



Compassionate Advocates for the Injured and Disabled

# The Christie Report

Social Security Disability – Car Accidents—Nursing Home/Medical Malpractice

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## Personal Message - from Sharon

### JUNE 30th – THE BIG DAY!!!!

No, it is not my wedding – that’s October 3rd. On June 30th we are moving to bigger office space! We are not going far – just a few miles from our current office. And, there is free parking at the new office, which is located at 201 W. Padonia Road, Suite 101 in Timonium. The phone number will remain the same.

Everyone is excited about the move, but not about the packing. I have been in my current space for 14 years so you can imagine how much “stuff” I have accumulated. Well, now is the time for me to clean it out!

If you need to talk to us, we will be available by phone on June 29th and July 1st. The office will be closed on June 30th for the move, but you can leave a message on voice mail. We will get back to you the next day.

I am introducing something new in this newsletter – guest authors. From time to time I will have other professionals write an article about topics of interest. This month my friend, Cara Michele Nether, writes about flexibility, both physical and emotional. I hope you enjoy it. Please let me know if you have any suggestions for topics.



## Meet The Staff - Pat Misek



“Welcome to the Law Office of Sharon Christie, Pat speaking, May I help you”.....that is the greeting you hear when you call in and now you see the face behind the voice.

I have been working here since October 2007 and am so enjoying my position. This is my first time working for a lawyer.

I worked as an Administrative Assistant in the construction industry for over 20 years and was a Staffing Coordinator in the job placement field.

Originally, my position in Sharon’s office entailed answering the phone, however it’s expanded to include obtaining medical records and setting up the Social Security Disability Seminars that Sharon presents on a monthly basis at different locations.

I’ve known Sharon for many years, as I grew up with her cousin, Leslye. Back then, you knew your neighbors and their relatives!

I have a 26 year old son, Brian, who lives in White Marsh and is an Auditor. I am blessed to have both my parents living; my mother is 84 and still driv-

ing, but my father has health issues.

I enjoy eating out with my friends and listening to music at Belvedere Square during the summer. I’m proud of my Irish heritage - attend Mass on the 17<sup>th</sup> at St. Patrick’s Church on Broadway and go to the St. Patrick’s Parade every year, where I see Sharon and Joe run in the 5K Race.

My dream came true when I was able to visit Ireland in 2004 and kiss the Blarney stone...that explains me being loquacious.

Along with Judy, Kathy and Donna, I work with Sharon and the clients, learning new things and meeting new people every day. I can only say the days speed by at the Law Office of Sharon A. Christie!



## Ladies, are you flexible?

**Author:** *Cara Michele Nether*

No matter how much you plan, something unexpected will come along. The experience of change can cover a broad spectrum from being unexpected and unsettling or welcomed and planned. Change can cause disruptions, excitement, distress and sometimes crisis. Change brings uncertainty and transition, and your usual way of doing things will come into question. Most of our lives are a continual series of changes with short periods of seeming stability. Even though change is around us all the time, it is the primary cause of suffering among my clients. Unnecessary suffering!

Many of the women in my practice know, intellectually, that in order to maintain a healthy rhythm in their lives, they must be able to roll with the punches. They know that as life becomes more complex, the ability to adapt quickly & with flexibility is a skill that will separate the women who move through life with grace and those who struggle. The challenge is not so much in knowing the importance of flexibility, but knowing how to use it.

Flexibility allows you to have more ease and control over your life. Choosing flexibility gives you more choices than stubbornly holding out for things to be the way they were or the way you wanted. It doesn't matter to the flexible willow tree which way the wind blows it. The

tree is firmly rooted and lets the potentially destructive forces of the wind move past it without struggling against it. It is content to be blown to the right as well as to the left. The bending and flexing actually make it stronger and able to withstand bigger and stronger forces. You too can cultivate the ability to gain strength from the ever-changing forces in your life by deciding to consciously practice being flexible.

I train in the martial art of aikido as a way of practicing flexibility and ease. Aikido is a perfect choice for me because it is based on harmony instead of on struggle. Aikido's philosophy says that combat situations are just like everyday life. We can train ourselves to overcome our fear of the unknown by relaxing and flowing with the energy that is being presented. Just like the willow tree.

Aikido teaches that being relaxed and flexible are the single most important tools you need in a combat situation. Quick and flexible movements are much easier when I am in a relaxed state, since it is impossible to get out of the way of a strike when my muscles are tight and tense. In aikido, I adopt the force of my opponent as part of my arsenal. Instead of stopping or even interrupting the energy behind the strike, I allow its movement to play itself out as it flows by me. Like the willow tree in the wind, I allow myself to be flexible enough to not be affected by the on-coming energy and relaxed enough to

allow the energy of the strike to move past me. At the very end of my opponent's momentum and extension is a place of vulnerability where the combatant is out of balance. At that moment, no force is necessary to topple even the largest of giants. All the while I have maintained a state of flexibility and relaxation.

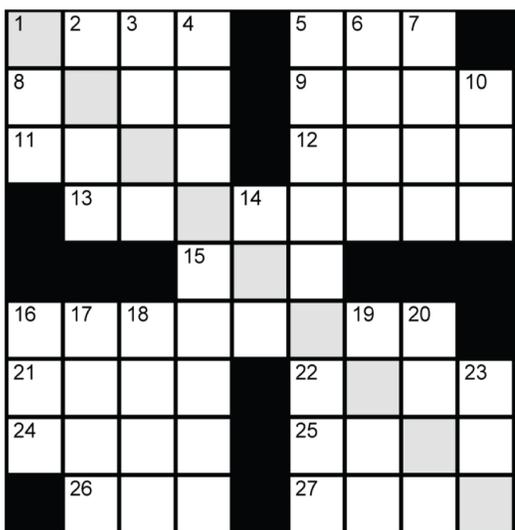
In everyday life, these same principals apply. When you are relaxed, you can flow with more ease when changes show up. Being relaxed allows you to create room and breathing space around any given situation, and gives you time to think about what is really important. From there, you can flex and adjust yourself for what is needed in the moment to create harmony where none existed before.

