



**Sharon Christie Law**

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# The Christie Report

**Social Security Disability**

**September 2013**

## Personal Message - from Sharon

### LUPUS—Help Us Solve the Cruel Mystery

I sit on the Board of Directors for several non-profit organizations, including the Lupus Foundation of America – DC-MD-VA Chapter. Lupus is a cruel disease. It is a chronic autoimmune disease causing inflammation and damage to major organs such as the heart, lungs, kidneys, brain and skin. There are 1.5 million Americans living with lupus, and 90% of them are young women. Lupus is 3x more prevalent in people of color.

Lupus can be very difficult to diagnose. On average, it takes 3-5 years and 6-8 doctors to get a proper diagnosis. The symptoms vary in severity and can frequently mimic other diseases. Symptoms include aching, painful and/or swollen joints for more than 3 months, "butterfly" rash across the cheeks and nose, extreme and persistent fatigue that lasts for days or weeks, anemia, mouth sores, fever, chest pain and pale, numb or painful fingers and toes in the cold. The symptoms range from mild to life threatening. Lupus is characterized by periods of flares, when symptoms become severe. Flares are unpredictable. Symptoms can be managed with treatment, but there is no cure.

I represent many clients who suffer from lupus. It affects men as well as women, children as well as adults. Right now, I represent a 9 year old child who has lupus. Lupus cuts across all socio-economic categories. I have seen firsthand the devastating effects of this disease. That's why I am supporting the **6th Annual Maryland Walk to End Lupus. And you can too! The Walk is Saturday, September 28, 10AM at Rash Field in Baltimore's inner Harbor.** Register for the event at [www.MarylandLupusWalk.org](http://www.MarylandLupusWalk.org) or call 888-787-5380.

**Help us solve the Cruel Mystery of Lupus!**

### 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 August.

<b>Brian Blitz, Esq.</b>	<b>Ben Glass, Esq.</b>	<b>Adriene Jennings</b>
<b>Saiontz &amp; Kirk</b>	<b>Mary O'Byrne, Esq.</b>	<b>Jordan Selzer, Esq.</b>
<b>Nami Metro Baltimore</b>	<b>Weinstock, Friedman &amp; Friedman</b>	<b>Lupus Foundation—DMV Chapter</b>

### Proving Your Inability to Do Sedentary Work

To qualify for Social Security disability benefits, you need to prove that you are unable to perform most sedentary jobs. The Social Security Administration recognizes sedentary work as the physically easiest type of work. The ability to sit for long durations and some walking and standing is still required for sedentary jobs. Sitting, walking, and standing restrictions could significantly decrease the number of sedentary jobs you may be able to perform.

Generally, a certain ability to manipulate objects with your hands and fingers is also required by sedentary jobs. To demonstrate there are few sedentary jobs you can perform, it will be helpful to have evidence of your lack of the requisite dexterity. To be specific, good use of both hands and fingers or "bilateral manual dexterity" is required by most unskilled sedentary jobs.

*(continued pg. 2)*

## Proving Your Inability to Do Sedentary Work

(continued)

You must use your fingers to pick or pinch in order to achieve fine movements of small objects or items. Good use of the hands and fingers may also be required for repetitive hand-finger actions by most unskilled sedentary jobs. The number of unskilled sedentary jobs you can perform will be considerably reduced by any significant limitation of your capacity to handle and work with small objects with both hands.

Similarly, almost all jobs will require the ability to reach and handle. Reaching means being able to extend your hands and arms in any direction. Handling means being able to seize, hold, grasp, turn or otherwise work, primarily with your whole hand or hands. Many occupations you could otherwise perform might be eliminated by your inability to reach or handle.

Medical evidence is crucial in proving a disability case. It is important that your evidence describes your degree of functional limitation, such as limits on sitting, standing, walking and manual dexterity. That is why I will ask your doctor for specific information about your limitations in these areas.

## The Lighter Side

A young college student complained to his father, "Dad, you gave me some terrible financial advice! You told me to put my money in that big bank and now it's in trouble."

"What are you talking about? That's one of the largest banks in the state,"

"I don't think so," his son replied. "They just returned one of my checks with a note saying, 'Insufficient Funds.'"

## Strawberries are Brain Food and More!

The most popular berry in the world is not a berry. Strawberries are members of the rose family, say scientists at Tufts University's Antioxidant Nutrition Laboratory. They taste great and are good for your heart, your joints and even your brain.

