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Se habla español



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Keeping a Pain Journal for Your Workers' Compensation Claim

One of the biggest mistakes that you can make in your Workers' Compensation (WC) case is not having plenty of evidence to back up your disability claim. After all, you are claiming that you are unable to work because of a job-related injury or illness. You must have specific, relevant examples of how your condition is affecting your ability to work.

At the Kenton Koszdin Law Office, we urge our clients to keep a journal of pain and other symptoms that are related to the workplace injury. This record does not have to be fancy, but it can be a powerful tool to convince the WC claims administrator that you are unable to work and why.



How to Create a Workers' Compensation Pain Journal

Your journal can be as simple as writing down information on plain paper, or more advanced by creating a spreadsheet. Just remember to track your symptoms as often as possible. Include:

- Date and time of each pain occurrence and how long it lasts
- Symptoms linked to your disability such as headaches, weakness, stiffness, pain attacks or seizures
- The affected body part
- The degree of your pain and its duration
- The scenario that triggered the pain; for example, staying in one position too long or making a sudden movement
- Medication taken and its positive effect or negative side effects
- How your appetite or sleep pattern is affected

Try to be as precise as possible. Using a numeric scale, for example, from "1" for little pain to "10" for extreme pain, can help describe things like pain level or fatigue that are hard to quantify.

Include tasks in your daily routine that you are no longer able to do because of your condition. Some examples can be "could not walk up the stairs because of shortness of breath" or "unable to carry grocery bags in my numb and painful hand."

Don't think that any detail is unimportant. Include any piece of information in your journal that helps to describe your pain, physical condition and limitations.

One more benefit to your journal is that it will help your attorney prepare your case. The more ammunition that we have to pursue WC benefits on your behalf, the better outcome we can expect.

From My Blog

Climb on Board and Take a "Ticket to Work"

Are you receiving Social Security Disability (SSDI) benefits or Supplemental Security Income (SSI)? Would you like to be able to work?

The Social Security Administration (SSA)'s Ticket to Work program sounds right for you! This voluntary program helps SSDI and SSI beneficiaries find work suited to their abilities which can help them become financially independent. You may be eligible if you are receiving SSDI or SSI benefits and are between the ages of 18 and 64.



[Click here to read more](#)

America's Most Unique Procession: The Tournament of Roses Parade

Consider this for a moment: What if we told you that you had to create a parade float that was completely covered **only** in flowers and all-natural materials? Consider also that, because of the short life of some of these beautiful blooms, most of them have to be added at the last minute during an all-night drive for completion.

Impossible you say? Well, that is exactly what happens to dozens of floats at the annual Pasadena Tournament of Roses Parade, also known as the Rose Parade.



Fun Facts about the Rose Parade

- The Rose Parade kicks off on New Year's Day and has been enjoyed since 1890.
- Early parades had horse-drawn carriages covered with bouquets.
- It takes 30 roses to cover just one square foot! Each year, approximately 18 million blooms decorate the floats.
- No artificial flowers or plant materials are allowed, and nothing can be artificially colored.
- The Rose Bowl college football game that follows the parade was added in 1902 to help fund the parade. The game is played in Rose Bowl Stadium, built in 1923 specifically for this annual event.
- Chaka Khan, Gary Sinise, President Richard Nixon, Jane Goodall, Captain Chesley Sullenberger and Walt Disney have all acted as parade Grand Marshalls.
- It takes about two hours for the bands, floats and equestrian units to pass down the 5.5-mile route.

The January 1st, 2020 Rose Parade has announced that Rita Moreno, Gina Torres and Laurie Hernandez will be the parade's Grand Marshalls. This year's theme is "The Power of Hope."

You can watch the floats being built and even volunteer to help. Visit the official Tournament of Roses [website](#) for complete information.

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

Cranberry-Pecan Wheat Berry Salad

Looking for something easy and festive to add to your holiday meal? Try this flavorful salad with chewy grains and a tart crunch. Best of all, it can be prepared ahead of time, allowing you precious time with your guests.

Ingredients

- 1 cup uncooked wheat berries, rinsed
- 2 celery ribs, finely chopped
- 1 medium tart apple, diced
- 4 green onions, sliced
- 1 cup dried cranberries
- 1 cup chopped pecans



Dressing

- 3 tablespoons walnut oil
- 2 tablespoons cider vinegar
- 1 tablespoon minced fresh sage or 1 teaspoon rubbed sage
- 2 teaspoons minced fresh thyme or 3/4 teaspoon dried thyme
- 2 teaspoons Worcestershire sauce
- 1 teaspoon Dijon mustard
- 3/4 teaspoon salt
- 1/2 teaspoon pepper

Directions

1. Cook wheat berries according to package directions; drain and cool. Meanwhile, combine next five ingredients; add wheat berries.
2. Whisk together dressing ingredients. Pour over salad; toss to coat.
3. Serve at room temperature or chilled.

Recipe courtesy of Taste of Home

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**Keeping a Pain Journal for Your
Workers' Compensation Claim**



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What's Happening in Van Nuys & Southern California

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| Dec 18 IL Divo Dolby Theatre Los Angeles, CA | Dec 21 Ariana Grande LA Forum Inglewood, CA | Jan 4 Uncorked: LA Wine Festival Union Station Los Angeles, CA |
| Dec 19 - 21 Ugly Sweater 1M 5K 10K Los Angeles, CA | Dec 21 Moscow Ballet's Great Russian Nutcracker The Wiltern Theatre Los Angeles, CA | Jan 4 - 5 Happy New Year 5k, 10k, 15k, Half Marathon Long Beach, CA |
| Dec 20 Anita Baker Staples Center Los Angeles, CA | Jan 3 Ambrosia The Rose Pasadena, CA | |

