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Se habla español



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IN THIS ISSUE

PAGE 2

From My Blog
Is Stress a Valid Workers...

Mystery Solved: Why California
Is Called The Golden State

PAGE 3

Recipe of the Month
Roasted Sweet Potato Salad
with Warm Chutney Dressing

PAGE 4

What's Happening....

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How Do VA Disability Benefits Affect Social Security Disability Eligibility?

If you have served in the U.S. Armed Forces, then you may be eligible for a Veteran's disability benefit as well as Social Security Disability (SSDI) benefits.

Eligible beneficiaries who qualify under both programs may collect SSDI and VA benefits at the same time.

There is one major difference between SSDI eligibility and Veteran's disability benefits (VA) eligibility. To qualify for SSDI, you must be totally disabled under the Social Security Administration's definition of disability. The total disability determination is similar to a VA rating of 70% or higher. However, you don't need to be totally disabled in order to collect VA compensation.



The Approval Process: VA vs. SSDI

The Social Security Administration does not take VA disability compensation approvals into account when evaluating an SSDI application. However, the Administration will consider any evidence that the VA weighed in making its disability decision. Both the VA and the Department of Defense share medical records electronically with the Social Security Administration, and this can help to expedite claims processing for Wounded Warriors and for veterans with a 100% disability compensation rating.

Also, approval of an SSDI application does not necessarily mean that the beneficiary will be eligible for VA benefits. It may not be clear whether the disability is based on service-related or non-service disabilities.

Note that some disabled individuals may qualify for Supplemental Security Income (SSI). This need-based program targets those with extremely limited income and resources. The VA pension is also a need-based program paid to those veterans who have very limited income and who are disabled with non-service disabilities.

How about Military Retirement Pay?

Military retirement payments are based on your service and are independent of any other income source.

California offers many other benefits to its veterans. You can read about them at this California Department of Veterans Affairs website.

From My Blog:

Is Stress a Valid Workers' Compensation Claim?

In several states, including California, you can submit a Workers' Compensation claim for stress. However, this is one of the hardest injuries or illnesses to prove and that burden of proof is on the employee, which can make your claim for stress-related injury or illness even more stressful. When making your decision about whether or not to file a Workers' Compensation claim due to the work-related stress you have endured, take the following into consideration.



[Click here to read more](#)

Mystery Solved: Why California Is Called The Golden State

Did you ever wonder how California got its nickname as The Golden State? The nineteenth-century gold rush, when our state experienced unprecedented growth as 300,000 prospectors and their families moved in, is the source of that tag. Our nickname also recognizes our beautiful state flower, the spring-blooming golden poppy.



Here are more fascinating state nicknames and their origins:

- Washington is the “Evergreen State” thanks to its lush pine forests. Some of the oldest trees in the U.S. are located there, including a few that are more than one thousand years old and have a circumference of 25 feet.
- Neighboring Nevada is the “Silver State,” so named because of its mid-1800’s Silver Rush. A prospector could shovel silver dust right off the ground which had been its undisturbed resting place for millions of years.
- Arizona – no surprise – is the “Grand Canyon State.” This amazing canyon was the inspiration for one of the first national parks in the U.S. At 277 miles long, you can see nearly 2 billion years of earth history in its exposed rock layers.
- Oregon is the “Beaver State” and, in the nineteenth century, hats made out of beaver pelts were all the rage. Later, the trappers’ routes became known as the Oregon Trail.

Let’s not forget Hawaii! Although 2,500 miles away, this beautiful state welcomes all with the word “aloha” which means both “hello” and “good-bye.” Aloha also means mutual regard and affection, and the “Aloha State” is filled with both in the spirit of its native Hawaiians.

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

Roasted Sweet Potato Salad with Warm Chutney Dressing

A blend of traditional and fanciful holiday flavors, this side dish is really delicious and will surprise and delight your Thanksgiving guests!

Ingredients

Salad:

- 4 medium-sized sweet potatoes, peeled and cut into 1-inch pieces
- 5 tablespoons olive oil
- 1 tablespoon finely chopped fresh rosemary
- 1 teaspoon salt, plus more as needed

....continued on page 3



....continued from page 2 **Recipe of the Month**

- 1 teaspoon freshly ground black pepper, plus more as needed
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1 cup raw green pumpkin seeds (also known as pepitas)
- 1 cup dried cranberries
- 1 cup chopped scallions (green and white)
- 1 cup julienned roasted red pepper

Dressing:

- 6 tablespoons balsamic vinegar
- 1/3 cup mango chutney
- 2 tablespoons Dijon mustard
- 2 tablespoons honey
- 2 garlic cloves, minced
- 1/4 cup olive oil

Directions

Make the Salad: Preheat oven to 425 degrees F.

In a roasting pan, combine the potatoes, 3 tablespoons of the olive oil, rosemary, salt, pepper, cumin and ginger. Stir to combine and bake until the potatoes are fork-tender and golden brown, about 25 to 30 minutes.

Meanwhile, heat the remaining 2 tablespoons olive oil in a skillet over medium-high heat. Add the pumpkin seeds and cook, stirring, until toasted. Transfer the seeds to a plate and season with salt and pepper. In a small bowl, combine the cranberries, scallions, and red pepper and set aside.

Make the Dressing: Prepare the dressing by combining all the ingredients (except for the olive oil) in a small saucepan and heat. Remove from heat and whisk in the olive oil.

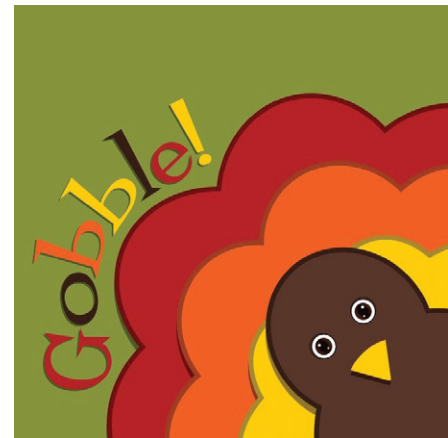
Assemble salad by gently tossing the roasted potatoes with the red pepper mixture. Add enough of the dressing to coat and garnish with toasted pumpkin seeds. Serve with extra dressing on the side.

Recipe courtesy of Devon Delaney

Remember Daylight Savings Ends, Nov 4th



Happy Thanksgiving!



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**How Do VA Disability Benefits
Affect Social Security Disability
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See Page One

What's Happening in Van Nuys & Southern California

Nov 15-25

[A Bronx Tale](#)
Pantages Theater Hollywood
Los Angeles, CA

Nov 17 – 18

[LAUSD 5K "Move It"](#)
[Health & Wellness Festival](#)
Dodger Stadium
Los Angeles, CA

Nov 24-25

[The Nutcracker](#)
Cerritos Center
Cerritos, CA

Nov 25

[Hollywood Christmas Parade](#)
Hollywood Boulevard
Los Angeles, CA

Nov 27

[Justin Timberlake](#)
Staples Center
Los Angeles, CA

Dec 1

[Devan Shah Tea Festival](#)
Rose Bowl Stadium
Pasadena, CA

Dec 2

[Marc Anthony](#)
LA Forum
Inglewood, CA

Dec 11-13

[An Evening With Fleetwood Mac](#)
LA Forum
Inglewood, CA

