



The Christie Report

Social Security Disability

February/March 2015

Personal Message - from Sharon



Sharon Christie
Law

Babies are Amused by the Darndest Things

As most of you know, my first grandchildren were born last year – twins (a boy and a girl). They will turn 1 at the end of this month. My husband and I have been fascinated over the last year as we watch them explore their new world and experience things for the first time. This is one of those “experience” stories.

We babysat last weekend. A few days before, my husband asked me if I knew “the Hokey Pokey.” This struck me as a very odd question coming from a man who grew up in Poland, came to the U.S. in his 30’s and clearly had no idea what the Hokey Pokey is. But I played along. “Of course I know the Hokey Pokey,” I said. We sang it all the time when I was a child. “Well,” he says, “I think you should sing it for the grandchildren.” “OK,” I said, “but it involves more than singing.” Then I did the Hokey Pokey dance for him. Well, that sealed the deal! He could not stop laughing and it was decided that the grandchildren must see this performance.

Fast forward to Saturday afternoon. Alina and Markus (the grandchildren) were fed, diapered and happily playing with their toys. It was show time for me. I started the Hokey Pokey. It immediately grabbed their attention. They just stared and stared with a look on their faces that said: “What???? We’ve never seen anything like this before! But maybe we like it.”

They could not stop watching. Especially when I put the left foot in, and shook it all about – and my shoe came flying off! (The Hokey Pokey is harder to do than you may think.) The babies thought this was great fun. They wanted me to keep going, but the Hokey Pokey is a little more “cardio” than I remembered from childhood. (I told Joe that when we can’t get to the gym all we have to do is the Hokey Pokey a few times for a great workout.) Joe captured it all on video. As I watched the video I could not help but wonder what Alina and Markus were thinking. I will never know but, from the looks on their faces, I do know they were amused by this new experience. I can’t wait until they are big enough to do the Hokey Pokey with me!

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What if the Hokey Pokey really IS what it’s all about? 😊

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.

- | | | |
|---|-------------------------------------|----------------------------------|
| Gina Bennett | Al Brennan, Esq. | Joshlyn Copes |
| Ben Glass, Esq. | Victoria Grace, Esq. | Mary O’Byrne, Esq. |
| Anne Seiler, LCSW | Patsy Stefanaras | Sharon Strimple |
| Heather Wirth, Esq. | Lupus Foundation—DMV Chapter | Mosaic Community Services |
| Weinstock, Friedman & Friedman | | RETURN! Program |

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

How Other Benefits Affect Social Security Disability Benefits

You may wonder if you can get Social Security benefits if you are already receiving disability payments under a private insurance policy. The answer is YES BUT.

Most private disability policies require you to apply for Social Security disability. If you are approved by Social Security, the insurance company receives a credit for the amount you get under Social Security.

Special rules apply that limit the total amount of disability benefits you can receive from all sources. Why? Because if people could receive more money from disability payments than they made working, there would be a great incentive to try to get disability fraudulently.

If you were injured on the job and receive Workers' Compensation payments, there may be some set off of your Social Security payments for the same reason. If you receive payments from other sources, like private pensions, however, your Social Security disability payment will not be affected.

Other Benefits

Local, state, and federal government-provided public disability payments that are not related to your job can also affect your benefits under the Social Security disability program. For example, an individual may qualify for civil service disability benefits, local government retirement benefits or state temporary disability benefits and, in some instances, your Social Security disability payments will be affected by receipt of these benefits. On the other hand, certain types of public benefits do not have an affect on Social Security Disability benefits. For example, your benefits will not be reduced if you receive one or more of the following:

- Veterans Administration benefits
- State government benefits
- Local government benefits, including a deduction for Social Security taxes

Learn More about Social Security Disability Benefits

As you can see, Social Security disability is a complex process. If you need more information about Social Security disability, order a free copy of my **Unofficial Guide to Social Security Disability Claims** at www.SharonChristieLaw.com.

Or call my office at (800) 218-7062.

Daylight Savings Time Begins:

Sunday, March 8th

Turn clocks forward one hour!

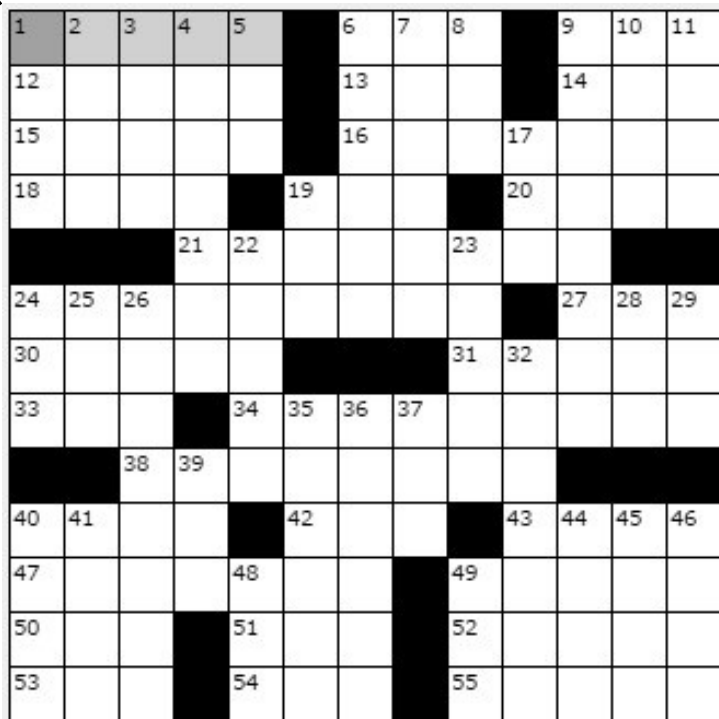
***In a Catholic school cafeteria, a nun placed a note in front of a pile of apples,
"Only take one. God is watching."
Further down the line was a pile of cookies. A little boy made his own note,
"Take all you want, God is watching the apples."***

Weight Training is Better Than Time on a Treadmill?