Practice is the key to bringing any new habit or skill into your life. Make up your mind that you are going to flow with the challenges ahead of you. The potential to be flexible and relaxed in the face of life's ups and downs already resides in you. You have the ability to be afraid, stiff and rigid about the unknown, or you can be flexible, relaxed and flowing when confronted with something new and unexpected. It truly is your choice.

*Cara Michele Nether is an acupuncturist at Heart's Gate Wellness Center in Towson, MD. Check out her website at [www.CMNether.com](http://www.CMNether.com)*



## How-to-swim



**Across**

- 1. Let go of
- 5. Everyone
- 8. Days of \_\_\_\_
- 9. Stare
- 11. Barely beat
- 12. Creche trio
- 13. Took gas out of tank
- 15. \_\_\_\_Solo of Star Wars
- 16. Opened, in a way
- 21. Window feature
- 22. Aroma
- 24. Chill
- 25. Lazily
- 26. "For \_\_\_\_ a jolly..."
- 27. After curfew

**Down**

- 1. Blonde's secret, maybe
- 2. Fishing equipment
- 3. Bacchanalia
- 4. Found in doors
- 5. Used by massage therapists
- 6. Student aid
- 7. Balcony section
- 10. Youngster
- 14. "2001" computer
- 16. \_\_\_\_ Today
- 17. Approaching
- 18. Chimney channel
- 19. Icelandic epic
- 20. Airhead
- 23. "The Catcher in the \_\_\_\_"

The  
headline  
is a clue to  
the answer  
in the  
diagonal!

**FREE Seminars**  
**- Social Security Disability -**

Sessions in June & July!

See website for days, times, and locations

## Baltimore Area Events

**Baltimore Farmers' Market & Bazaar**  
Now thru December 20, 2009, 8am-noon  
Every Sunday  
Underneath the Jones Falls Expressway at  
Holliday & Saratoga streets

**Bromo Seltzer Arts Tower  
Open Studio Day**  
June 4, 2009, 5-9pm  
Bromo Seltzer Arts Tower  
21 S. Eutaw Street

**Baltimore's Fourth of July Celebration**  
July 4, 2009, 9:30pm  
Inner Harbor

**Artscape 2009**  
July 17-19, 2009  
Fri. & Sat. 12-10pm, Sun. 12-8pm  
www.artscape.org  
1200 block of Mount Royal Ave.



## The Lighter Side

**...of traffic court**

A woman was found guilty in traffic court and when asked her occupation, she said she was a schoolteacher. The judge rose from the bench. "Madam, I have waited years for a schoolteacher to appear before this court."

He smiled with delight. "Now sit down at that table and write 'I will not run a red light,' five hundred times."



**...of Chicago**

Two guys die and wake up in hell. The next day, the devil stops to check on them and sees them dressed in parkas, mittens and bomber hats, warming themselves around the fire. The devil: "What are you doing? Isn't hell hot enough for you?"

The guys reply, "Well, you know, we're from Chicago, Illinois, the land of ice and snow and cold. We're just happy for a chance to warm up a bit."

The devil is absolutely furious. He decides to turn off all the heat. The next morning, it's below zero in hell. There are icicles everywhere and people are shivering so bad they are unable to wail and moan.

The devil smiles and heads for the room with the two Chicagoans. He finds them jumping up and down and cheering.

One exclaims, "When hell freezes over, that can mean just one thing: The Cubs won the World Series!"

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To receive a FREE copy of  
**Sharon Christie's**  
*Unofficial Guide to Social  
 Security Disability Benefits*

Call 410-823-8200 ext. 200  
 or visit our website at  
[www.SharonChristieLaw.com](http://www.SharonChristieLaw.com)



# Sharon A. Christie Law

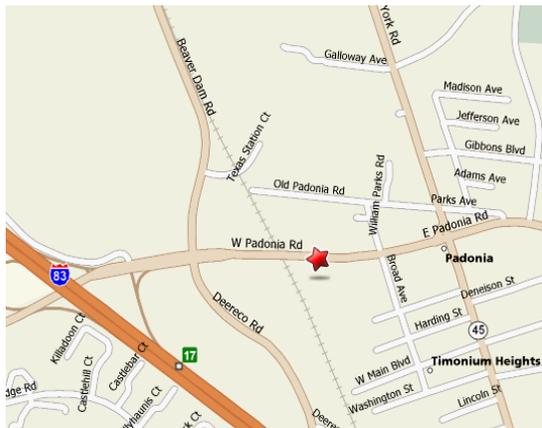
The **Law Office of Sharon A. Christie** helps disabled workers receive the Social Security Disability benefits they deserve. The firm also helps clients who are seriously injured in car accidents, by medical malpractice or who are victims of nursing home abuse get fair compensation for those injuries.

The firm's mission is to fight for the underdog and level the playing field, whether the opponent is the government or an insurance company.

The firm's founder, Sharon A. Christie, is a nurse as well as an attorney and her staff includes a nurse-paralegal.

**Sharon's clients receive the benefit of having their cases handled by a firm that knows the medicine AND the law.**

For more information about the law firm, visit our website at [www.SharonChristieLaw.com](http://www.SharonChristieLaw.com).



**\*NEW LOCATION AS OF JULY 1st\***  
**201 W. Padonia Rd., Ste. 101**  
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### Office Hours

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### Practice Areas

- Car Accidents
- Medical Malpractice
- Nursing Home Abuse & Injuries
- Social Security Disability

