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*Se habla español*



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## How to Easily Manage Your Social Security

Even if you're nowhere near retirement age, what if you wanted to start crunching numbers to get an idea of what your future retirement might look like? One could easily imagine that the process of accessing this information would be a lengthy one and potentially involve waiting in line, being on hold over the phone for a long time, filling out several documents to request information, and so on.



What if we told you that it's as easy as signing into an online account, just like you do with email or social networks? You read that correctly! The Social Security Administration (SSA) has a helpful online program available to anyone with a social security number called a "My Social Security" (MySS) account. With this online account, you have access to anything and everything about your Social Security contributions:

- Easily check your earnings record by signing in.
- Look at how much money you have paid into Social Security.
- Get an estimate of what future Social Security payments will look like.
- See what you will qualify for if you become disabled.
- Determine what your loved ones will receive if you die.
- Request information and documentation, like replacements for your Social Security or Medicare card, or a benefit verification letter.
- Keep your contact information and direct deposit information up to date if you move addresses, change your phone number, or transfer bank accounts.

Having access to all this information, as well as ways to calculate and estimate what your future benefits may look like and what your dependents will receive in the event of your passing, is immeasurably valuable. Once you've used a convenient resource like this, it's hard to imagine life without it! This is all you need to sign up:

1. Visit the SSA's official, secure website to start creating your MySS account.
2. Provide identifying information and give unique, personalized answers to security questions.
3. Designate a username and password for your account.
4. Request a one-time security code to your phone number or email address and answer the prompt within 10 minutes of receiving it, to further secure your personal information.

## From My Blog

### What Constitutes a Workplace Injury?

It can be difficult for a person to decipher what does nor does not constitute a workplace injury. Many well-intentioned people may feel discouraged from identifying their experience as a true workplace injury because they either believe their injury wasn't that serious, that it was...



[Click here to read more](#)

# 12 Interesting Facts About Thanksgiving

One of the greatest American holidays is falling upon us (get it?) soon, and despite 2020 being vastly different than any year prior, it's safe to say that we're all looking forward to it! Thanksgiving is a great opportunity for many to turn "off" the busy buzzing of everyday life and turn "on" the family bonding, relaxation, and enjoyment of a delicious feast. The history of the Thanksgiving tradition throughout the United States is a fascinating one, so we've compiled 12 fun facts about Thanksgiving this year:



1. The first Thanksgiving celebration took place in 1621, catering to 50 Pilgrims and 90 Wampanoag Native Americans, lasting 3 entire days!
2. Believe it or not, turkey wasn't even on the menu at the first Thanksgiving. Instead, venison, duck, oysters, goose, wildfowl, corn, and porridge were believed to be served.
3. Pies weren't a Thanksgiving tradition until Sarah Josepha Hale, a famous editor from the early 1800s, championed various pies as a new tradition at Thanksgiving meals.
4. Additionally, Sarah Josepha Hale was responsible for convincing President Abraham Lincoln to declare Thanksgiving as a national holiday. It only took 17 years of letter writing until he agreed!
5. The history of turkey pardoning is cloudy - while some presidents pardoned, others had their feathery friend for dinner. Turkey pardoning wasn't formalized until 1989 while President George H.W. Bush was in office.
6. Do you know which Indigenous land previously occupied by Native Americans you currently live on? [Visit this website](#) to find out more - it's a great way to both learn some history and honor Indigenous people of the past and present.
7. Across the United States, you will find four towns named "Turkey" in Texas, North Carolina, Louisiana, and Arizona.
8. The average person consumes upwards of 4500 calories during a Thanksgiving feast - but we'll just shave off a zero or two like we shaved turkey onto our plates.
9. The company that coined the infamous Butterball Turkey answers more than 100,000 turkey-related questions via their hotline each November and December - maybe they're hiring remote employees this year?
10. The first-ever Macy's Day Parade in 1924 started with just 400 Macy's employees marching with animals from New York's Central Park Zoo. Today, giant balloons float in place of the zoo animals!
11. Typically, nearly 54 million Americans travel for the Thanksgiving holiday - we can imagine that this year those numbers will be vastly smaller due to COVID restrictions!
12. Football on Thanksgiving wasn't a tradition up until 1876 when a game between Yale and Princeton fell on the holiday. The first NFL Thanksgiving game wasn't until 1920!

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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.

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## Recipe of the Month

### Roasted Butternut Squash Winter Salad with Kale, Farro & Cranberry Dressing

This salad is a wholesome and comforting dish – perfect with Thanksgiving turkey, as a side for a delicious winter meal, or as a wholesome lunch on its own.

#### Ingredients for the Salad

- 1 butternut squash peeled, seeds removed and diced into 1/2-inch cubes
- 4 cloves garlic
- 4 tablespoons olive oil divided
- 2 cups farro
- kosher salt
- freshly ground black pepper
- 1 tablespoon butter



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- 1 shallot finely diced
- 3 cups kale finely shredded
- 1/4 cup feta cheese

### Ingredients for the Dressing

- 3 tablespoons balsamic vinegar
- 2 tablespoons unsweetened cranberry juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup olive oil

### Directions

1. Preheat the oven to 400°F.
2. Placed the butternut squash and garlic on a rimmed baking sheet, drizzle with about 2 tablespoons olive oil, season with salt and pepper, and toss well, using your hands to evenly coat the squash. Roast the squash in the oven for about 15-20 minutes, or until fork tender.
3. While the butternut squash and garlic roasts, place the farro and about 4-5 cups of cold water in a saucepan, season generously with kosher salt, and bring to a boil over medium high heat. Once the farro comes to a boil, lower heat to a simmer, cover, and let the farro cook for up to 40 minutes, or until the farro has bloomed. Check your farro package for instructions, as some farro may cook faster/longer.
4. When the butternut squash is tender, remove from the oven and set aside. Squeeze the garlic out of the peel into a small bowl, mash with a fork, and set aside. Discard garlic peel.
5. In a deep sided sauté pan, heat remaining 2 tablespoons olive oil and butter over medium-low heat. Once the butter is melted, add the shallots and roasted garlic, and cook for a minute or two, or until the shallots are translucent. Stir in the kale, butternut squash, and farro. Season to taste with salt and pepper. Remove from heat and let it sit while you make the cranberry dressing.
6. In a small bowl, whisk together the balsamic vinegar, cranberry juice, salt, and pepper. While whisking, slowly drizzle in the olive oil. Stir in about half of the dressing into the warm salad. Stir in the feta cheese.
7. Transfer the salad to a serving dish and serve warm, with additional dressing on the side.

*Recipe courtesy of kitchenconfidante.com*

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**The What, Why, and How's  
of Independent Medical  
Examinations**



See Page One

## 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.

[LA Ghosts Walking Tour](#)

[Encino Farmers Market](#)

[Hollywood Hills Hike](#)

[Los Angeles Hop-On Hop-Off Bus Tour](#)

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

