





September 2019

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Assistive Technology: The Future Is Here

In this twenty-first century, with all kinds of amazing technological breakthroughs, there are many remarkable assistive devices to help individuals with disabilities communicate and accomplish basic life and work tasks.

Assistive technology is defined as "products, equipment and systems that enhance learning, working, and daily living for persons with disabilities." An assistive device can be as



simple as a cane or as complicated as energy-storing prosthetic legs for runners.

Here are assistive technology categories with some examples of each:

- Mobility aids. Canes, crutches, wheelchairs, walkers, scooters and prosthetic devices.
- Hearing aids.
- · Cognitive aids. Electrical or computer assistive devices to help with thinking skill challenges as well as attention and memory.
- Computer hardware and software. Screen readers, screen enlargement applications and voice recognition programs to help those with sensory and mobility impairments use mobile devices and computers.
- Educational tools. Book holders, page-turners and pencil grips.
- · Closed captioning. For the hearing-impaired to be able to watch television and movies.
- Environmental modifications. Ramps, grab bars, wider doorways.
- Sports mobility devices.
- · Adaptive switches and utensils. For those with limited motor skills to eat, play games and other activities.
- Personal care devices. For cooking, dressing, grooming, reaching and lights on telephones and doorbells.

The Future of Assistive Technology

With today's explosive technological growth, the future is limitless in terms of assistive technology for individuals with disabilities.

Look for these in the future:

- The "Internet of Things" where appliances and other necessary machines and electronics are hooked to and can be operated by your smartphone.
- Wearable technology like a FitBit that can allow doctors to monitor your health and disability and even track those with dementia.continued on page 2

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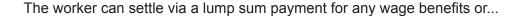
- · More smartphone features designed for accessibility.
- Increased capabilities for voice-activated technology like Alexa and Siri.
- · Walking assistance via GPS.
- · A Braille tablet that wirelessly translates what is being written on a classroom board.

For more information visit the <u>California Department of Developmental Services</u> and the <u>Disability Rights California</u> website.

From My Blog

Workers' Compensation – Lump Sum Settlement vs. Periodic Payments

California Workers' Compensation (WC) law allows for a lump sum cash settlement of an injured worker's claim. This way, the worker accepts one payment instead of weekly or monthly payments.





Click here to read more

80 Years of Movies Set in Los Angeles

There are more movies set in Los Angeles perhaps than in any other city in the world! First of all, our weather is practically picture-perfect every day of the year. Also, Los Angeles and the surrounding cities like Burbank, Universal City and Culver City are the homes of most of the U.S. major movie studios.

Many classic films were filmed in L.A. – and continue to be, including 2016 Oscar winner *La La Land* that used more than 60 diverse locations like Warner Bros. Studio lot, the Grand Central Market, the Watts Towers and even the 105 freeway.



Here are a few more iconic movies filmed in our city. Do you have a favorite?

- A Star Is Born all four versions spanning the years from 1937 to 2018.
- Anchors Aweigh, 1945 musical where two sailors go on a 4-day shore leave in Hollywood.
- Sunset Boulevard, a 1950 film noir named for the major thoroughfare that runs from L.A. to Beverly Hills.
- The Graduate, 1967 best picture Oscar winner with many shots filmed at USC.
- Chinatown, a 1974 neo-noir mystery inspired by the California Water Wars in the early twentieth century.
- Fast Times at Ridgemont High, filmed in 1982 at Van Nuys High School and the Sherman Oaks Galleria.
- The Rocketeer, a 1991 superhero movie with many scenes filmed at L.A.'s Griffith Park and Griffith Observatory.
- *The Holiday*, a 2006 romantic comedy that switches locations between Brentwood, where real Santa Ana winds created very warm winter days, and Surrey in England.

Let's not forget those films created in L.A. in which the city is destroyed including *War of the Worlds, Earthquake*, the *Terminator* series and *Independence Day*.

Good thing that Angelenos are so resilient!

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If you or a loved one has been denied <u>Worker's Compensation</u> or <u>Social Security Disability (SSDI)</u> 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 <u>Kenton Koszdin Law Office</u>, <u>Social Security attorney in Van Nuys</u>, can help you navigate the application process for the best possible outcome for you and your family.

Recipe of the Month Cumin Pumpkin Soup

Here's a great soup for a cool autumn night. Garnish the soup with popcorn and pumpkin seeds for added crunch.

Ingredients

- 1 (15-ounce) can pumpkin
- 1 1/2 cups reduced-sodium chicken broth
- 1 cup low-fat milk
- 1 teaspoon ground cumin
- 2 bay leaves
- Salt and ground black pepper
- Fresh sage leaves
- Popcorn and pumpkin seeds, for garnish



Directions

In a medium saucepan, whisk together pumpkin, broth, milk, and cumin. Add bay leaves and set pan over medium heat. Season with salt and pepper. Bring to a simmer. Simmer 10 minutes. Remove from heat; remove bay leaves and season to taste with salt and black pepper. Garnish with sage, popcorn and pumpkin seeds before serving.

Recipe courtesy of FoodNetwork.com







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What's Happening in Van Nuys & Southern California

Sep 27

Rod Stewart Hollywood Bowl

Los Angeles, CA

Sep 28

40's On The Fantail

Wine, Beer & Food Festival

Gary Clark Jr. | Michael Kiwanuka

USS Iowa

Sep 29

San Pedro, CA

Hollywood Bowl

Los Angeles, CA

Oct 3

Oct 3

Yanni

Alex Theatre Glendale, CA

Scotty McCreery

Los Angeles, CA

The Novo by Microsoft

Oct 4

Sabor De Mexico Lindo Downtown

Festival

Pacific & Gage

Huntington Park, CA

Oct 6 - 8

The Los Angeles Italian Festival

Vermont & Franklin Los Angeles, CA

Oct 13

16th Annual Wheelchair Wash &

Health Festival
Belvedere Park
Los Angeles, CA

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