



Sharon Christie Law

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The Christie Report

Social Security Disability

Feb/Mar2013

Personal Message - from Sharon

You Have to Laugh...

I hope you all had a wonderful holiday and that the New Year is treating you well so far. By the time you read this newsletter the Super Bowl will be over and, hopefully, we will be basking in the glory of a Ravens victory. But, win or lose, it was a great season – even though some of those games were “heart attack material” for me!

One lesson from this football season, as we see Ray Lewis retire, is that we are all getting older. Like it or not, we all have to face our “maturity.” I saw this in full force on New Year’s Eve. Joe and I went to a friend’s house for dinner. There were 10 people there, all in their 50’s and 60’s. Joe and I brought the game, Catch Phrase. It’s like the old \$10,000 Pyramid show. You remember it – the celebrity gave clues to the contestant for a certain word or phrase. It was timed and if the contestant guessed all of the words correctly, he or she won \$10,000. (At the time that was a lot of money. Now it would have to be at least \$1,000,000 or no one would pay attention!) We played it with Joe’s children over Christmas and it was a lot of fun so we thought we would try it with this group.

It was a lot of fun again, but for very different reasons. The game is played with a small round disc that has the words in it. If you are giving the clues, you look at your word on this disc. The only problem is that the disc is sort of small. And the words are in tiny print. And the lighting in the house was a little dim. And we were all in our 50’s and 60’s. (You probably know where this is going!) So every time someone got the disc they would start scrambling for their reading glasses and then run to a lamp for more light. And there was a timer – tick-tick-ticking the whole time. So by the time you got the glasses on and the disc under the lamp and could actually see the word, the timer went off and you lost. Finally, somebody yelled, “Turn that *(expletive deleted)* timer off!” We could not stop laughing!

So, the next time you feel down about your age, just think of me and my friends scrambling around for our glasses and a lamp – and LAUGH!

Thanks for the Referrals

The greatest compliment I can receive is for clients and colleagues to refer new clients. Thank you to everyone who referred clients June thru October.

- | | | | |
|---|-------------------------|---------------------------|---------------------------|
| Stanley Benn, MS | Frank Cahn, Esq. | M. Rose Cook, Esq. | Donna Cooper |
| Heather Gaver | Regina Glover | Darlene Kells | Ann Lembo, Esq. |
| Emanuel Levin, Esq. | NAMI—Baltimore | Chris Owens, Esq. | Saiontz & Kirk |
| Erin Snyder Esq. | Donnell Vaughn | Rhonda Young | |
| Weinstock, Friedman & Firedman | | | |

Our deepest sympathy to Pat Mizek and her family on the death of her father, William Conroy.



*Happy
St. Valentine's Day
Feb. 14*

How to Apply for Social Security Disability Benefits

You can submit an application for disability benefits in person at your local Social Security office, over the phone or online.

The best way to apply, in my opinion, is online. You can complete the application from your own home. You can stop if you need to get more information or just take a break. And, most importantly, you are in control of the information you put in the application. The application can be found at <https://secure.ssa.gov/iCLM/dib>.

Once you start the application you will see a screen with your Re-entry number on it. This is a VERY important number. Be sure to write it

down and keep it in a safe place because if you stop the application you will need this number to get back into it.

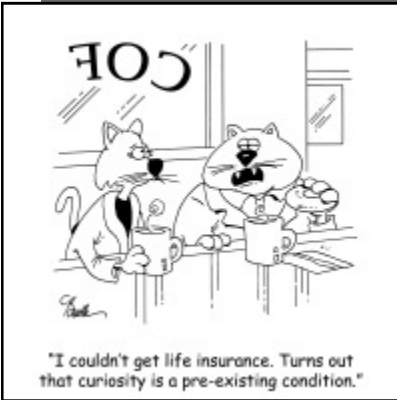
If you call SSA at 1-800-772-1213, you can set up an in-person appointment date, get directions to the office, and find out what paperwork you should bring with you. You can also call to arrange for a phone call from the Social Security office.

