



Kenton Koszdin
LAW OFFICE

Se habla español



June 2018

IN THIS ISSUE

PAGE 2

From My Blog
Can I Receive Social Security...

Do You Know How Los
Angeles and Nearby Cities
Got Their Names?

PAGE 3

Recipe of the Month
Rigatoni with Swiss Chard
and Turkey Sausage

PAGE 4

What's Happening....

Workers' Compensation Discrimination Can Take the Form of Retaliation

California employees who are injured on the job or suffer a job-related illness are entitled to Workers' Compensation (WC). Your employer must comply with WC laws.

One requirement is that an employee who has filed a WC claim cannot be discriminated against. In other words, an employer may not discriminate in any against an employee because he or she files a WC claim after being injured on the job.

Discrimination against a worker who has filed a WC claim can come in the form of retaliation. Retaliation can assume many forms including:

- Wrongful termination
- Wage reduction, demotion or lack of promotion that is unjustified
- Biased performance review
- Unjustifiable discipline
- Undesirable transfer or reassignment
- Verbal threats and intimidation
- Unjustified refusal to rehire



Under California law, an employer who acts in such a manner may be charged with a misdemeanor. The employee may be entitled to a substantial increase in the WC benefits – up to an additional \$10,000. The employee may also be reinstated as well as receive back pay.

What To Do If You Believe That You Have Faced Retaliation

If you have filed a Workers' Compensation claim and believe that you experienced retaliation by your employer, you may be eligible not only for WC benefits but also for additional damages.

Please contact an experienced attorney right away to discuss your legal options. We can help you get the compensation you deserve.

To file a retaliation complaint in Los Angeles, complete and print out the Retaliation Complaint DLSE Form RCI 1. This form is used for all types of retaliation complaints including those involving Workers' Compensation.

Complete all information carefully and sign and date the form before submitting it. Be sure to attach copies – never originals – of any supporting documents before sending the form.

You can learn more about the process to file a retaliation complaint at the State of California Department of Industrial Relations webpage.

KENTON KOSZDIN
LAW OFFICE
16600 Sherman Way
Suite 280, Van Nuys
CA 91406-3785

Phone: (818) 901-9999
Toll Free: (800) 438-7734

CONNECT ONLINE



[VIEW KENTON KOSZDIN PROFILE ►](#)

Super Lawyers
RISING STAR

From My Blog:

Can I Receive Social Security Disability If I Am Partially Disabled?

You may wonder if someone who is partially disabled can collect Social Security Disability (SSDI) benefits. That is **not** the case.

There are some benefit programs – for example, Workers' Compensation or disability payments offered through the Veteran's Administration – that offer disability benefits to individuals who are partially disabled. A partially disabled person may be someone with a lasting impairment but who is capable of returning to modified work.



[Click here to read more](#)

Do You Know How Los Angeles and Nearby Cities Got Their Names?

Every place has a story, and a big part of that story is how it got its name.

Many cities and towns in the Los Angeles area are named for physical features. Others were named after long-ago settlers, as well as for those homes that the settlers left behind.

You may know many of these place names, but do you know how they got their names?

Los Angeles – it's an old story, but the name Los Angeles is Spanish and means "The Angels." Our city was originally named "El Pueblo de Nuestra Señora la Reina de los Ángeles del Río Porciúncula" which means "town of our lady the Queen of Angels of the River Porciúncula." The Porciúncula River is now called the Los Angeles River.

Laguna Hills, not surprisingly, is named for nearby Laguna Beach. "Laguna" means "lagoon" in Spanish and is a stretch of salt water that is separated from the beach by a low sandbank.

James Irvine lent his name to **Irvine**. An Irish immigrant, Irvine bought up former ranchos to create a successful sheep-raising venture.

The name **Pasadena** is a Chippewa word meaning "crown of the valley."

Originally a bean field, **Beverly Hills** was named after Beverly Farms, a Massachusetts oceanfront community.

Because Daniel Freeman missed his Canadian hometown, this early settler named Inglewood after **Inglewood**, Canada.

Tarzana is on the site of a former ranch owned by author Edgar Rice Burroughs. The city is named after Burroughs' most famous fictional hero, Tarzan.

The name **Azusa** was derived from the Tongva peoples' place name for the San Gabriel Valley – Asuksagna.



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

Rigatoni with Swiss Chard and Turkey Sausage

Now in season at your local farm, swiss chard has stems that look a little like celery and can be green, red or rainbow-colored - a mixture of red, orange, pink and yellow. Cutting off the colorful stems and using just the leafy greens gives this savory pasta a healthy dose of magnesium and vitamins A and C.

Ingredients

- Kosher salt
- 12 ounces rigatoni
- 2 tablespoons extra-virgin olive oil
- 12 ounces spicy turkey sausage, casings removed, crumbled
- 4 tablespoons unsalted butter
- 6 cloves garlic, chopped
- 1 bunch Swiss chard, stems removed, leaves chopped
- 1 tablespoon plus 1 teaspoon all-purpose flour
- 1 3/4 cups milk (not skim)
- 1/2 cup grated parmesan cheese (about 1 ounce)
- Grated zest of 2 lemons
- Freshly ground pepper

Directions

Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs. Reserve 1/2 cup cooking water, then drain the pasta.

Meanwhile, heat the olive oil in a large Dutch oven or wide skillet over medium-high heat. Add the sausage and cook until browned, about 5 minutes. Transfer to a plate using a slotted spoon; set aside.

Wipe the Dutch oven clean; add the butter and melt over medium heat. Add the garlic and cook, stirring, until slightly softened, 1 to 2 minutes. Add the chard and cook, stirring occasionally, until wilted, 3 to 4 minutes. Sprinkle in the flour and cook, stirring, until combined, 1 to 2 minutes.

Add the milk to the chard mixture and bring to a boil; cook 1 minute. Stir in the sausage, parmesan, lemon zest and a few grinds of pepper. Reduce the heat to medium low and simmer, stirring occasionally, until slightly thickened, about 6 minutes. Add the pasta to the pot and toss, adding enough of the reserved pasta water to loosen the sauce and coat the rigatoni.

Recipe courtesy of Food Network Kitchen



Welcome Summer!



16600 Sherman Way
Suite 280, Van Nuys
CA 91406-3785
Phone: (818) 901-9999
Toll Free: (800) 438-7734

**Workers' Compensation
Discrimination Can Take the
Form of Retaliation**



See Page One

What's Happening In & Around VanNuys & Southern California

June 1

Beverly Hills Food & Wine Festival
The Olympic Collection
Los Angeles, CA

June 1

Pink
LA Forum
Inglewood, CA

June 2

The Monkees present The Mike &
Micky Show
Orpheum Theatre
Los Angeles, CA

June 3

13th Annual Lummis Days
Sycamore Grove Park
Los Angeles, CA

June 7

The Yardbirds
Fonda Theater
Los Angeles, CA

June 10 - 11

Balboa Strawberry Festival
Ventura Blvd. between Balboa &
Amestoy
Encino, CA

June 23

29th Annual Mariachi USA Festival
Hollywood Bowl
Los Angeles, CA

June 23

La Taco & Beer Festival
Raleigh Studios, Hollywood
Los Angeles, CA

