



**Sharon Christie Law**

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# The Christie Report

Social Security Disability

April/May 2014

## Personal Message - from Sharon

### I'm a Babcia!

In case you don't speak Polish, "Babcia" means grandmother. On February 28, 2014 my step-daughter and son-in-law welcomed Alina and Markus (yes - twins!) to the family. They arrived a little early - 12 weeks. So, they have been in the NICU since birth but are doing beautifully. We are hopeful that they will leave the hospital very soon.

Becoming a Babcia is an incredible blessing. You may not know this but I do not have any children of my own. My husband and I married almost 5 years ago, and he has 2 grown children. While I never envisioned a life without my own children, that is how my life developed. So, of course, I never thought the day would come when I would be talking about my grandchildren - but here we are! The unimaginable has now happened.

I know that many of you feel the same way about your disability case! It feels like it will never happen. It feels like you will never get a hearing date. It feels like you will never be approved for benefits. It feels hopeless. DON'T GIVE UP. I believe the process is intended to discourage you. But, if you meet Social Security's definition of "disabled" you must keep going.

I have talked to too many people who became discouraged along the way and gave up when they should have kept going. When they finally reapplied for disability benefits, they lost money because Social Security limits the amount of back pay you will receive to one year prior to the date of your application. And this is true even if Social Security finds that the disability started many years earlier. So please don't give up. The unimaginable can happen!

*Our greatest weakness lies in giving up.  
The most certain way to succeed is to try just one more time.  
Thomas A. Edison*

## 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 since our last newsletter.

<b>Gilman &amp; Bedegian</b>	<b>Gordon Biggers</b>	<b>Mary Gately Bodely, Esq.</b>	<b>Kathleen Cahill, Esq.</b>
<b>Frank Cahn, Esq.</b>	<b>Neil Fick, Esq.</b>	<b>Dominick Garcia, Esq.</b>	<b>Michael Gerlach</b>
<b>Ben Glass, Esq.</b>	<b>Carl Gold, Esq.</b>	<b>Victoria Grace, Esq.</b>	<b>Ann Lembo, Esq.</b>
<b>Lupus Foundation—DMV Chapter</b>	<b>Mosaic of Timonium</b>	<b>NAMI Metro Baltimore</b>	<b>Weinstock, Friedman &amp; Friedman</b>
<b>Ronald Pritt</b>	<b>Kimberly Reid</b>	<b>RETURN!</b>	<b>Christine Nielson, Esq.</b>
<b>Mary O'Byrne, Esq.</b>	<b>Arnetta Smith</b>	<b>Paul W. Spence, Esq.</b>	<b>Robert Stahl, Esq.</b>

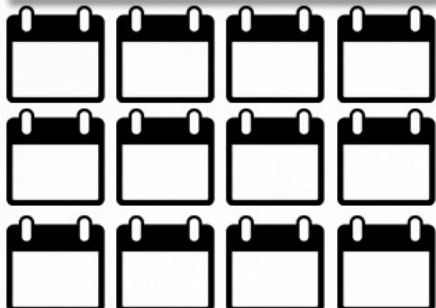
# 12 Month Duration Requirement

& Disability Benefits

Unless your impairment is expected to result in death, it must have lasted or be expected to last for a continuous period of 12 months for you to qualify for Social Security disability benefits.

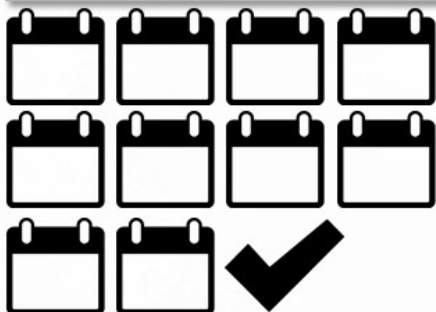
What to consider before 12 months have passed:

You don't have to wait until you have been unable to work for a whole year to apply for benefits



The SSA will presume that your impairment will meet the duration requirement if it's the type of condition that obviously will last a long time, for example a serious spinal cord injury.