Remember that while the date is exact, the time is approximate. The person calling you will help you to fill out your application which will be sent to you for a signature. Ensure that you give Social Security all of the information requested in a way that does

not misrepresent your disability. Be honest. Don't exaggerate your limitations OR your strengths. You want to tell Social Security all of the reasons that you can no longer work. Don't focus on your good days. Tell them about the "bad" days because that is why you are not working.

For more information about Social Security disability claims and to order a FREE copy of my book, Unofficial Guide to Social Security Disability Claims, visit my website: www.SharonChristieLaw.com

If you need help with your disability claim, contact my office today at 410-823-8200.



The Lighter Side

The teenager lost a contact lens while playing basketball in his driveway. After searching, he told his mother the lens was nowhere to be found. She went outside and soon returned with the lens in her hand.

"How did you manage to find it, Mom?" the teenager asked.
 "We weren't looking for the same thing," she replied.
 "You were looking for a small piece of plastic. I was looking for \$150."

*Passover
March 25—April 2*

*Happy Easter!
March 31*

Enrich Your Life with Music

It doesn't matter whether you had piano lessons at age 9 or learned to play the guitar at age 20, revisiting music can bring remarkable benefits to you. Going back to music now can be just the thing to make your sagging spirits joyful again.

If you need a teacher, you can find one at a music school, a community center or a music store. You can try web-based programs, but an actual teacher is best.

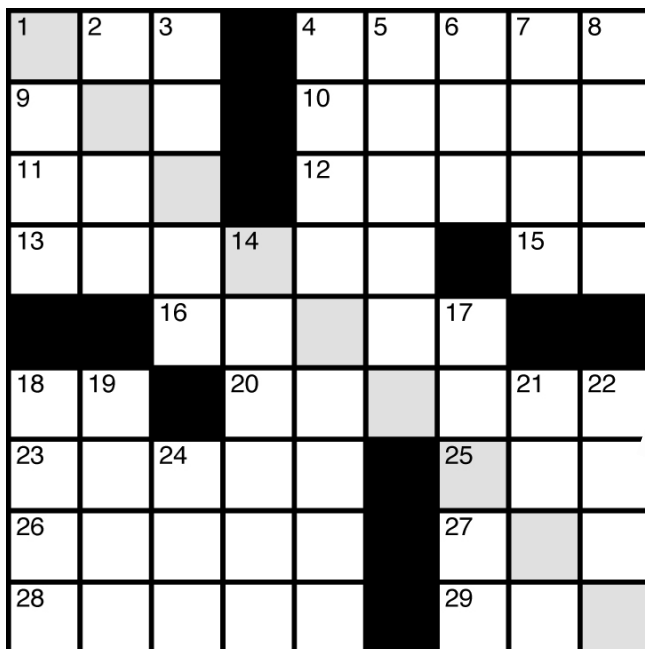
Simply listening to music also has health benefits:

- Lowers blood pressure
- Boosts immunity
- Eases muscle tension
- Helps to keep depression and anxiety at bay
- Stimulates brainwaves bringing sharper concentration & more alert thinking (Mozart!)



March 10

Irish Potatoes & Cabbage



Across

- 1. Tax prep. expert
- 4. Type of syrup
- 9. Monopolize
- 10. Put out, as a magazine
- 11. "___ say!"
- 12. Motionless
- 13. Woman's hat
- 15. You and me
- 16. Pier
- 18. Sm W. African nation: Abbr
- 20. Declares invalid
- 23. Traffic sign
- 25. Small bite
- 26. Central point
- 27. Former colony in India
- 28. Minotaur's home
- 29. Bed and breakfast

Down

- 1. Stylish
- 2. Exit or straw ___
- 3. Radiant
- 4. Manage incompetently
- 5. To the rear
- 6. Tire meas.
- 7. Corker
- 8. Congers
- 14. Alpine cottage
- 17. Shiitake and morels
- 18. In ___ (together)
- 19. When repeated, a 1997 Jim Carrey comedy
- 21. Zodiac symbol
- 22. Reach across
- 24. The night before



FREE Seminars
- Social Security Disability -

Sessions Each Month!
 See website for days, times,
 and locations

Baltimore Events

**Baltimore Museum of Industry
 Family Fun Night**
 2nd Thursday of each month | 4–6pm
 1415 Key Hwy
 Baltimore, MD 21230
 Tours, crafts, movies and more!