A new study, conducted between 1996 & 2008 on 10,500 healthy men over the age of 40, found that men who increased the amount of time they spent lifting weights by 20 minutes a day had a smaller waistline gain over the course of the study, compared with those who increased their aerobic exercise by 20 minutes a day.

Lead study author, Rania Mekary, from the Department of Nutrition at Harvard School of Public Health said, "Because aging is associated with sarcopenia, the loss of skeletal muscle mass, relying on body weight alone is insufficient for the study of healthy aging. Measuring waist circumferences is a better indicator of healthy body composition among older adults."

It should be no surprise, however, that combining weight training with aerobic exercise (i.e. a treadmill workout) is the best overall solution for maintaining health as we age!



ACROSS

- 1. Legendary stories
- 6. Uno
- 9. Pig's pad
- 12. Box
- 13. Business VIP
- 14. Pitching stat
- 15. Church walkway
- 16. Burst of bad temper
- 18. CA wine valley
- 19. Make lace
- 20. Epochs
- 21. Caveman era (2 words)
- 24. Concurrence
- 27. Time past

- 30. Actress ____ Witherspoon
- 31. Had
- 33. And so forth
- 34. Proposed as a candidate
- 38. Renovator
- 40. Pub drinks
- 42. Shade
- 43. Stood up
- 47. Childhood disease
- 49. Golfer Woods
- 50. Bathroom rug
- 51. Tax org.
- 52. ____ eclipse
- 53. Lyric verse
- 54. Compass dir.
- 55. Printing machine

DOWN

- 1. Skim over
- 2. Opera solo
- 3. Struggle for breath
- 4. Books of maps
- 5. Behold
- 6. Gasoline classification
- 7. Tidy up
- 8. Chunk of eternity
- 9. Military rank
- 10. Faith
- 11. Sweet potatoes
- 17. Child's game
- 19. Actor ____ Hanks
- 22. Adolescents
- 23. Make amends
- 24. Common verb
- 25. Acquire
- 26. Make again
- 28. Goodness!
- 29. Strange
- 32. Soldier
- 35. Additional ones
- 36. Styling foam
- 37. Wrath
- 39. Highway curve
- 40. Military supplies
- 41. Show the way
- 44. Leer
- 45. Oceans
- 46. Miscalculates
- 48. Recline
- 49. Recipe unit (abbr.)

Mardi Gras Feb. 17

Purim Mar. 5 **St. Patrick's Day** Mar. 17

FREE Seminars

- *Social Security Disability* -

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

Mar. 10, 6-8pm White Marsh Library
Apr. 22, 6-8pm White Marsh Library

Baltimore Events

The Walters Art Museum

Wed. to Sunday | 10 to 5pm
 Thursdays | 10 to 9pm
 410-547-9000
 600 N. Charles Street, Baltimore, MD
 One of the best art museums in the US!
 It includes Egyptian mummies, medieval armor & 55 centuries of art.
General admission is FREE!

Enoch Pratt Free Library

Last day Dec. 24th
 Mon to Wed | 10am to 7pm
 Thurs to Sat | 10 to 5pm
 Sunday | 1 to 5pm
 400 Cathedral St., Baltimore, MD
 410-396-5395
 More than 60 years old and spans an entire city block in length!

The Book Thing of Baltimore

Sat. & Sun. | 9am to 6pm
 3001 Vineyard Lane, Baltimore, MD
 410-662-5631
 Their mission is to put unwanted books into the hands of those who want them!
Books are FREE!

St. Patrick Parade
Sunday, March 15—2pm
www.irishparade.net

Washington Monument to Charles St.
 to Pratt St. and Market Place.

Yay Chocolate!

A study conducted at the University of L'Aquila & Mars, Incorporated and reported in Medical News Today, has underscored the important role that diet plays in maintaining cognitive (brain) health—particularly a diet rich in cocoa flavanols! Flavanols are nutrient compounds found in leaves and fruits, such as apples, tea and cocoa. This and other studies have also found that cocoa flavanols improve vascular function, insulin resistance and lower blood pressure.

Unfortunately, this does not mean that we can now call gorging on milk chocolate a healthy thing to do! ☹️

The high-flavanol cocoa drinks used in the study were produced using Mars' patented Cocompro® process, while the low-flavanol drink was made with a highly processed, alkalized cocoa powder (such as we might buy at the grocery store). The group that drank the low-flavanol drink showed no improvements....

The good news is that there are nutrients in cocoa that show great promise as a means of keeping us healthy. We should not, however, overindulge in processed chocolate but a bit of dark chocolate with a glass of red wine now and then sounds good to me!

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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 SEMINARS

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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!

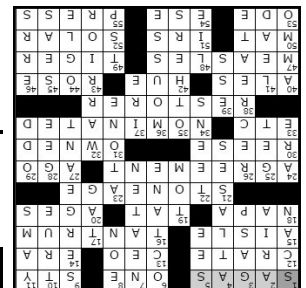
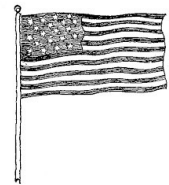
For more information, visit our website at:
www.SharonChristieLaw.com

Office Hours

M-F 9am to 5pm

800-218-7062
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