



Kenton Koszdin
LAW OFFICE

Se habla español



December 2021

IN THIS ISSUE

PAGE 2

From My Blog
Avoid Posting Accident...

Consumer Fraud Scams:
What You Should Know

PAGE 3

Recipe of the Month:
Beef and Broccoli Over
Zucchini Noodles

PAGE 4

What's Happening....

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

RISEING STAR

Tips for Workers' Compensation Disputes

Injuries at the workplace don't come announced. Medical bills pile up and, with time, it may become difficult to sustain one's standard of living. You need to be well informed and know your rights to get maximum workers' compensation benefits.

Here is a list for you to follow in case any unfortunate injury occurs at the workplace:

1. Report Immediately

Report your injury to your supervisor/in-charge right away. Any delays might result in reduced or no compensation. Be aware of the complaint filing process. If possible, keep a record of the first report that is registered. Reporting your case around credible witnesses helps.

2. Get Medical Help

Getting immediate medical assistance avoids the risk of permanent damage caused by your injury and shows your intention to recover from the injury. An immediate medical examination is also evidence that describes the state of your injuries. If there are any delays in getting treatment or failing to follow your doctor's advice, your employer and their insurance providers could argue that your injuries weren't as serious as you say they are or that your injury never happened at all.

3. Change Doctors if Needed

If your state allows, consider changing the doctor provided by the insurance company, as there could be a conflict of interest. If you feel there is any lack of treatment provided to you, change your doctor. It can be done by selecting from a list of approved doctors provided by the insurance company.

4. Understand the Workers' Compensation System

You can engage with a Worker's Compensation Lawyer to understand the workers' comp system, but it is always good to do your research as well. Every state has its own rules for eligibility and compensation amounts.

5. Document Everything

Keeping a copy of everything related to your claim is essential. It's helpful in case you hire a lawyer and is excellent practice to keep track of everything that is going on with your claim.

6. Talk to a Worker's Compensation Lawyer

If you face any hurdles and difficulty with your claim, consult a workers' comp lawyer immediately. A legal expert can properly value your claim, navigate you through the often-complicated claim process, and help you get the most out of your workers' compensation claim.



Do not hesitate to contact your workers' comp lawyer if you need any information. Some cases may be simple, while others might require professional expertise. At Kenton Koszdin Law Office in Van Nuys, we are on a mission to help those hurt on the job avoid becoming victims of companies and their insurance providers.

From My Blog

Avoid Posting Accident Details on Social Media

The social media universe is ever-changing and expanding. The risk of posting on social media after a car accident can have serious unintended consequences. Sharing everything via social media, especially the details of the incident, can be used against you. The information could be interpreted as your injuries are not serious enough to pursue damages. Be careful of your social media postings. Providing a digital or social media post could ultimately discredit your claim.



WHILE SOCIAL MEDIA CAN CERTAINLY COMPLICATE MATTERS, THERE ARE STEPS...

[Click here to read more](#)

Consumer Fraud Scams: What You Should Know

As the holiday season approaches, it brings with it a lot of joy, celebration, and happiness. It is also when scammers, cheats, and frauds take advantage of innocent customers by getting hold of their personal details and stealing their money.

To be wary of these scammers, you should be aware of the frequently used methods. Here is a list of common consumer fraud scams that you need to look out for, especially during the holiday season:



1. Gift Card Scams

Scammers contact you after they acquire your personal information available to them and pose as representatives of reputable organizations. They make you buy gift cards at discounted rates that turn out to be worthless. If you must get gift cards, make sure you get them from renowned and reliable stores and check that the code hasn't been scratched.

2. Dubious Ads on Social Media

Ads and clickbait material are all over social media, especially during the holiday season. Although these ads might seem very appealing, avoid clicking on suspicious links as your personal information can be compromised.

3. Email Scams

Emails with enticing offers from big stores like Walmart, Amazon, etc. require you to open links and provide your personal information. Be careful that they do not link to fraudulent websites where your information will be misused.

Here are a few points to identify fraudulent emails:

- They use big names to attract people.
- Their email address might look authentic, but you may find additional numbers, letters, or misspelled domain names on closer inspection.
- Always contact the outlet to confirm if they have launched any recent promotions or offers.

4. Fraudulent Charities

The holiday season also brings out people's altruistic side as they donate generously to support various charities and causes. Scammers may exploit this generosity by setting up fraudulent charities. Always research about charities before donating.

5. Credit Card Scams

Credit card scams are age-old, yet happen every year, especially during the holiday season. Scammers try to hack online databases for customer information, including credit card details. Therefore, it is crucial that you do not allow your browser to save your credit card information while making online purchases. Moreover, avoid online shopping while using public Wi-Fi.

Stay alert and be safe this holiday season and consult a consumer fraud attorney if you have been a victim of a scam.

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

Beef and Broccoli Over Zucchini Noodles

This lighter version of a Chinese takeout classic is packed with veggies and is low in carbs. You can make "noodles" out of zucchini at home with a special "spiralizer" tool or use a vegetable peel to create ribbons.

Ingredients

- 1 cup no-salt-added beef broth
- 1 tbsp corn starch
- 2 tbsp lower sodium soy sauce
- 2 cloves minced garlic
- 1 tbsp fresh minced ginger
- nonstick cooking spray
- 2 tsp toasted sesame oil
- 1 medium onion sliced
- 1 lb. sliced sirloin beef
- 4 heaping cups fresh or frozen broccoli florets
- 2 small zucchinis (spiralized into noodles, or 4 cups prepared zucchini noodles)
- 2 tbsp sesame seeds



Directions

1. In a small bowl, whisk together the broth, cornstarch, soy sauce, garlic, and ginger. Set aside.
2. Spray large sauté pan or wok with cooking spray, add sesame oil, and place over high heat.
3. Add the onion and stir-fry 2 minutes. Add the beef and stir-fry 3 more minutes.
4. Add the broccoli and spiralized zucchini and stir-fry 3 more minutes.
5. Add the broth mixture and bring to a boil, scraping the bottom of the pan to loosen any brown bits. Reduce heat and simmer 2 minutes.
6. Stir in sesame seeds and serve.

Recipe courtesy of the American Diabetes Association



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

**Tips for Workers'
Compensation Disputes**



See Page One

What's Happening In Van Nuys & Southern California

Dec 18

[Once Upon a Time in LA](#)

Banc of California Stadium

Dec 18

[Stevie Wonder](#)

Microsoft Theater

Dec 18

[Men At Work](#)

Saban Theatre

Dec 23 - 24

[Hamilton](#)

Hollywood Pantages Theatre

Dec 26

[The Nutcracker](#)

Dolby Theatre

Jan 29

[Camila](#)

Dolby Theatre

