



Sharon Christie Law

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The Christie Report

Social Security Disability

June/July 2013

Personal Message - from Sharon

Welcome to Summer!

I am writing this in May – and it is already 92 degrees outside. So I guess it will be a hot summer. The “battle of the air conditioning” has already started in my house. Joe is never too hot and thinks we should set the temperature at 78°! Is he kidding? I might as well not take a shower because I will be covered in sweat – and forget about getting my hair dried. I would love to set it at 72°. So we compromise at 75°! And that works just fine for both of us.

Why is compromise so hard? Well, it requires the ability to put yourself in someone else’s shoes. We live at a point in history where this seems to be almost impossible. Look at Congress – need I say more? So many people think there is only one way to do things or one solution to a problem and refuse to consider any other possibilities. But if you take a minute and look at things from the other person’s point of view, the world looks a little different. I learn this from each of you every day.

Every disability case is governed by the same Social Security laws, rules and regulations. But each case is very different, even for people with the same diagnosis. You each bring a different set of physical and psychological symptoms along with your fears about the process. You each have different support systems, some good and some not so good. You each have different financial situations and family obligations which bring great stress for some and great relief for others.

So, even though each case has to fit into the same Social Security structure, I know that each person going through the system is not the same. Our challenge is to work together to meet your needs within the limitations that the Social Security system imposes. I know it can be frustrating for you because it is surely frustrating for me and my staff. But as long as we keep working together we will get through this process. So, if you are feeling down about it, remember, DON'T GIVE UP!

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 in April & May.

Stanley Benn, MS	Frank Cahn, Esq.	Alvin Cooper	John Green, Jr.
Robert Kable	Ann Lembo, Esq.	Mary O’Byrne, Esq.	John Seeberger, Esq.
NAMI Metro Baltimore		Lupus Foundation of America—DMV Chapter	

Why Was My Claim for Social Security Disability Benefits Denied?

I hear that question a lot! As an experienced Social Security disability lawyer, I can tell you that many legitimate disability claims are denied at least once, and frequently twice. Being denied for benefits is a disheartening experience, since it feels like the Social Security Administration is telling you that your pain and suffering does not matter. As a result, you may be tempted to give up. However, if you meet the definition of disabled, giving up is the worst thing you can do.

(continued pg. 2)

Why Was My Claim for Social Security Disability Benefits Denied? (continued)

Your Odds of Getting Benefits on Appeal Are High

In fact, around two-thirds of all applications for Social Security disability benefits are initially denied. A great many of them are legitimate claims, and if a case can reach the administrative hearing level of the appeals process, the odds of ultimately receiving benefits is much better. Why? Because the Administrative Law Judge has all of the medical evidence in the file plus the claimant. The judge can question the claimant directly about why he cannot work and how his condition limits day-to-day activities.

This begs the question, of course, as to why so many denials are handed out in the first place? There are many possible reasons for this. The employee initially receiving your application may misjudge your impairment as "not severe." The employee may see a number of mild impairments and fail to consider their cumulative effect on your ability to live and work. Sometimes, the employee might underestimate the amount of effort your previous employment took.

A Social Security Disability Lawyer Can Improve Your chances of Winning

Whatever the reason, if you have been denied benefits but feel you deserve them, you should call a dedicated Social Security disability lawyer to evaluate your case and help you maximize your odds of receiving benefits.

For more information about Social Security disability claims and to order a FREE copy of my book, **Sharon Christie's Unofficial Guide to Social Security Disability Claims**, please visit my website at www.SharonChristieLaw.com or call my office at 410-823-8200.

Help Us Solve the Cruel Mystery: Lupus Walk Maryland—Save the Date!

Lupus is the "cruel mystery" – an auto-immune disease that can damage any part of the body, especially joints and internal organs. Lupus is characterized by "flares" or periods of severe pain, fatigue and/or inflammation. This disease affects millions of people worldwide, especially women during their childbearing years and women of color. But men and children are not immune. There are 16,000 new cases diagnosed each year in this country alone. The cause is unknown. And there is no known cure – YET.

I represent many lupus patients, both women and men, in Social Security disability cases. I see the devastating effects of the disease. The Delaware-Maryland -Virginia chapter of the Lupus Foundation of America is dedicated to helping lupus patients and their families through education and supportive services.

Mark your calendar NOW for September 28, 2013 and join us for the Maryland Lupus Walk at the Inner Harbor to raise awareness and funds for the organization. **Watch my website and Facebook page for more information!**

The Lighter Side

Four year old Brittany had an earache and wanted a pain killer. She tried in vain to take the lid off the bottle. Her mother explained it was a child-proof cap. Eyes wide with wonder, the little girl asked, "How does it know it's me?"

Bacteria is Good for Us!