**American Visionary Art Museum
 The Art of Storytelling: Lies, Enchant-
 ment, Humor & Truth**
 Ongoing thru Sept. 1, 2013
 800 Key Highway
 Baltimore, MD 21230
 410-244-1900

**Brown Bag Lecture Series on Balti-
 more's History & Personalities**
 Feb. 22 | Noon to 1pm
 City Hall
 Board of Estimates Room—2nd Floor
 100 North Holliday St.
 Baltimore, MD 21202
The Civil War—Mid-Stream
 Bring a lunch and photo ID for entry.

Chamber Music by Candlelight
 Feb. 17 | 7:30pm
The Amadeus Trio
 Feb. 24 | 7:30pm
 FREE
 Second Presbyterian Church
 4200 St. Paul St., Baltimore, MD 21218

St. Patrick's Day! March 17

Pain Relievers

If that old ankle injury bothers you after a day's work, you might take a couple of ibuprofen tablets. Or maybe your back starts to ache during the day, so you take a couple of naproxens. Modern over-the-counter pain medications work well and are safe to use as long as you follow instructions. Here's a rundown by the Mayo Clinic on what kind of pain each one treats best, along with their cautions.

*** Acetaminophen (Tylenol, others):** The safest choice when taken at or below recommended doses. Taking two 500 mg pills a day is safe for most people. The risk of liver damage may increase if you already have a liver problem, if you exceed the maximum dosage, or if you have more than three alcoholic drinks a day while taking it. Many prescriptions and cold and flu drugs contain acetaminophen. Account for "hidden" doses when adding up daily intake.

*** Aspirin:** Provides pain relief, and low doses can prevent blood clots that cause a heart attack or stroke. But even the 81 mg low dose can increase the risk of stomach bleeding. If you take low-dose aspirin, avoid ibuprofen and naproxen to keep stomach risk as low as possible. Avoid aspirin if you are taking other medications to prevent blood clots, such as warfarin (Coumadin). Taking both increases the risk of stomach bleeding.

*** Ibuprofen (Advil, Motrin IB) and Naproxen sodium (Aleve):** In addition to providing pain relief, these drugs help to reduce inflammation. But they can increase the risk of stomach bleeding and could also carry a low risk of worsening high blood pressure and kidney problems. An increased heart attack risk is possibly associated with higher doses. Avoid ibuprofen and naproxen if you've had a heart attack. Also avoid them if you take a medication like Coumadin or aspirin to prevent blood clots. If you take ACE inhibitors at the same time, your risk of a kidney problem could increase.

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To receive a FREE copy of
Sharon Christie's

*Unofficial Guide to Social
Security Disability Claims*

Call 410-823-8200
or visit our website at
www.SharonChristieLaw.com

Feb/Mar 2013



The **Law Office of Sharon A. Christie** helps disabled workers get disability benefits from Social Security. It is a long and complicated process and you should not go it alone.

The firm's founder, Sharon A. Christie, is a nurse as well as an attorney.

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

If you have applied for Social Security disability benefits and need help, call the firm today. If you need more information about the process, go to the website and order a FREE copy of:

Sharon Christie's Unofficial Guide to Social Security Disability Claims

or register for one of her upcoming seminars!

For more information, visit our website at:
www.SharonChristieLaw.com.

Office Hours

M-F 9am to 5pm

**800-218-7062
410-823-8200**

**Social Security
Disability**



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facebook

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