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Recognize Victims' Needs During Brain Injury Awareness Month

Did you know that between three and five million Americans live with the debilitating effects of a traumatic brain injury? The number of people with these devastating injuries, which are also TBIs, may be even larger because some victims like professional athletes are reluctant to seek treatment.



Types of Traumatic Brain Injuries

Causes of traumatic brain injuries from an external force include:

- Falls
- Assaults
- Motor vehicle accidents
- Sports or recreational activities
- Abusive head trauma such as shaken baby syndrome
- Gunshot wounds
- Workplace injuries
- Child abuse
- Domestic violence

Causes of non-traumatic brain injuries from internal forces range from stroke to infectious disease, seizure, tumor, metabolic disorders, lack of oxygen such as drowning and drug overdose.

TBI Symptoms Range from Headaches to Coma

There is a wide range of symptoms for a traumatic brain injury depending on its severity. A mild TBI can cause headaches, brief loss of consciousness, nausea, confusion, changes in sleep, speech problems and dizziness. The victim may experience sensory problems like light sensitivity, cognitive and memory symptoms, mood changes and depression.

In a more serious TBI, the symptoms are more severe. Convulsions may occur as well as prolonged unconsciousness. Weakness or numbness in the extremities may be present along with slurred speech and coma.

Important note: symptoms for children may be difficult to assess as the child may not be able to communicate well. In addition to the above, watch for changes in eating or sleeping habits, easy irritability, persistent crying, drowsiness and lack of interest in favored toys or activities.

Brain Injury Awareness Month – Change Your Mind

The theme for March's Brain Injury Awareness Month as promoted by the Brain Injury Association of America is "Change Your Mind." Those with TBI and their families have special needs, and it's important to de-stigmatize the injury, empower survivors and spread information about the many available types of support.

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VIEW KENTON KOSZDIN PROFILE ►



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Many TBI victims face significant medical bills both current and future, as well as multiple stays in rehabilitation facilities. Dramatic lifestyle changes may require alterations to the home and car. The victim may not be able to work or may have to accept reduced employment.

If you or a family member has experienced a traumatic brain injury, please call us for support. You may be eligible for Social Security Disability (SSDI) benefits or Workers' Compensation (WC) benefits if your injury or illness is related to your job. We will advocate on your behalf to get you the compensation that you deserve.

From My Blog

New Definition of 'Employee' Effective January 1 in California

Effective January 1, a new law becomes effective in California that will help determine a worker's employment status.

With the new law, a worker is considered to be an independent contractor only if the entity paying the worker (the payor) can verify *all three* of these factors:



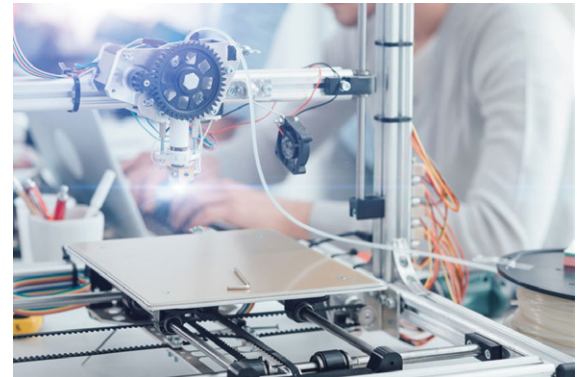
[Click here to read more](#)

California: Home of Invention

Guess what? Surfboards were not invented in California – that honor goes to Hawaii.

However, our state has had more than its share of remarkable inventions and inventors and none more amazing than the innovative products from Apple Computers. From the Macintosh computer or Mac, the first computer to use a mouse, to the industry-dominating iPhone with its pioneering touchscreen, Apple is a Cupertino treasure that employs 137,000 worldwide.

