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Workers' Compensation: How to Damage Your Own Case

California's Workers' Compensation (WC) laws are designed to help you prevent financial hardship if you are injured at work or suffer a work-related illness. There are certain steps required to take advantage of legal protections and to get the benefits you need.



Unfortunately, many injured or ill workers make mistakes that make them lose their right to a WC claim. Here are the 5 most common errors that can really damage your WC case:

- **Not acting quickly when you are injured or become aware of your illness.** Of course, at the moment of an accident at work, it may be difficult to think clearly. However, you should remain calm and begin documenting everything that happened. Collect information that you can write down later including witness names; statements made by witnesses, emergency personnel and your employer; the extent of your injuries including pain and symptoms; the sequence of events and environment in which you were hurt.
- **Not reporting the injury.** If you don't report your injury or illness to your employer, the insurer can deny that you got hurt or that the damage happened at work. The incident report will be delayed which can lead to a longer investigation and even denial of your benefits.
- **Trusting that your employer will take care of you.** Your employer must give you the appropriate forms and file your WC claim with the insurer, but also must manage costs of the business. An attorney experienced in California Workers' Compensation cases will advocate for you and help protect your rights.
- **Not giving the right information to your doctor.** Your doctor must be informed that your injury happened at work or that your illness is work-related, or your medical condition and treatments may not be properly documented. If the medical report does not connect your injury to your job, the insurance company may question whether you were harmed while working.
- **Minimizing your symptoms.** Tell your doctor everything that is wrong with you and how your medical condition impacts your ability to work. You may not get full benefits if you don't reveal all of your symptoms or if you skip medical appointments.

Let us help you avoid these and other costly mistakes that can jeopardize your financial future.

Learn more at our [Top Ten Ways To Screw Up Your Workers' Comp Case.](#)

From My Blog:

California Workers' Compensation for Domestic Workers

Many domestic workers like housekeepers, nannies and caregivers are not aware that they have the right to federal and state labor rights including Workers' Compensation (WC) benefits.

In fact, with just a few exceptions, all domestic workers in California are eligible for WC. The exceptions to this coverage are casual part-time babysitters – for example, your teenage next-door neighbor and those domestic workers who are classified as independent contractors. [Read More>>](#)



Los Angeles Food Trucks: A Delectable Tradition

The modern abundance of wonderful and diverse food trucks in L.A. had a humble origin, starting in the nineteenth century when horse-drawn chuck wagons fed cattlemen and others moving west. Later, enterprising sausage vendors set up their "dog wagons" outside universities to feed hungry students.

An early version of the Oscar Mayer Weinermobile began selling hot dogs in 1936. And in 1974, right here in East L.A., entrepreneur Raul Martinez converted an old ice cream truck into the first taco truck and parked it outside of a bar.

Today there are thousands of food trucks in the L.A. area, many of which are annually ranked with grades just as restaurants are. The well-known Zagat eatery guide regularly publishes food truck reviews.



Name any type of food and you will find it on the streets of L.A.! Here is just a small sample:

- Tacos of all kinds including fish, carne asada, pork, shrimp, short rib or vegetarian
- Maine lobster rolls
- Pizzas that are wood-fired right in the truck
- Bagels with the works - eggs, lox and jalapeño
- New Jersey-style brats and hot dogs
- Tempura-battered chicken and anything else you like
- Texas barbecue including pulled pork and cowboy beans
- Sushi freshly made straight from the sea
- Comfort food like nachos, stuffed grilled cheese, waffle fries and mac 'n cheese combined with just about anything
- Ice cream in many shapes and forms including gelato, frozen yogurt, soft-serve and cookie sandwiches

Trying to eat healthily for the New Year? You'll find that too.

How many have you tried?

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

Broccoli-Cheddar Soup

When following a healthy diet, watch out for high calorie cream soups. Here's a favorite that skips the cream.

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- Kosher salt
- Freshly ground black pepper
- 2 pounds broccoli, thick stems peeled
- 4 cups chicken stock
- 3 cups water
- 8 ounces shredded white cheddar cheese

Directions

- In a medium heavy pot, heat the oil over medium heat, then stir in the onion, garlic, 1 teaspoon of salt and 1/2 teaspoon of pepper. Cook, stirring occasionally, until the onion is translucent, about 5 minutes. Stir in the broccoli, stock and water and simmer, partially covered, until the broccoli is tender, 15 to 20 minutes.
- Puree the soup in batches in a blender and return it to the pot. Stir in 6 ounces of the cheese, then season the soup with salt and pepper to taste. Divide the soup among six soup bowls and top with the remaining cheese.

Recipe courtesy of foodandwine.com



Happy Valentine's Day!!



**Workers' Compensation:
How to Damage Your
Own Case**



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What's Happening In & Around VanNuys & Southern California

Mar 3 - 31

Aladdin

Pantages Theater Hollywood
Los Angeles, CA

Mar 17

International Children's Festival

Aquarium of the Pacific
Long Beach, CA

March 25

The Avett Brothers

Santa Barbara Bowl
Santa Barbara, CA

March 6

K.D. Lang

Lobero Theater
Santa Barbara, CA

Mar 17 - 18

St Patrick's Day 5K 2018

Mentryville
Newhall, CA

March 31 - April 1

Happy Easter 5k, 10k, 15k,

Half Marathon

Woodley Park Van Nuys
Encino, CA

Mar 10

Holi Festival of Colors

Whittier Narrows Park,
The Meadows
South El Monte, CA

March 22

6th Annual Water: Take

1 Film Festival

Ventura Beach Club
Ventura, CA