But if your impairment is likely to improve, and you apply before it has lasted for 12 months, your claim could be denied.



For example, broken bones usually heal within a year, although there are exceptions. Alternatively, the decision on your claim could be delayed to see if your condition improves.

Disability factors which affect the 12 month requirement:

If your condition comes and goes, you can qualify for benefits. Your condition doesn't need to be at the same level of severity for the entire 12 months.

Conditions that come and go like migraines or fibromyalgia can meet the duration requirement. To get benefits, you will need to show that flare ups prevent you from keeping a full time job.

If you have two different back-to-back impairments, and neither alone lasts for 12 months,

you cannot add them together to meet the 12 month requirement.

If you recover enough to go back to work

so long as your disabling condition lasted at least 12 months, you may be eligible for disability benefits for a temporary period.



**CONGRATULATIONS to Pat Misek on the arrival of her first grandchild, Lilliana. We all think she is adorable!**

## Think Like a Navy Seal

(Book review from Amazon.com)

**The Way of the SEAL: Think Like an Elite Warrior to Lead and Succeed**, by Mark Divine & Allyson Machate

In this book, ex-Navy Commander, Mark Divine, reveals exercises, meditations and focusing techniques to train your mind for mental toughness, emotional resilience and uncanny intuition. Along the way you'll reaffirm your ultimate purpose, define your most important goals and take concrete steps to make them happen. A practical guide for anyone who wants to be an elite operator in life, this book will teach you:

- The ability to focus on one thing until victory is achieved
- Think offense all the time to eradicate fear and indecisiveness
- Achieve twenty times more than you think you can

## FREE Webinars

- *Social Security Disability* -

See website for info & to register [sharonchristielaw.com/events/webinars](http://sharonchristielaw.com/events/webinars)

**April 22, 7-9pm Online**  
**May 21, 7-9pm Online**

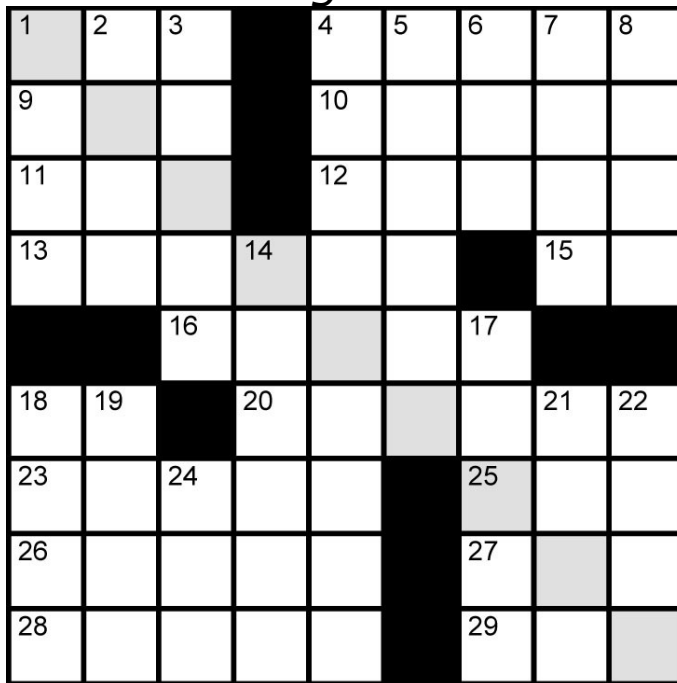
## Transparent Texting...?

Apple is trying to make texting while walking safer. They've applied for a patent under the name, "transparent texting."

A person who is walking while texting may accidentally collide with or stumble over objects or even fall into pools because his attention is focused on his phone. Transparent texting tries to fix this by taking the text and placing it over a live video of what is in front of the person texting.

In 2011, 1,152 ER visits resulting from texting while walking were reported nationwide. That number is increasing. Most of the injuries were broken ankles, fractures and lacerations but some have walked into streets and been hit by cars. Some cities have made texting while walking illegal.