But technology is not the only area in which California shines. Here are a few more creative inventions home-grown in our state:



- Levi Strauss invented blue jeans so that miners working in the California Gold Rush would have more rugged clothing.
- Inspired by the Native American Hoop Dance, Hula Hoops became wildly popular in the 1950s and are still enjoyed by kids of all ages.
- A creative 11-year old from San Francisco left fruit drink out overnight with a stick in it, and Popsicles were born. Frank Epperson marketed his brand as Epsicles and also created Fudgsicles, Creamsicles and Dreamsicles.
- Although surfboards came from Hawaii, the first wetsuit was made by a physicist at the University of California Berkeley in 1952.
- Barbie dolls were designed by the spouse of a Mattel toy company co-founder. Ruth Handler named Barbie and Ken after her real-life children.
- California's tremendous aerospace industry produced WD-40 lubricating oil and water-displacing spray while searching for a line of rust-prevention and degreasing products.
- After proving that nicotine was tobacco's addictive factor, Murray Jarvik, a UCLA pharmacologist, invented the nicotine patch in 1990.

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.

Daylight Savings Time March 8th



Recipe of the Month

Thai Baked Pineapple Fried Rice

This delicious Thai Pineapple Fried Rice with cashews is baked inside a carved pineapple for a unique tropical twist and extra juicy pineapple flavor. This vegetarian meal can also be served with a protein of choice. Can be made gluten free and clean eating.

Ingredients

- 1 ripe sweet pineapple
- 1 tablespoon oil divided
- 2 eggs lightly beaten
- 4 green onions whites chopped, greens cut into 1/2-inch pieces
- 3 garlic cloves roughly chopped
- 2 cups cold cooked rice white or brown
- 1 cup frozen diced carrots and peas thawed
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon turmeric powder
- 1/4 teaspoon ground coriander
- 1/4 teaspoon chili flakes
- 1/4 cup roasted cashews
- 1 tablespoon coconut milk
- 1 tablespoon soy sauce (sub Tamari to make gluten-free or liquid aminos)



Instructions

1. Preheat oven to 375 F.
2. Prepare the pineapple by cutting it in half. Carve out the flesh while leaving the skin intact to create cavities. Chop half of the flesh into small chunks (about 1 cup) and set aside. Freeze remaining pineapple for other use. Pat the pineapple halves dry with paper towel. Cover the leaves with aluminum foil to keep from burning. Bake the pineapple boats for about 5 minutes to dry them.
3. Heat 1/2 tablespoon of oil in a large skillet or wok on high heat. Add the eggs and cook without stirring for about 30 seconds. Then stir quickly to scramble and remove from pan.
4. Add the remaining 1/2 tablespoon oil to the pan, stir in onion whites and garlic and stir fry for half a minute until fragrant. Add the thawed carrots and peas and fry for a couple minutes.
5. Push the veggies to one side of the pan, then add the cold cooked rice. Stir fry on high while adding coconut milk, soy sauce and spices (salt, pepper, turmeric, coriander and chili flakes).
6. Combine with the veggies from the side of the pan and stir scrambled eggs back into the rice. Add in green onion pieces, chopped pineapple and cashews and stir. Fill into pineapple shells and bake for about 10 minutes until heated through.
7. Garnish with more cashews and green onion. Serve right away.

Recipe courtesy of LeelaLicious.com

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**Recognize Victims' Needs
During Brain Injury
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What's Happening in Van Nuys & Southern California

Mar 21

Cherry Blossom Festival
West Covina Civic Center
West Covina, CA

Mar 21

The Stylistics
Saban Theatre
Beverly Hills, CA

Mar 22

Nickelodeon SlimeFest
LA Forum
Inglewood, CA

Apr 2-3

Celine Dion
Staples Center
Los Angeles, CA

Apr 4

Sierra Pelona Wine Festival
Reyes Winery
Santa Clarita, CA

Apr 9

The Legendary Count Basie Orchestra
Lizz Wright & Carmen Bradford
Valley Performing Arts Center
Northridge, CA

Apr 11

Dionne Warwick
Saban Theatre
Beverly Hills, CA

Apr 15

Pearl Jam
LA Forum
Inglewood, CA

