



Kenton Koszdin
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Se habla español



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Keep Important Deadlines in Mind for a Workers' Compensation Claim

If you experience an injury at work or if you determine that an illness is work-related, there is a limited amount of time in which you can file a Workers' Compensation (WC) claim. This time period is called the statute of limitations and starts on the date you were injured – or when you realize that an illness is an occupational disease.



File a Workers' Compensation Claim within One Year of Your Injury

The statute of limitations for WC claims in California is one year. If you miss this important deadline, you may lose your right to file a WC claim.

In some very limited circumstances, the WC statute of limitations may be extended. One exception is for a repetitive stress injury that worsens over time. An example of this exception is carpal tunnel syndrome. For these types of injuries, the statute of limitations becomes effective beginning on the date the employee became aware of the injury **and** realized that it happened because of work.

Notify Your Employer Immediately of Your Injury

However, even before you think about filing a WC claim, you must let your employer know that you have been injured.

Here is another important deadline to remember: Notify your employer about your injury or work-related illness within 30 days of the day that you became aware of your condition. This time period applies whether you were hurt in a sudden accident or whether your condition developed over time.

Your employer should give you a DWC-1 claim form on which you will record the date, time and place of your injury as well as describe how the accident happened. Make a copy of the form for your own records and give the original back to your employer, who will file it with their insurance company within 5 days.

Don't forget to file your WC claim and notify your employer! If you miss either of these deadlines, you may lose payment for medical expenses as well as reimbursement for lost income. Filing a WC claim can be tricky, so we urge you to work with an experienced Los Angeles Workers' Compensation attorney for the best outcome for you and your family.

VIEW KENTON KOSZDIN PROFILE ►



From My Blog

Ouch! Heavy Lifting Causes Many Workplace Injuries

What medical condition accounts for more lost work days than the common cold? **Back injuries**. One million workers hurt their backs each year, representing almost 20% of all workplace injuries and illnesses. And most of these injuries are caused by **heavy lifting**.



[Click here to read more](#)

Happy Endings: 7 Special Hikes in Southern California

Many hikes just go around a point of interest, such as circling a lake. But we have the inside story on 7 exceptional hikes with amazing things to find!



1. [Malibu Creek State Park](#). You might recognize some spots that were used to film the TV series *M*A*S*H* – especially when you come upon a rusted Jeep. The midpoint of the round-trip 5-mile trek is an incredible view of Malibu Canyon.
2. [Paradise Falls](#). Located in Thousand Oaks' Wildwood Park, the 2-mile hike culminates in fabulous 40-foot Paradise Falls. Extend your stroll to Lizard Rock for vistas of the surrounding valley.
3. [Echo Mountain](#). Bring a picnic and your craving for history, because at the end of this 5-mile round trip hike in Altadena is a generous picnic space and dynamic history exhibit. You'll also find pieces of the old railroad that once brought visitors to this former resort.
4. [Eaton Canyon](#). After an easy and fairly flat hike through this Pasadena spot, you'll find Eaton Canyon Falls. This hiking area is family-friendly with restrooms and a nature center.
5. [Murphy Ranch](#). If you want quirky, try this flat 4-mile hike that starts near the 405 in Pacific Palisades. You'll find the grounds of a 1930's Nazi sympathizer compound designed to be a small-town self-contained infrastructure. The site is fairly well-preserved in a beautiful setting.
6. [Santa Susana Pass State Historic Park](#). Inhabited once by the Native American Tongva and Chumash peoples, this Chatsworth historic park contains traces of native grinding basins as well as sandstone wheel ruts from later-era stagecoaches.
7. [Burbank's Wildwood Canyon](#). For a more urban feel, try this easy-to-moderate 2-mile loop with spectacular city views. You'll reach a permanent reclining chair memorial that's perfect for sipping some water and taking the obligatory selfie.

No matter where you venture, take a moment to review important hiking safety tips from the [California Department of Parks and Recreation](#).

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

Chipotle-Mango BBQ Chicken

A Chipotle-Mango flavored marinade packs a punch in this grilled chicken recipe, perfect for grilling season. This BBQ dish is savory, sweet and screams summer!

Ingredients

- 1 1/2 cups mango, peeled, pitted and roughly chopped
- 3/4 cup fresh cilantro (loose pack, not chopped, stems and all)
- 2 tablespoons fresh lemon juice
- 2 tablespoons unseasoned rice wine vinegar
- 1 tablespoon canola oil, plus extra for grill
- 4 cloves garlic, peeled
- 2 chipotle peppers in adobo, plus 1 tablespoon adobo sauce
- 2 teaspoons kosher salt
- 1 teaspoon freshly cracked black pepper
- 2 pounds chicken thighs and drumsticks, bone in, skin on



Directions

1. Put the mango, cilantro, lemon juice, vinegar, oil, garlic, chipotle, salt and pepper in a food processor and puree until smooth. Adjust seasonings to taste.
2. Add the chicken with half of the chipotle-mango sauce to a resealable plastic bag, and massage to coat the chicken with the sauce. Refrigerate at least 6 hours to marinate.
3. Put the other half of the chipotle-mango sauce into a small saucepan and simmer over low heat until thick, stirring often, about 15 minutes. Set some of the simmered sauce aside to serve on the side, and baste the chicken every few minutes with the rest of the sauce.
4. Preheat a grill or grill pan to medium-high heat and brush with oil. Remove the chicken from the marinade and put on the grill.
5. Grill the chicken, turning and basting about every 5 minutes, until cooked through, 20 to 25 minutes. Transfer to a serving platter and serve with the reserved chipotle-mango sauce.

Recipe courtesy of Guy Fieri



Summer Days Are Here Again!

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What's Happening in Van Nuys & Southern California

June 16 - 17

Father's Day 5k, 10k, 15k, Half
Marathon
Woodley Park Van Nuys
Encino, CA

June 21 - 22

Garagiste Wine Festival: Urban
Exposure
Glendale Civic Auditorium
Glendale, CA

June 22

Ivan Amodei: "Secrets & Illusions"
Alex Theatre
Glendale, CA

Jun 22

Mariachi USA Festival
Hollywood Bowl
Los Angeles, CA

Jul 2 - 4

July 4th Fireworks Spectacular
Nile Rodgers & CHIC
Hollywood Bowl
Los Angeles, CA

July 4 - 5

Independence Day 5k, 10k, 15k, Half
Marathon
Santa Monica/by the beach
Santa Monica, CA

July 9

Michael Buble
Staples Center
Los Angeles, CA

July 13

Paul McCartney
Dodger Stadium
Los Angeles, CA

