



The Christie Report

Social Security Disability

July/Aug. 2014



Sharon Christie Law

In This Issue

Tips for Testifying at Your Hearing	2
Crossword	3
Schedule of Free Seminars	3
Baltimore Sites & Events	3
Sleep Better!	3
Coffee is Good for Us?!	3
Sharon Christie Law	4

If you wish to be added to or removed from our mailing list, please call: 800-218-7062

Personal Message - from Sharon

Get The Support You Need!

I am writing this note on a Friday. One of my dearest friends in the world is coming to visit this weekend. This reminds me of how blessed I am to have close family and dear friends to share both the good times and the bad times. I know many of you feel the same way, but not everyone.

All too often, I talk to clients who feel totally alone. They feel like no one is on their side; no one understands their physical and psychological pain; no one is there to see them through the difficult times waiting for a decision in their disability case; no one to laugh with; no shoulder to cry on. It is really a terrible feeling. But it does not have to be this way.

Recently I had the opportunity to speak to several different support groups throughout the mid-Atlantic area. Support groups for people with lupus or brain injuries or mental illness.

I love talking to these groups because the members always inspire me! I see men and women who started out as complete strangers become close friends. I see men and women holding each other up, encouraging each other and giving each other very helpful information about dealing with their diseases. I see them laugh together and cry together and sit quietly together.

There is something very powerful about shared experiences like these. You are never really alone. There are people out there who know how you feel and can help you through the difficult times. You just have to look for them. Even if your mobility is limited, many support groups exist online or over the phone. So please don't ever believe that you are totally alone. There are people just like you out there who can help.

If you need help finding a support group give us a call!

*You are BRAVER than you believe,
STRONGER than you seem, and SMARTER than you think,
~ A.A. Milne*

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.

- | | | | |
|-----------------------------|-------------------------------------|----------------------------------|------------------------------|
| Mary Bodley, Esq. | Ruth Ennis | Ben Glass, Esq. | Mary hemelt |
| Emanuel Levin | Michael Pulver, Esq. | Elizabeth Romano | James Rosner, Esq. |
| John Seeberger, Esq. | Lupus Foundation—DMV Chapter | Mosaic Community Services | Sinai RETURN! Program |

Weinstock, Friedman & Friedman

Tips for Testifying at Your Hearing

Testify Truthfully

The most important advice anyone can give you about a Social Security hearing is **Tell the truth.**



Don't try to figure out why the judge is asking a particular question or whether your answer will help or hurt your case.

Be candid about your strengths as well as about your limitations.

The best way to lose a good case is for the judge to think that you're not telling the truth.

So, **testify truthfully.**



Don't do any Play-acting for the judge

That is, **don't pretend to cry or be in more pain than you are.**

On the other hand, **you need not suffer silently** or minimize your problems when you tell the judge how you feel. If you need to take a break from the hearing, ask the judge for permission.



If you are uncomfortable sitting and it would help to **stand up** for a while, you may do so, and you should not be embarrassed about it.



Tell your story fully and with details

This will be your chance to **tell the judge everything you want the judge to know** about why your condition prevents you from holding a job.

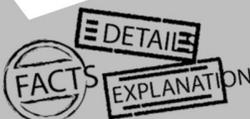
Many people think that since they are dealing with the government, they should keep their mouths shut, **give the shortest possible answer and not volunteer anything.**



Although this is usually a good approach when the government is trying to do something to you, the opposite is true when you are asking the government to do something for you.



You need to **provide enough facts, details, and explanation** in your testimony to make it obvious to the judge that you are disabled.



When you don't know an exact date, approximate

You may be asked when something happened.

If you don't remember the exact date, **don't worry.** Few people can remember precise dates for events in their lives. If you don't remember the exact date, say so.



Then, **do your best to give an approximate date**, or a month and year, or a season and year, or, if you cannot remember more accurately, just the year.



Getting dates wrong is something that all of us, including the judge, **do from time to time.** Some people are worse than others with dates. The judge won't think you're being untruthful if it turns out that a date is wrong.



Speak clearly for the recording

Each hearing room has its own recording equipment. It is important for you to **speak clearly when you answer questions.**

The microphones are very sensitive so that they will pick up your testimony from anywhere in the room if you **speak loudly enough for the judge to hear you.**



The Lighter Side

Johnny's teacher asked, "What is the chemical formula for water?" Johnny replied, "H-I-J-K-L-M-N-O." Puzzled, the teacher asked, "What are you talking about?" Johnny answered, "Yesterday you said it was H to O!"

However, shaking your head won't do, neither will pointing at a part of your body without **stating out loud** what part of your body you are pointing at.



