



Kenton Koszdin
LAW OFFICE

Se habla español



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KENTON KOSZDIN
LAW OFFICE
16600 Sherman Way
Suite 280, Van Nuys
CA 91406-3785

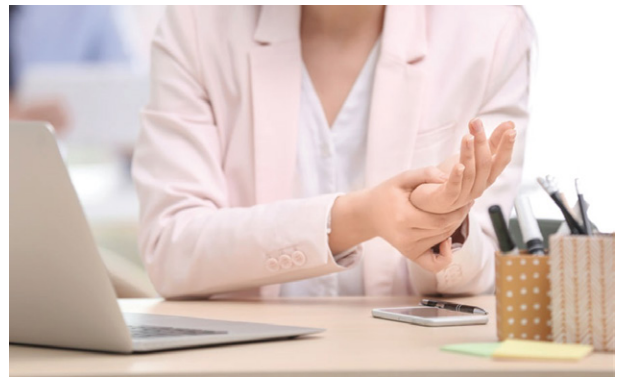
Phone: (818) 901-9999
Toll Free: (800) 438-7734

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Workers' Compensation: Repetitive Stress Injuries in the Workplace

Many people associate workplace injuries with sudden, unexpected accidents like a slip and fall, fall from a roof, electrocution or explosion. However, many job-related injuries arise over time from damage caused by small repetitive movements that accumulate over time.



These are called repetitive stress injuries and can be caused by often-repeated movements like hammering, using a jackhammer, scanning groceries and keyboarding. Injuries like these can be debilitating and workers may be eligible for Workers' Compensation (WC) benefits if it can be proven that their work duties were to blame.

Jobs at risk of a repetitive stress injury include:

- Computer work
- Health care and nursing
- Bus drivers
- Delivery jobs
- Custodians and housekeepers
- Grocery and stock clerks
- Firefighters
- Plumbers
- Musicians
- Professional athletes

Symptoms of Repetitive Stress Injuries

The injuries caused by repetitive stress are many and varied, such as carpal tunnel, tendonitis, rotator cuff syndrome, tennis elbow, lower back pain, bursitis and trigger finger. Symptoms can include:

- Acute pain
- Throbbing pain
- Aching
- Numbness
- Tingling
- Reduced flexibility
- Reduced range of motion
- Loss of coordination

Although early on your symptoms may be sporadic, with time your pain may be persistent and you may be unable to do your job or your daily activities.

What to Do If You Suspect a Repetitive Stress Injury

Be alert to any possible symptoms that may indicate a repetitive stress injury. If you feel it is job-related, notify your employer.

Seek medical help as soon as possible not only to get your recovery going but to comply with WC requirements.

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If you haven't already spoken with your employer, report your job-related injury and complete a WC application. You have 30 days to complete the form and return it to your employer. For cumulative injuries, the period begins when you either needed medical care for your condition or missed work.

A repetitive stress injury typically means longer absences from work, so your employer or the insurance company may be unwilling to approve your WC claim. Please consult with us if you need help with your WC claim or appeal.

From My Blog

Visit "my Social Security" Online for Social Security Transactions

If you are receiving Social Security Disability (SSDI), do you know that you can transact some business online via the Social Security website?

Those receiving SSDI can set up a "my Social Security" account and use the main Social Security website too. But if you are receiving Supplemental Security Income (SSI), you are limited to the main website.



[Click here to read more](#)

California Boasts 4 Ecoregions

If you live near Los Angeles and haven't explored much of the rest of California, you may be convinced that our entire state is of a Mediterranean-type ecoregion. Yes, that is how the World Wide Fund for Nature (WWF) classifies our Southern California coastal area as well as San Francisco Bay.

An ecoregion is a major ecosystem that shares distinctive geography as well as common levels of sun and moisture. A **Mediterranean** ecoregion has dry summers and rainy winters and is similar to the coastal areas all around the Mediterranean Sea. Vegetation includes forests, woodlands, shrubs and grasslands. Some areas have coastal sage and chaparral as well.



There are three more ecoregions in California:

- The **desert** ecoregion forms because our high mountains block the moisture from reaching eastern California. The low desert is part of Arizona's Sonoran desert ecoregion. Our state has two high deserts, the Mohave Desert ecoregion with its fabulous Joshua trees, and the Great Basin Desert's shrub steppe environment. Common plants include sagebrush, blackbrush, greasewood and saltbush, while higher elevations can sustain drought-resistant trees like the western juniper.
- The **forest** ecoregions in the north are divided by the applicable mountain range: Sierra Nevada, Klamath and the Eastern Cascades Slopes and Foothills. The native plant species vary by altitude as the climate becomes increasingly harsh with higher elevations. The Sierra is home to the biggest trees on earth: the giant sequoia trees. Other vegetation in this ecoregion includes ponderosa pine, shrub lands and grasslands.
- North of San Francisco is the **coastal forest** ecoregion, dominated by redwood forest with some of the oldest and tallest trees in the world. These massive trees live very close to the coast and enjoy the moisture from winter rains and frequent summer fogs.

One of the reasons that California has so many ecoregions is that it spans two-thirds of the U.S. western coast. No other state can boast our ecoregion diversity!

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....continued from page 2 **California Boasts 4 Ecoregions**

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

Whole Wheat Pumpkin Waffles

Fall flavors abound in these pumpkin waffles! A great option for a leisurely Sunday breakfast or freeze them to eat through the week.

Ingredients

- 1 cup milk
- 1 egg, separated
- 1/2 cup plain pureed pumpkin
- 1/2 tsp vanilla extract
- 3 Tbsp canola oil
- 2 Tbsp brown sugar
- 3/4 cup whole wheat flour
- 1/2 cup all-purpose flour
- 2 tsp baking powder
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1/8 tsp nutmeg



Directions

1. Preheat waffle iron.
2. In a large bowl, combine milk, egg yolk, pumpkin, vanilla, oil and brown sugar together. Place egg white in a separate smaller bowl and beat with a hand mixer until firm peaks form. Set aside. Pour in remaining dry ingredients to the wet and slowly incorporate. Fold egg whites into waffle batter.
3. Spray waffle iron with non-stick cooking spray. Pour about 1/2 cup of batter onto waffle iron. Close the top slowly. Cook about 2 minutes or until waffles are crispy.
4. Serve immediately with butter and maple syrup.

Recipe courtesy of Lauren's Latest



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16600 Sherman Way
Suite 280, Van Nuys
CA 91406-3785
Phone: (818) 901-9999
Toll Free: (800) 438-7734

**Workers' Compensation: Repetitive
Stress Injuries in the Workplace**



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What's Happening in Van Nuys & Southern California

Oct 16

[Tanya Tucker](#)

Troubadour
West Hollywood, CA

Oct 17

[Rocketman: Elton John & Taron Egerton
& The Hollywood Symphony Orchestra](#)

The Greek Theatre
Los Angeles, CA

Oct 20

[Jonas Brothers](#)

Hollywood Bowl
Los Angeles, CA

Oct 24

[The Who](#)

Hollywood Bowl
Los Angeles, CA

Nov 2

[Celiac Disease Foundation
Turkey Trot 5K Fun Run/Walk](#)

Van Nuys-Sherman Oaks War
Memorial Park
Sherman Oaks, CA

Nov 9

[The Los Angeles Coffee Festival](#)

L A Mart
Los Angeles, CA

Nov 9

[Tropicalia Music & Taco Festival](#)

Pico Rivera Sports Arena
Whittier, CA

Nov 10

[12th Annual Wine & Food Festival](#)

Playa Studios
Culver City, CA

