



**Sharon Christie**  
**Law**

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# The Christie Report

Social Security Disability

April/May 2015

**Personal Message - from Sharon**

## The Sounds of Silence

You probably remember that old Simon & Garfunkel song that starts like this:

*Hello darkness, my old friend,  
I've come to talk with you again...*

(And now that song will probably stay in your head all day. Sorry about that.)

I have been doing a lot of traveling lately, in the car. And I have come to love the sounds of silence. Well, at least it is almost silence except for a little road noise. I have been traveling to some distant Social Security offices, with very limited radio station reception. I was forced to turn off the radio because I could not stand the static any more. I could have played some CDs but I did not have any in the car. I could have gotten on the cell phone but I talk on the phone most of the day in the office and I needed a break.

So what should I do? Nothing – just listen to nothing and drive the car. I had no idea how relaxing silence can be. We are surrounded by noise all of the time - from TVs and radios and cell phones and GPS gadgets. From computers, beeping every time there is an email. From car horns and fire engines and cars with bad mufflers. From non-stop chatter every place you go because people cannot get off of their cell phones. (What are they talking about anyhow? I must lead a pretty boring life because I just don't have that much to say every waking minute of the day.) Many people turn on a TV just to have "background noise." Why are we doing this to ourselves? Silence really is golden. It allows the brain to calm down and relax. And your body will calm down and relax, too.

So do yourself a favor and turn off the noise in your life, at least for a few minutes every day.

***Silence is the sleep that nourishes wisdom.***

*~ Francis Bacon*

## 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.

- |                 |                              |                            |
|-----------------|------------------------------|----------------------------|
| Jane Fick       | Ben Glass, Esq.              | Mahogany Hutt-Butler, Esq. |
| Judith Lelchide | Bruce Scheck                 | Adam Spence, Esq.          |
| Margaret Young  | Lupus Foundation—DMV Chapter | RETURN! Program            |

Weinstock, Friedman & Friedman

## Fibromyalgia & Social Security Disability Claims

If you suffer from fibromyalgia, can you get Social Security disability benefits? It all depends on how the condition affects you and what limitations it causes in your day-to-day activities.

### Fibromyalgia: Description of the Condition

Fibromyalgia can cause severe pain in the musculoskeletal system, with fatigue, loss of memory and mood problems. The condition sometimes causes a person to suffer a great deal when completing simple tasks. The symptoms can often progress and worsen over time. The condition may first arise due to a traumatizing event, such as surgery or infection. Psychological factors may also contribute to the development of fibromyalgia. While the condition can be treated to help mitigate symptoms, there is currently no cure for this debilitating condition. Individuals who suffer from this condition often must follow a strict regimen of medication for the rest of their lives.

This disorder is often considered "invisible" because it does not manifest in physical symptoms, such as abrasions or bruises. But medical evidence showing that you have disabling limitations is key to getting disability benefits. It may be difficult for healthcare providers to diagnose and adequately describe your limitations. Therefore, it is important that you provide healthcare providers with specific information about your pain so that it can be documented in your medical records. Although people may not be able to see this condition, you can certainly feel it.

### Receiving Further Help

Qualifying for Social Security disability benefits is difficult. You need to understand Social Security's requirements and the disability process. Order a free copy of my **Unofficial Guide to Social Security Disability Claims** at [www.SharonChristieLaw.com](http://www.SharonChristieLaw.com) or call my office at 800-218-7062 to request a copy.

## Spring Cleaning Made Easy(er)

**Dusting:** Reach those hard to get at corners & crevices with a dry paintbrush or old toothbrush.

**Smelly shoes:** Try putting some tea leaves into a pair of stockings and stuff each into a shoe. Leave for a day or two and the smell will be gone.

**Bathtub stains:** Try placing a mixture of cream of tartar & hydrogen peroxide on the stain. By the time the paste dries, the stain should be gone.

**Heel marks:** Erasers will remove black heel marks from floors.

**Water Spots on glass shower doors:** Make a mixture of 1/2 Dawn Dish Liquid (the blue one) and 1/2 white vinegar. Put it in a spray bottle (an industrial one is best) and spray on glass. Wait about 10 minutes then scrub the glass with a brush and rinse.

**Grass growing in cracks on sidewalk:** Spray with full strength white vinegar. This is best done on a warm, sunny day.

**Sticky residue:** Remove with mayonnaise, peanut butter, or any oil.

## Lovely Lovely Lemons

When life gives you lemons, you can make lemonade OR use them in the following ways:

- Mix lemon juice with white vinegar in a spray bottle for quick & nice smelling clean ups around the house.
- Add lemon juice to rice to prevent it from sticking and to intensify its white color.
- Float lemon slices in a warm bath to reduce stress, soften skin, and strip away soap film on you AND the tub.