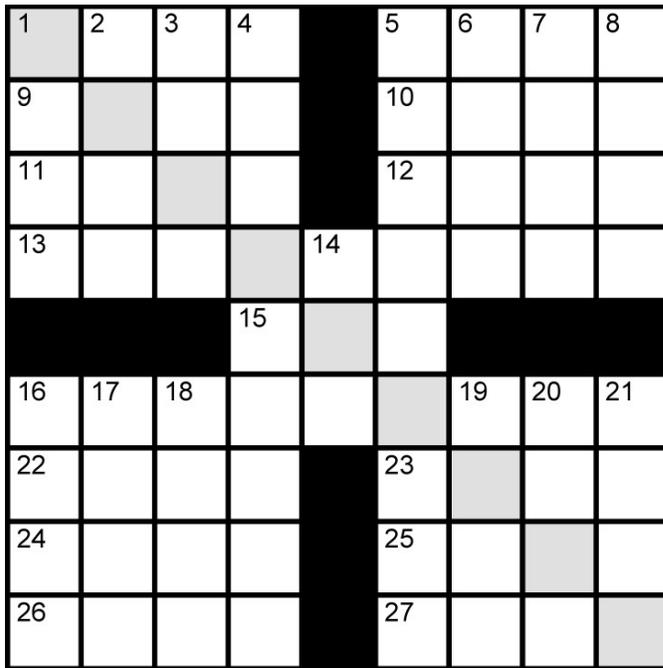
Also, "uh huh" and "unh uh" answers do not transcribe as well as "yes" and "no" answers. So try to say "yes" and "no" if you can.



Expect to answer questions about these 6 topics

- Your work history
- Your education
- Your medical history
- Your symptoms
- Your work limitations
- Your daily activities

Summer Birdie Game



Across

1. Actor Pitt
5. Make over
9. Place to hibernate
10. Face shape
11. Pakistani language
12. Darn, as socks
13. Goes on board again
15. Kind of tax
16. Philosophical doctrine
22. Centers of activity
23. Germany's ___ von Bismarck
24. Crude group?
25. Snail like
26. Work station
27. Joie de vivre

Down

1. Smudge
2. Hard to find
3. Adjutant
4. Chicken order
5. Aquiline facial part
6. "...happily ___ after"
7. Clammy
8. Cutlass, e.g.
14. Life story, in brief
16. Walk heavily
17. Easy gait
18. Top guns
19. "___ do you good"
20. Ancient gathering place
21. Cut

Independence Day July 4



FREE Seminars

- Social Security Disability -

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

- July 31, 6-8pm White Marsh Library
- Sept. 10, 1-3pm Bel Air Library
- Sept. 11, 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.

A Very Visionary Star-Spangled Sidewalk

Now through Sept. 1, 2014 | All day
 American Visionary Art Museum
 800 Key Hwy, Baltimore, MD 21230
 The sidewalks along Key Hwy—surrounding AVAM's Inner Harbor campus—have been transformed into a visually creative interpretation, line by line, of our National Anthem.

Little Italy Open Air Film Festival

7/11, 7/18, 8/1, 8/8, 8/15, 8/22, 8/29
 Entertainment @ 7pm | Movie @ 9pm
 217 S. High St., Baltimore, MD 21202
 Movies are projected onto the outside wall of Ciao Bella Restaurant in the Da Mimmo Ristorante parking lot.

Free Safari Express Shuttles to the Zoo

July 5 to Aug. 30, 2014
 Saturdays 9:30 am to 2pm
 Baltimore Visitor Center, 401 Light St.
Zoo entrance fees still apply.

Sleep Better!

After 16 weeks of walking outside or on a treadmill for 30 minutes, insomniacs slept an extra 75 minutes per night—more than other nondrug therapies. They walked four nights per week, according to a study reported in the journal *Sleep Medicine*.

The improvement is likely because exercise improves metabolism and decreases inflammation, both of which enhance sleep quality.

Early morning light also helps you to sleep at night because it helps to regulate your biological clock and keep it on track.

So, to sleep better, try taking morning walks outside at least 4 mornings each week!

Coffee is Good for Us?!

Research is now showing that drinking 2 to 4 cups of coffee each day results in health benefits.

1. It reduces the risk of Parkinson's disease, type 2 diabetes, liver cancer, Alzheimer's disease & dementia
2. Caffeine is linked to a lower risk of stroke, skin cancer & depression.
3. Coffee is rich in antioxidants that can protect against cancer, heart disease & other chronic diseases.
4. In one study that included 50,000 women, approx. 63 years old, those who drank four 8-ounce cups of caffeinated coffee daily were 20% less likely to become depressed.
5. 3 to 4 cups a day protects the body from stroke, according to a study reported in the American Journal of Epidemiology.

Law Offices of Sharon A. Christie, P.A.
201 W. Padonia Rd., Suite 101
Timonium, MD 21093

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 SEMINARS

Register at
Sharonchristielaw.com/events/seminars
 Or call 410-823-8200

July 31, 6-8pm White Marsh Library
 Sept. 10, 1-3pm Bel Air Library
 Sept. 11, 6-8pm White Marsh Library



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:

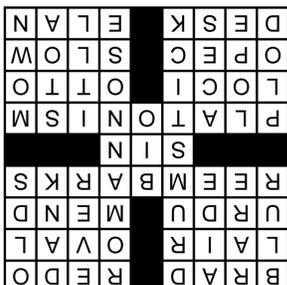
Sharon Christie's Unofficial Guide to Social Security Disability Claims

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>



<https://www.facebook.com/SharonChristieLaw>