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Se habla español

May 2020

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Think Positive, Be Positive....

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L.A.'s Olympian Hosting

Did you know that Los Angeles has hosted the summer Olympics not only once, but twice in its history? Now, there's something to be proud of! These two separate occasions make for interesting comparisons due to the historical context of the years they took place. The first Olympics held in Los Angeles happened in 1932; the second, 1984.



Here is a look at the fun and intriguing comparisons between the two events:

- The 1932 games took place during the Great Depression and, as a result, many nations were unable to attend.
- Conversely, the 1984 games had 14 countries voluntarily withhold from attendance to symbolize their disdain for the United States boycotting the 1980 games in Moscow.
- In both 1932 and 1984, L.A. was the only state competing for their ability to host the games.
- While only 37 nations participated in the 1932 games, a whopping 140 participated by the time 1984 rolled around.
- There were only 117 events in 14 sports during the 1932 games, while 1984 hosted 221 events in 21 sports.
- The first-ever Olympic Village was constructed in Baldwin Hills for the 1932 games, which came in handy for the 1984 games!
- Due to the Great Depression, President Hebert Hoover was absent from the 1932 games. In 1984, however, President Ronald Reagan proudly opened the games.
- The profits of the 1932 games raked in about 1 million dollars, whereas the 1984 games topped at \$250 million.
- The opening ceremony of the 1932 games was innovative and extraordinary compared to years prior, boasting nearly 3,500 musicians. In 1984, 85 grand pianos echoed the extravagance of the 1932 games while playing "Rhapsody in Blue."
- Lastly, and arguably most importantly: both years resulted in winning the most gold medals, 41 gold medals in 1932 and 83 gold medals in 1984!

Despite the 2020 Summer Olympics being postponed to 2021, we enjoy reminiscing on years past and look forward to future games. L.A. wins the gold for its hosting abilities!

From My Blog

Are There Time Limits for a Workers' Compensation Claim?

The simple answer to this question is "Yes." However, there are different components of a Workers' Compensation (WC) claim with various applicable time limits.



[Click here to read more](#)

Happy 50th, Medicare!

On July 30th of 1965, Medicare & Medicaid were born from legislation signed into law by President Lyndon B. Johnson. This year, on July 30th of 2020, will mark the 50th anniversary of Medicare's creation. That's 50 long years of providing low-income families, pregnant women, people of all ages with disabilities and long-term conditions with the medical coverage they need to thrive. A staggering 14.66 million people in California alone currently receive health coverage from Medicare & Medicaid.

The majority of those 14.66 million Californians breaks down to:

- 4.63 million children
- 1.21 million seniors
- 1.14 million people with disabilities

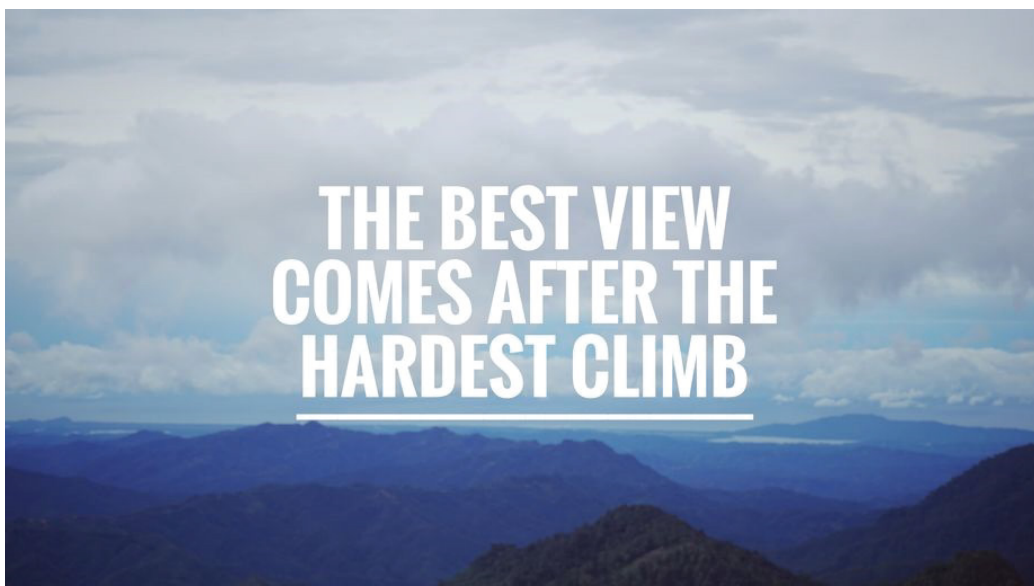
In honor and celebration of its 50th anniversary, here are just 6 of the many ways Medicare & Medicaid have positively impacted our nation throughout the years:

Medicare & Medicaid have allowed for:

- Participants to see a doctor when they are sick, need vaccinations or need important health tests or screenings.
- An individual to more easily develop a long-term relationship with a primary care office or clinic.
- The mortality rate of low-income adults to be reduced by 6%.
- Recipients to have improved access to preventative care, including mammograms, vaccinations, cancer screenings, and more.
- Seniors and people with disabilities have the support and care they need to lead healthy lives and maintain independent living.
- Children on Medicare & Medicaid to perform better at school, miss fewer days due to illness or injury, to be more likely to graduate high school, and to earn more as adults.

Medicare & Medicaid is a resource that is undoubtedly worth its weight in gold.

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

California Veggie Sandwich

Get all your vitamins in one delicious sandwich! Try making your own pickled vegetables or use store-bought and skip the first step.

Ingredients

Pickled Vegetables:

- 2 cups apple cider vinegar
- ½ cup (packed) light brown sugar
- ¼ cup kosher salt
- 4 cups any combination shredded carrots, sliced cucumbers, sliced red onions, and/or sliced mild fresh chiles

Dressing and Assembly:

- ¼ cup buttermilk
- ¼ cup plain whole-milk Greek yogurt
- 1 tablespoon fresh lemon juice
- 6 tablespoons olive oil, divided
- Kosher salt, freshly ground pepper
- 2 ripe avocados, halved
- 6 ounces fresh goat cheese
- 6 cups mixed lettuce leaves, ribs removed if thick
- 8 slices multigrain bread, toasted
- ½ English hothouse cucumber, thinly sliced on a diagonal
- 2 cups sprouts

Special Equipment:

- 2 heatproof 1-qt. glass jars

Recipe Preparation

Pickled Vegetables:

1. Bring vinegar, brown sugar, salt, and 2 cups water to a boil in a large saucepan. Meanwhile, pack vegetables into jars. Pour brine over vegetables. Cover and chill until cool. **Do Ahead:** Pickles can be made 2 weeks ahead. Keep chilled.

Dressing and Assembly:

1. Whisk buttermilk, yogurt, lemon juice, and 3 Tbsp. oil in a large bowl until smooth; season dressing with salt and pepper.
2. Scoop avocados into a small bowl; add 1 Tbsp. oil and lightly mash. Season with salt and pepper. Mash goat cheese with remaining 2 Tbsp. oil in another small bowl until softened and spreadable; season with salt and pepper.
3. Add lettuce to dressing and toss to coat. Season with salt and pepper. Spread avocado mixture over 4 slices of bread. Arrange lettuce over and top with cucumber, sprouts, and some drained pickles. Spread remaining 4 slices of bread with goat cheese and close sandwiches.

Recipe courtesy of bonappetit.com



L.A.'s Olympian Hosting



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