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IN THIS ISSUE

PAGE 2

From My Blog
(SSD) The Real Benefit...

The Haunted History
of Los Angeles

PAGE 3

Recipe of the Month:
Harvest Chicken Casserole

PAGE 4

What's Happening....

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The What, Why, and How's of Qualified Medical Evaluations

What is a QME?

A Qualified Medical Evaluation (QME) is an assessment performed by a medical professional, such as a doctor, with the intent to objectively report on your physical condition and wellbeing after experiencing a work-related injury that led to filing for workers' compensation. A QME is often required when there are any disputes from your employer's insurance company regarding your workers' compensation claim. The evaluations are intended to be performed by a neutral, objective party, i.e., the medical professional hired to perform your QME.



Why would you need a QME?

A QME is needed when the insurance company of your employer raises questions about your claim or medical evaluation made by your doctor, which then requires a second opinion and evaluation by a neutral doctor. A QME can also be requested when you don't agree with your doctor's initial findings. Common causes for employer insurance company disputes include your doctor diagnosing an illness that is expensive to treat, or an injury that will require an expensive surgery to correct, and especially when they deem your injury to have caused a permanent disability.

What will happen during your QME?

Before or after a Qualified Medical Evaluation is performed, all your medical records and documents related to your injury or illness will be reviewed by the doctor hired to perform the QME. It's the doctor's choice whether to view these records and documents before, or after, to maintain true objectivity and neutrality. If any issues are raised that the employer's insurance company wants to be analyzed by the doctor, they will be provided with a letter detailing your injury and treatments with questions corresponding to your medical condition.

How can a QME affect your case?

The results of your QME can significantly impact your workers' compensation case and the benefits you may be awarded. Whether or not that impact is positive or negative will have a lot to do with the doctor chosen to perform your evaluation. This is where the importance of having an attorney experienced in fighting for fair and just workers' compensation cases is so strongly emphasized. It can be extraordinarily difficult to discredit a doctor's findings unless they're based on a factual mistake, but a workers' comp attorney can analyze the doctor's work with a fine-tooth comb to ensure it's truly fair and objective for your benefit.

[VIEW KENTON KOSZDIN PROFILE ►](#)



From My Blog

(SSD) The Real Benefit of Social Security

As we head into the winter season during a global pandemic, a time when the general public tends to more easily become ill, our priorities in life continue to shift and change each day. It can be more concerning for some than others, primarily those aged 60 and older. As we age, it can become more challenging to perform the same tasks we used to. It makes working difficult, especially when a person develops an illness or sustains an injury that leaves them disabled. For Americans holding a job that pays into Social Security, there's an added sense of relief when we remember there's a safety net like the Social Security program.



[Click here to read more](#)

The Haunted History of Los Angeles

Who doesn't love a scary story? The kind of scary stories that make you laugh nervously while you shift in your seat and feel an urge to look behind you. Living in Southern California, we have no shortage of spooktastic material for a top-tier scary story! This is especially true for our variety of haunted houses in the southern California and Los Angeles area. The only thing spookier than a scary story is visiting the actual location that the story was inspired by or even where the story took place!

The Joan Crawford House in Los Angeles:

Nicknamed the "Mommie Dearest" house, Joan Crawford lived here with her adoptive children from 1928 to 1955. Her adoptive daughter, Christina Crawford, reported dozens of paranormal experiences during her time there. These ranged from seeing dark, scary figures, hearing voices, fires with unknown causes starting randomly, and an overall depressing, haunting feeling about the home.



Bessie Love's Haunted Cabin in Los Angeles:

As an actress who specialized in silent screen films throughout the early 1900s, Bessie Love was used to the sound of silence. It turns out, however, that her newly purchased cabin home was less than quiet. Bessie was plagued by an uneasy feeling accompanied by chills often in her home. She later reported hearing men's voices and seeing the figure of one of the two men murdered in the home during the mid-eighteenth century.

John Sowden's House of Horrors in Los Angeles:

Finally, the well-known tale of the "Black Dahlia" presumably took place inside John Sowden's LA home in 1947. His victim, Elizabeth Short, was found murdered on a vacant lot, where Sowden was suspected to have brought the body. Residents today of what was previously his home report still hearing dragging chains, footsteps, and unidentifiable voices throughout the home.

We know all too well that many scary stories have inklings of truth to them, and a good percentage of haunted houses have fictional history to back up their claims. Take a trip through time when you explore the history and happenings of haunted houses in the Southern California area!

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

Harvest Chicken Casserole

This satisfying casserole has ALL your fall favorites and makes enough to feed a large family.

INGREDIENTS

- 2 tbsp. extra-virgin olive oil, divided, plus more for baking dish
- 2 lb. boneless skinless chicken breasts
- Kosher salt
- Freshly ground black pepper
- 1/2 onion, chopped
- 2 medium sweet potatoes, peeled and cut into small cubes
- 1 lb. brussels sprouts, trimmed and quartered
- 2 cloves garlic, minced
- 2 tsp. fresh thyme leaves
- 1 tsp. paprika
- 1/2 tsp. ground cumin
- 1/2 c. low-sodium chicken broth, divided
- 6 c. cooked wild rice
- 1/2 c. dried cranberries
- 1/2 c. sliced almonds



DIRECTIONS

1. Preheat oven to 350° and grease a 9"-x-13" baking dish with oil. In a large, deep skillet over medium-high heat, heat 1 tablespoon oil. Season chicken with salt and pepper. Add chicken to skillet and cook until golden and cooked through, 8 minutes per side. Let rest 10 minutes, then cut into 1" pieces.
2. Heat another tablespoon oil over medium heat. Add onion, sweet potatoes, Brussels sprouts, garlic, thyme, paprika, and cumin. Season with salt and pepper and cook until softened, 5 minutes. Add 1/4 cup broth, bring to a simmer, and cook, covered, 5 minutes.
3. Place cooked rice in a large baking dish and season with salt and pepper. Stir in chicken, cranberries, cooked vegetables, and remaining 1/4 cup broth. Top with almonds and bake until dish is hot, and almonds are toasted, 15 to 18 minutes.

Recipe courtesy of delish.com



**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.

[Tapia Brothers \(pumpkin patch\)](#)
Encino, CA

[Tanaka Farms \(pumpkin patch\)](#)
Irvine, CA

[Westridge-Canyonback Wilderness Park](#)
Encino, CA

[The Grooves Overlook](#)
Encino, CA

[Nights of The Jack Drive-Thru](#)
Calabasas, CA

[Haunt O'ween](#)
Woodland Hills, CA