Researchers say most strawberry benefits come from their flavonoids, a natural antioxidant that gives them the red color. Just one cup of strawberries (about eight berries) contains 140 percent of your daily value for vitamin C. Because vitamin C plays a key role in formation of cartilage and collagen, strawberries might help your joints.

A study by Tufts' HNRCA Neuroscience Laboratory shows there are also neurological benefits associated with strawberries. In the study, rodents were fed the equivalent of one pint of strawberries in their regular diet. This group performed best in learning and memory tests as they aged, suggesting that strawberries (and other berries) might be "brain food."

All of this sounds complicated, but the message is simple, eating strawberries protects your heart, your joints, your waistline and your brain. And they taste wonderful, too!

## Biological Dentistry—What's that?!

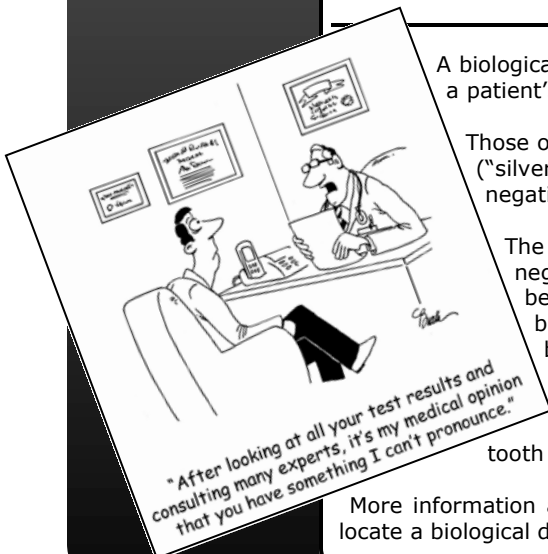
A biological dentist (also known as an holistic or natural dentist) emphasizes the relationship between a patient's oral health and their overall physical health.

Those of us who were prone to cavities in our youth, most likely now have a mouth full of mercury ("silver") and amalgam fillings, and also have had root canals. It has been found that these can negatively affect our health in many ways.

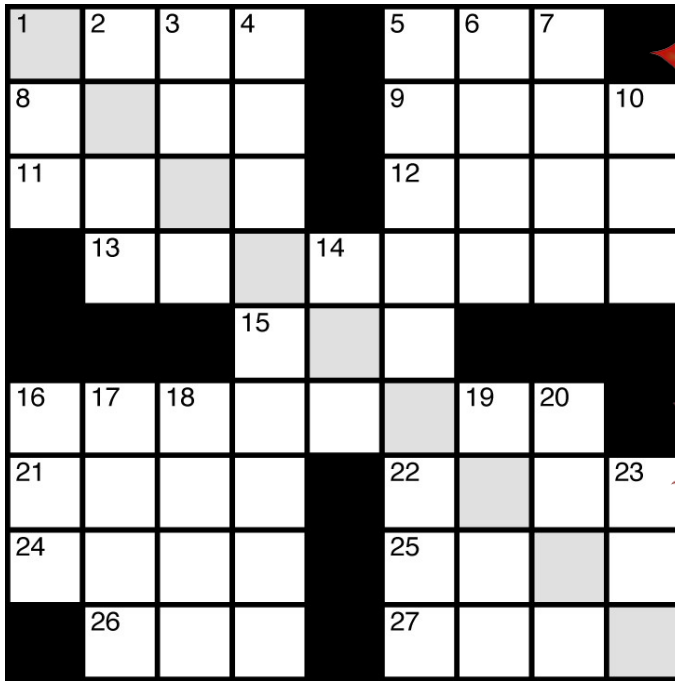
The highest priority for a biological dentist is heavy metal removal. Heavy metals have a negative impact on the immune system and neurological health. Mercury fillings have even been banned in Norway, Denmark and Sweden. Fillings leak toxins into the body on a regular basis—more so when they're loosened or broken. There is no safe level for mercury in the body.

A biological dentist knows how to safely remove and replace amalgam fillings, so that you're not exposed to mercury vapors during the process. They also know how to save a tooth that is still alive, instead of killing it with a root canal.

More information about biological dentistry can be found online, where there are also services to help you locate a biological dentist in your area.



