



**Kenton Koszdin**  
LAW OFFICE

*Se habla español*



February 2021

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## 5 Easy Ways to Sabotage Your Workers Comp Case

As highly experienced attorneys who specialize in workers' compensation cases, our team knows all too well just how difficult it can be from the perspective of an injured worker waiting to see their claim through. It's normal to experience feelings of anxiousness and impatience during this time, but sometimes those feelings can manifest into problematic behaviors that could sabotage your case entirely - even if you have a good case. Our team looked at the top 5 reasons why cases can seem to drag on or fail entirely.



- 1. Skipping your hearings, depositions, or medical appointments:** It takes a lot of time and effort from several parties to facilitate these appointments, so it's especially important to make them a high priority. It simply isn't possible to collect evidence and document medical progress if you don't show up at the appointments necessary to collect said evidence.
- 2. Calling your attorney too often & leaving long voicemails:** Litigation takes a great deal of time and effort, and each case deserves your attorney's full effort - but frequently disrupting their workflow can impede their progress and your case's success. Leave an effective message by simply and clearly stating your name, phone number, and a short summary of what you're calling about regarding your case. Any other details are more appropriate for direct conversations with your attorney.
- 3. Communicating vaguely, forgetting entirely, & lying:** While you're not expected to recall each moment perfectly, it helps to be clear and concise. Be sure to work with your attorney to illustrate your point and document them effectively to recall later. Though this should come as no surprise, lying about your experience, or greatly exaggerating details can spell trouble for your case's chance of winning. Your attorney needs and values your honesty and will help ensure that your story remains credible.
- 4. Pressuring, harassing, or threatening your attorney:** Calling your attorney repeatedly after office hours, taking an aggressive tone when speaking with them, threatening, or blackmailing your attorney are guaranteed ways to lose their interest. An attorney can and will petition the Workers Compensation Appeals Board (WCAB) to leave your case.
- 5. Comparing your case to others & refusing to compromise:** It's entirely normal to read through and research cases that may be like your own, but keep in mind that each case is unique based on individual experience and circumstance. No two cases are the same and your experienced attorney can be trusted to make sure your case is going in the direction that's right for you. Help them by understanding this fact and doing your part to compromise for the benefit of your case.

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**Super Lawyers**  
RISING STAR

## From My Blog

### How to Understand Special Examinations

When you start the process of applying for Social Security Disability, you'll quickly learn there are many more parts to the process than you once thought. Thankfully, your trusted attorney specializing in Social Security, like the attorneys on our team at the Kenton Koszdin Law Office, can handle these parts. Some of these parts, however, will still require your participation and involvement alongside the work done by your attorney. This is true for those who find themselves in need of completing a "special examination."



[Click here to read more](#)

## 8 Stellar Facts About Southern Cali

It's no secret that Southern California holds the heart captive with its breathtaking sights and spectacular cityscapes, but do you know all there is to know about this dazzling half of California? Here are 8 facts about Southern California to 'wow' your friends and make them want to visit when regular travel is back in order.

1. The State of California holds the record for the most populated state across the U.S. Nearly 40 million people live in California, and more than half of those people live in Southern California!
2. California is approximately 1,040 miles long, 560 miles wide, and is the third-largest state in the U.S. behind Texas and Alaska. Within those measurements lies the largest county in the U.S. as well - Los Angeles!
3. With nine National Parks throughout the entire state, California holds the record for the most National Parks per state in the U.S. In addition to this, it boasts 10.5 thousand hiking trails - more than half of which are in Southern California!
4. The Southern California town of Furnace Creek, located in Inyo County, is on record as the hottest place in all the United States. In the summer of 1913, Furnace Creek reached a critical 134 degrees Fahrenheit!
5. California is home to several fruit groves, but Southern California boasts itself as the citrus and avocado capital of the world. Move over Florida, the California town of Santa Paula is king!
6. A small island, called Saint Catalina Island, is found off the coast of Southern California. The island is home to a herd of bison introduced to the land in 1920 for the set of a silent film. Today, that herd is 150 strong!
7. If you visit the Palomar Mountain Observatory on an exceptionally clear day, you can see from San Diego to Los Angeles from its peak. The sight is breath-taking and beyond memorable!
8. The town of San Diego has produced more musicals that have made it to Broadway than any other town in the entirety of the United States - that's certainly a source of pride.



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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

# Three Bean and Beef Chili

This comforting, heart-healthy chili is perfect for cold February days. Use ground turkey or chicken for an even leaner option.

### Ingredients

- 1 tablespoon olive oil
- 1 onion, diced (1 cup)
- 1 red bell pepper, diced (1 cup)
- 2 carrots, diced (1/2 cup)
- 2 teaspoons ground cumin
- 1 pound extra-lean ground beef (90 percent lean)
- One 28-ounce can crushed tomatoes
- 2 cups water
- 1 chipotle chile in adobo sauce, seeded and minced
- 2 teaspoons adobo sauce from the can of chipotles
- 1/2 teaspoon dried oregano
- Salt and freshly ground black pepper
- One 15.5-ounce can black beans, drained and rinsed
- One 15.5-ounce can kidney beans, drained and rinsed
- One 15.5-ounce can pinto beans, drained and rinsed



### Directions

1. Heat the oil in large pot or Dutch oven over moderate heat. Add the onion, bell pepper and carrots, cover and cook, stirring occasionally until the vegetables are soft, about 10 minutes. Add the cumin and cook, stirring, for 1 minute.
2. Add the ground beef; raise the heat to high and cook, breaking up the meat with a spoon, until the meat is no longer pink.
3. Stir in the tomatoes, water, chipotle and adobo sauce, oregano and salt and pepper. Simmer, partially covered, stirring from time to time, for 30 minutes.
4. Stir in the beans and cook, partially covered, 20 minutes longer. Season, to taste, with salt and pepper.

*Recipe courtesy of Ellie Krieger*



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**5 Easy Ways to Sabotage  
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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.

[Coldwater Canyon Park](#)  
Studio City, CA

[Orange County Zoo](#)  
Orange, CA

[Griffith Park](#)  
Horseback Riding  
Los Angeles

[Electric Dusk Drive-In](#)  
Los Angeles, CA

[Encino Farmers Market](#)

[Santa Monica & Venice Beach Segway Tour](#)