## Basketball guard combo



**Across**

1. "Dr. Who" network
4. San Antonio landmark
9. \_\_\_-tzu, Chinese philosopher
10. "Well, I \_\_\_!"
11. List abbr.
12. Asian weight units
13. Diminish
15. Gift tag word
16. Divisions
18. Kind of crowd
20. Former liberal, for short
23. Pitcher's place
25. Arthur Godfrey played it
26. Come to terms
27. Robinson of song
28. "\_\_\_ Flanders"
29. Took a load off

**Down**

1. Sounded a horn
2. Diminish
3. Actress Imogene and family
4. Predates
5. Shack
6. "\_\_\_ Maria"
7. Go from solid to liquid
8. About
14. Doggie hotel
17. Undesirables
18. Mosque V.I.P
19. Canceled
21. Creole vegetable
22. Hatchling's home
24. [www.puzzlexpress.com](http://www.puzzlexpress.com), e.g.

## 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

**April 23, 1-3pm Bel Air Library**  
**April 29, 6-8pm White Marsh Library**  
**May 27, 6-8pm White Marsh Library**

## Baltimore Sites & Events

### Baltimore Farmers' Market

April 6 to Dec. 21 | 7am to noon  
 Under Jones Falls Expressway at Holliday & Saratoga Streets  
 37th season! Maryland's largest producers-only market. A vast quantity of foods—ingredients as well as prepared items. Plus a bazaar offering shoppers a variety of unique crafts & collectibles.

### Star Spangled Banner Flag House

Tuesdays thru Saturdays | 10am—4pm  
 844 E. Pratt St., Baltimore  
 A National Historic Landmark. The site where Mary Pickersgill sewed the original flag that flew over Fort McHenry in the War of 1812.

### Fort McHenry National Monument

Everyday | 9am to 5pm  
 2400 E. Fort Ave., Baltimore  
 The valiant defense of the fort during the Battle of Baltimore in the War of 1812 inspired Francis Scot Key to write "The Star Spangled Banner."

### Jasper String Quartet

May 4, 2014 | 3:30 to 5:30pm  
 2nd Presbyterian Church  
 4200 St. Paul St., Baltimore  
 443-759-3309  
 FREE concert and reception.

April 20  
**Easter**

April 14-22  
**Passover**

May 11  
**Mothers' Day**

**Memorial Day** May 26

## Find Money You Didn't Know You Had!

**1. Know what you're spending**—Track your spending for a week or a month. Write down every penny spent and what it was spent on.

**2. Look through you spending with a critical eye** - Look closely at what you spend money on regularly and decide which items are essential and which can either be removed or substituted with less expensive items. For example:

- If you regularly stop at coffee shops, could you save money by making your own coffee at home? If you go for the company, consider inviting friends to your home for coffee instead. Perhaps you could take turns hosting coffee breaks.
- If you eat out regularly, consider cooking or baking at home sometimes. This will save money AND be a

healthier option. Plus it can be fun!

- Do you pay for cable tv? Perhaps you could be just as happy with a less expensive option. If you mostly watch movies, renting them could save money (try Netflix.com). If you like watching series on TV, look into hulu.com or, again, Netflix.com.

**3. Add up your savings**—this is the fun part. Add up the money you gained from step #2 and decide how to use it in other ways. Use it to pay down debt, add it to a savings account or pursue a dream.

**4. Search online for frugal living sites**—google, "frugal living" and see what comes up. There are some ingenious ideas out there! Or find books on the subject at the library.

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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

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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 webinars or seminars!

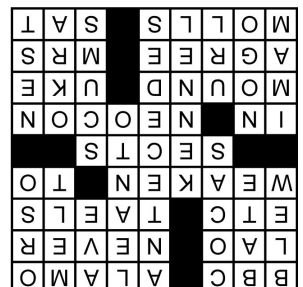
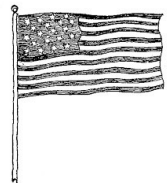
For more information, visit our website at:  
**www.SharonChristieLaw.com.**

**Office Hours**

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

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

**Social Security  
Disability**



<http://twitter.com/sharonchristie>



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