



**Kenton Koszdin**  
LAW OFFICE



*Se habla español*

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## 5 Facts You (Probably) Didn't Know About Workers' Comp

With all the information out there about what is or isn't covered under workers' compensation, it's easy to understand why most people will forgo handling it all on their own and hire an attorney to help them through the process. Even if you hire an attorney experienced in workers' compensation like our team at Kenton Koszdin Law Office, there are some interesting facts you'll benefit from learning about along the way. Here are 5 facts you (probably) didn't know about workers' compensation:



**#1** - In some cases, it's possible to continue receiving benefits even after you've returned to work. This is reserved for special cases, like those who develop a permanent partial disability or whose salary decreased because of a change in positions due to their injury.

**#2** - Acquiring workers' compensation does not discontinue or prevent you from receiving social security benefits. While it's likely that the social security benefits will be decreased or taxed while you're also receiving workers' compensation, it's a comfort to know!

**#3** - Contrary to the common myth, you can still be awarded workers' compensation if your injury happened outside of your workplace. Like #2, this is subject to verification that your injury occurred "within the scope of employment" and was relevant to your work duties and responsibilities.

**#4** - Your workers' compensation benefits aren't paid out by the State of California, according to the Department of Industrial Relations, but rather by an adjuster from the private insurance company providing workers' compensation insurance to your employer. What a relief!

**#5** - There is an ultimatum between filing a lawsuit against your employer for the accident leading to your injury versus filing for workers' compensation. This is important to keep in mind if emotional duress is a major contributor to the severity of your experience, which can only be compensated through a personal injury lawsuit.

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## From My Blog

### Top 3 Tips When Applying For Social Security

Are you or someone you love ready to apply for Social Security? There's a lot you need to know about the process before you get started.

Take our Top 3 Tips into consideration when applying for Social Security benefits for a simple and less stressful experience....

[Click here to read more](#)

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### Don't Want to Lay Low on Labor Day?

If you feel like your life is becoming increasingly stagnant since COVID-19 came to town, you're not alone. It can be difficult to keep things interesting after so long, but we have an encouraging message from all of us at Kenton Koszdin Law Office: don't give up and keep at it! We've compiled some fun and interesting activities to do to keep you and your loved ones safe and enriched throughout your Labor Day weekend:

- Organize a scavenger hunt - indoors or in the backyard.
- Grow a garden - start simple with easy-to-grow plants like spearmint, basil, or cherry tomatoes.
- Start a water balloon fight, and the 'winner' gets to choose...
- ...The movie you watch that night in a pillow fort, or outside on a projector!
- Make homemade ice cream or popsicles using an ice cream machine or popsicle molds.
- Put together an obstacle course - have you ever tried hula-hooping for 10 seconds while standing over a water sprinkler?
- Set up camp in the living room or backyard. If you're outside you can stargaze and make a bonfire - if you're inside you can improvise with smores!
- Spice up your backyard BBQ with a watermelon seed spitting contest - winner gets the first piece of dessert!
- Write uplifting messages on the sidewalk with chalk - this is guaranteed to make someone's day.
- Find a local spot to rent some kayaks, canoes, or paddleboards to have a water-bound adventure!



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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

## Chicken and Bulgur Salad with Peaches

Fresh, seasonal, and light, this is a great meal for summer appetites. Bulgur, a quick-cooking whole grain, is perfect for time-crunched weeknight cooking. You can also substitute quinoa or whole-wheat couscous.

### Ingredients

- 1 1/3 cups water
- 2/3 cup bulgur
- Cooking spray
- 1-pound chicken breast cutlets
- 1 teaspoon kosher salt, divided
- 1/2 teaspoon black pepper
- 4 cups packed arugula
- 2 cups halved cherry tomatoes
- 2 cups sliced fresh peaches
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons rice vinegar



### How to Make It

1. Bring 1 1/3 cups water and bulgur to a boil in a small saucepan over high. Reduce heat to medium-low; cover and simmer 10 minutes. Drain and rinse under cold water. Drain well; let dry on paper towels.
2. Meanwhile, heat a grill pan coated with cooking spray over high. Sprinkle chicken with 1/2 teaspoon salt and pepper. Grill chicken, turning occasionally, until done, 6 to 7 minutes. Remove to a cutting board. Let stand 3 minutes. Slice against the grain into strips.
3. Place bulgur, arugula, tomatoes, and peaches in a large bowl. Add remaining 1/2 teaspoon salt, oil, and vinegar: toss to coat. Divide mixture among 4 plates: top evenly with chicken.

*Recipe courtesy of CookingLight.com*



**5 Facts You (Probably) Didn't  
Know About Workers' Comp**



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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 7 Sea Caves

La Jolla

Point Conception

Santa Barbara, CA

Griffith Park

Horseback Riding

Los Angeles

Magical Adventure

Balloon Rides

Temecula, CA

Irvine Regional Park

Orange, CA

LA River Expeditions

Kayaking

Orange County Zoo

Orange, CA

