can find more dog-friendly Southern California beaches [here](#).

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

White Bean Dip with Fresh Herbs

The perfect celebration of fresh herbs, this dip is wonderful with crostini, pita, radish slices, or even wrapped up in kale or romaine leaves. Serve with an extra drizzle of nice, fruity olive oil and bring it to your next holiday gathering!

Ingredients

- 2 cups cooked white beans
- 1 clove garlic, minced
- 4 tablespoons extra-virgin olive oil, divided into 1 tablespoon and 3 tablespoons
- 1 tablespoon chopped fresh rosemary
- 2 teaspoons fresh thyme
- 1 teaspoon sea salt (or to taste)
- Black pepper, to taste
- 2 tablespoons fresh lemon juice
- 3 tablespoons fresh parsley



Directions

1. In a medium-sized pan, heat the garlic in 1 tablespoon olive oil. Cook for two minutes, and then add the white beans, rosemary, and thyme. Sauté for another 4 to 5 minutes or until the garlic is soft and fragrant.
2. Transfer the beans to a food processor. Add the salt, pepper, lemon, and remaining olive oil. Process on high, stopping every now and then to scrape the bowl down, until mixture is totally creamy and smooth.
3. Pulse in the fresh parsley. Serve with an extra drizzle of olive oil.

Recipe courtesy of Food 52 by Gena Hamshaw



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**Preparation Is Key for a
Workers' Compensation
Deposition**



See Page One

What's Happening in Van Nuys & Southern California

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| Dec 15
<u>An Evening With Fleetwood Mac</u>
LA Forum
Inglewood, CA | Dec 22
<u>Long Beach Christmas Street Fair</u>
The Pike Outlets
Long Beach, CA | Jan 10
<u>John Sebastian</u>
Pepperdine University Center for
the Arts
Malibu, CA |
| Dec 15 - 30
<u>Dixie's Tupperware Party</u>
Center Theatre
Kirk Douglas Theatre
Culver City, CA | Dec 23
<u>John Legend</u>
Microsoft Theater
Los Angeles, CA | Jan 12
<u>Young Dblinders</u>
The Rose
Pasadena, CA |
| Dec 15 - 30
<u>Wicked</u>
Pantages Theatre
Los Angeles, CA | Jan 5 - 6
<u>Happy New Year 5k, 10k, 15k</u>
Half Marathon
Long Beach, CA | |
| Dec 15 - Jan 15
<u>Holiday Ice Rink Pershing Square</u>
Pershing Square Park
Los Angeles, CA | Jan 9
<u>2019 Law Enforcement</u>
<u>Appreciation Day</u>
5K & 10K
Los Angeles, CA | |