## Trained to Love Travel



**Across**

- 1. Campus military org.
- 5. Director's cry
- 8. Give a hoot
- 9. Turkish honorific
- 11. Seed covering
- 12. Use a paper towel
- 13. Sunroom
- 15. Swiss canton
- 16. Rich
- 21. Snack choice
- 22. Boys
- 24. Freudian topics
- 25. Taro root
- 26. "\_\_\_ moment"
- 27. Chuck

**Down**

- 1. Zenith competitor
- 2. Henley needs
- 3. The Kingston \_\_\_
- 4. Found in acetate
- 5. Small carriage
- 6. Tangelo
- 7. Ten C-notes
- 10. 24-hr banking convenience
- 14. Mr. Linkletter
- 16. Distress
- 17. Consequently
- 18. Boxer Spinks
- 19. Wainscot
- 20. "What are the \_\_\_?"
- 23. "Send help!"

# 1st Day of Fall Sept. 22

## FREE Seminars

### - Social Security Disability -

See website for info & to register  
[sharonchristielaw.com/events/seminars](http://sharonchristielaw.com/events/seminars)  
 Or call 410-823-8200

**Sept. 25, 1-3pm Bel Air Library**  
**Sept. 25, 6-8pm White Marsh Library**

## Baltimore Events



### Baltimore Ravens Football!!!

Sept. 5 | Broncos at Denver | 8:30pm  
 Sept. 15 | Browns at Baltimore | 1:00pm  
 Sept. 22 | Texans at Baltimore | 1:00pm  
 Sept. 29 | Bills at Buffalo | 1:00pm

### Farmers' Market & Bazaar

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

### Baltimore Comic Con

Sept. 7 & 8 | 10am to 7pm & 10am to 5pm  
 Baltimore Convention Center  
 \$25 Saturday | \$20 Sunday  
 "America's greatest comic book convention."

### Baltimore Book Festival

Sept. 27-28 | noon to 8pm  
 Sept. 29 | noon to 7pm  
 Mount Vernon Place  
 600 Block of North Charles Street  
 Baltimore, MD 21201  
 410-752-8632  
 Hundreds of authors, exhibitors and book-sellers. Non-stop readings on multiple stages. Cooking demos, poetry readings & workshops. Walking tours, storytellers, street theater, live music. Food, beer & wine. [www.baltimorebookfestival.org](http://www.baltimorebookfestival.org)

## Rumsfeld's Rules: Leadership Lessons in Business, Politics, War & Life

Throughout his distinguished career as a naval aviator, U.S. Congressman, top aide to four American presidents, high-level diplomat, CEO of two Fortune 500 companies, and the only twice-serving Secretary of Defense in American history, Donald Rumsfeld has collected many life lessons. Now they are wrapped up as a combined leadership manual and memoir.

He first kept his nuggets of wisdom in a file folder, then in an informal manual typed up at the request of President Richard Nixon, then in a manuscript read by presidents, governors, diplomats & members of Congress. He continued to work on the collection and added new rules based on things he had heard, read or observed. For his book, he selected his most useful rules, and added anecdotes from his long and varied career.

At amazon.com, they say the book provides unprecedented insight into leadership, management, strategy and life.

Inc reviewer, Adam Sternbergh thinks parts of the book are something of a brag, but also says, "Rumsfeld is a competent storyteller & personable companion, the kind of guy you wouldn't mind sitting next to you on a plane."

**Rumsfeld's Rules: Leadership Lessons in Business, Politics, War and Life.** By Donald Rumsfeld, Broadside Books.

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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](http://www.SharonChristieLaw.com)

**FREE Monthly Seminars**  
[Sharonchristielaw.com/events/seminars](http://Sharonchristielaw.com/events/seminars)

**UPCOMING SEMINARS**  
 Sept. 25, 1-3pm Bel Air Library  
 Sept. 25, 6-8pm White Marsh Library

**September 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!

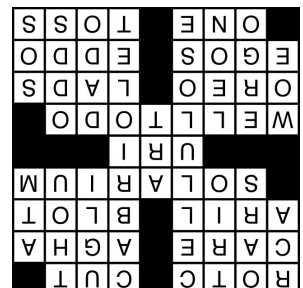
For more information, visit our website at:  
**[www.SharonChristieLaw.com](http://www.SharonChristieLaw.com)**.

**Office Hours**

**M-F 9am to 5pm**

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**Social Security Disability**



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