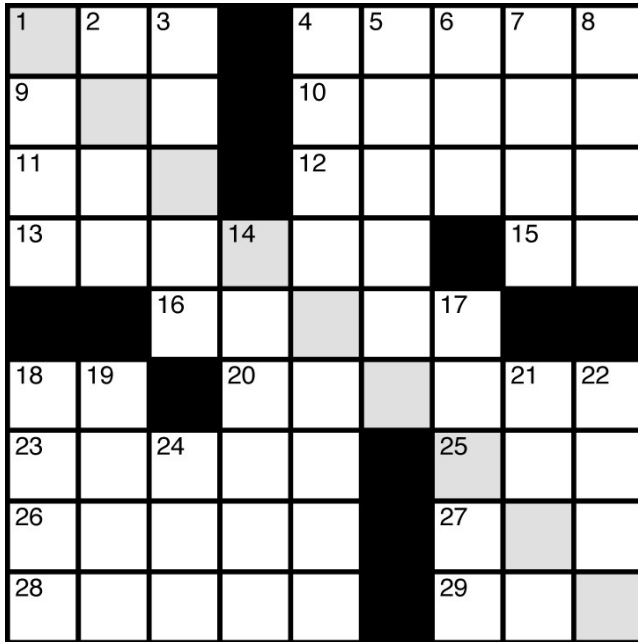
There's good bacteria in our bodies. LOTS of good bacteria. As unappealing as that sounds, it's a very good thing because it keeps us healthy. Actually, it's been found that we don't have as diverse a population of bacteria in our systems as our ancestors did and that might be the cause of some current illnesses and allergies.

Why is the diversity gone? Because our society has become so sterile! For many years, antibiotics were prescribed way too often. Antibacterial soap and lotion is everywhere. But also it's because we eat so much highly processed food. The food we eat is actually starving the bacteria in us!

"The less a food is processed, the more of it gets safely through the gastrointestinal tract and the more food is received by the "good" bacteria in our guts. Steel cut oats are better than rolled; raw vegetables are better than overcooked, etc. This is both a very old and a very new way of thinking about food. Calories are not created equal." (Michael Pollan—*Some of My Best Friends Are Germs*, NYT Magazine)



A Vision in Spring



Across

1. Bleacher bum's shout
4. TV teaser
9. Nope's counterpart
10. Mature
11. "C'__ la vie!"
12. Wedding band, perhaps
13. Very funny person
15. " __ the point"
16. Angler's basket
18. Thus
20. Antenna
23. For all to hear
25. French vineyard
26. Gunk
27. Run smoothly
28. Pre-entrée course
29. Babysitter's handful

Down

1. Tournament passes
2. Remove from office
3. Kind of nerve
4. Went forward
5. More moneyed
6. Pick
7. Track events
8. "I'm __ you!"
14. Kind of center
17. Chinese fruit
18. Be rude to
19. Earthenware pot
21. Starch
22. A compact mass
24. Painter's medium



FREE Seminars

- Social Security Disability -

See website for info & to register
sharonchristielaw.com/events/seminars
 Or call 410-823-8200

- June 26, 1-3pm Bel Air Library
- June 26, 6-8pm White Marsh Library
- July 25, 6-8pm White Marsh Library
- July 31, 1-3pm Bel Air Library

Baltimore Events

Farmers' Market & Bazaar

Sundays thru Dec. 22 | 7am—noon
 Under the Jones Falls Expressway at
 Holliday & Saratoga streets.

Sherlock Holmes & the Clocktower Mystery

Thru Jan. 1st, 2014
 Maryland Science Center
 601 Light Street
 Baltimore, MD 21230
 410-685-2370

Test your powers of observation & deduc-
 tive reasoning. Be transported back in
 time. Solve the mystery!

Ports American Chesapeake 4th of July

July 4th | 3pm—10pm
 Inner Harbor
 Live entertainment & fireworks!

First Thursdays Concerts in the Park

July 4th | 5:30pm
 West Mt. Vernon Park
 Baltimore, MD
 FREE

U.S. Marines to "Invade" Fort McHenry War of 1812 Marine Corps Weekend

July 27 & 28 | 9am—4pm
 Fort McHenry National Monument
 2400 E. Fort Ave.
 Baltimore, MD 21230
 FREE

Happy Father's Day! June 17

Bacteria is Good for Us! (continued)

As Stephen O'Keefe, gastroenterologist at the University of Pittsburgh says, "The big problem with the Western diet is that it doesn't feed the gut, only the upper GI [gastrointestinal tract]. All the food has been processed to be readily absorbed, leaving nothing for the lower GI. But it turns out that one of the keys to health is fermentation in the large intestine."

What it comes down to is what we've been hearing a lot lately. We need to get back to basics! Eat a variety of fresh, raw fruits, vegetables, nuts and whole grains. If possible, grow your own fruits & vegetables. Organically. Also eat fermented foods, like sauerkraut and yogurt.

Remember that when it comes to fruit and vegetables (which should be mostly what you eat), raw or only slightly cooked is best!

If you're interested in learning more, see the article, **Some of My Best Friends Are Germs**, in the New York Times Magazine, published May 19, 2013. It's available online at www.nytimes.com/pages/magazine/index.html

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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

FREE Monthly Seminars
Sharonchristielaw.com/events/seminars

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June/July 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!

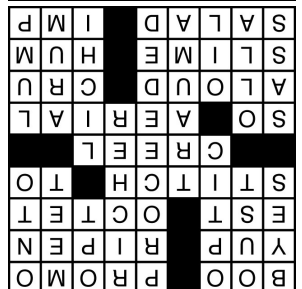
For more information, visit our website at:
www.SharonChristieLaw.com.

Office Hours

M-F 9am to 5pm

**800-218-7062
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Social Security Disability



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