## What's New for "Clients Only"

At Sharon Christie Law we want to make your experience as a client great. We want you to have information about the disability process every step of the way. That is why we added a "Client's Only" section our website. All current clients should have received the password but, if you're a client and did not, please call us to get it.

In the "For Clients Only" section, you will find information that we do not share with the general public. We will continue to add valuable information for you and will update you in every newsletter about the new information available to you.

**Here is what is available to you now:**

### Application

- (video) Application—What Is The Timeline?

### Reconsideration Stage

- (video) First Denial

### Hearing Stage

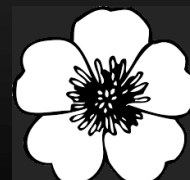
- (video) Second Denial
- (video) What Will Happen At My Hearing?
- (video) How To Dress For Your Hearing

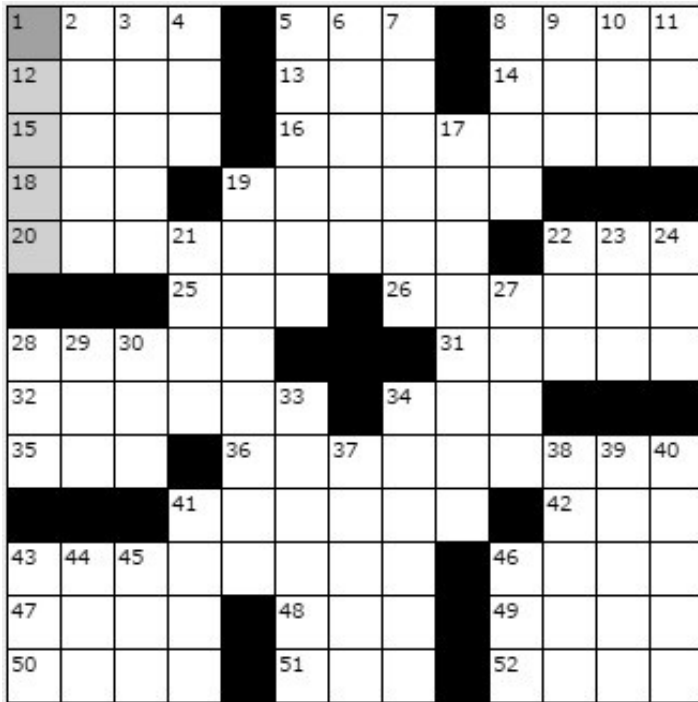
### Favorable Decision

- (video) Fully Favorable Decision

### Unfavorable Decision

- (video) Unfavorable Decision





**ACROSS**

- 1. Hurt
- 5. Make a selection
- 8. Frank
- 12. Legal hold
- 13. Bad grade
- 14. Gambling city
- 15. School groups (abbr.)
- 16. Became more profound
- 18. That woman
- 19. River mouths
- 20. House locations
- 22. Large antelope
- 25. Wash. D.C. time zone
- 26. Food allotment
- 28. Knife feature

- 31. Australian dog
- 32. Witty reply
- 34. Chaps
- 35. Poetic work
- 36. Big, hairy spider
- 41. India's Mother \_\_\_\_\_
- 42. Pen point
- 43. Abnormally sensitive
- 46. Linger
- 47. Little piggies
- 48. Self
- 49. Broadcasts
- 50. Egg on
- 51. High explosive (abbr.)
- 52. Scottish loch

**DOWN**

- 1. 1st Greek letter
- 2. Used footnotes
- 3. Listened to
- 4. Printers' measures
- 5. Most bizarre
- 6. Rinds
- 7. Wobble
- 8. Unrefined metals
- 9. Writing instrument
- 10. Compass direction (abbr.)
- 11. Drift off
- 17. Rose Bowl city
- 19. AWOL soldier
- 21. Make over
- 22. Card game
- 23. Yule drink
- 24. Pedro's "one"
- 27. Hue
- 28. Sis's sibling
- 29. Directed
- 30. Ingested
- 33. Archer's goal
- 34. Team's symbol
- 37. Royal rule
- 38. Loosen laces
- 39. Those who fib
- 40. Chasm
- 41. Try out
- 43. One \_\_\_\_\_time
- 44. Toss
- 45. Rebel general
- 46. \_\_\_\_\_Juan

**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

**Apr. 22, 6-8pm White Marsh Library**  
**May 26, 6-8pm White Marsh Library**

**Baltimore Events**

**Baltimore Orioles!!**

**Home Games**

**Home opener April 10**

4/10, 11 & 12—Blue Jays

4/13, 14 & 15—Yankees

4/24, 25 & 26—Red Sox

4/27, 28 & 29—White Sox

5/1, 2 & 3—Rays

5/11, 12 & 13—Blue Jays

5/15, 16 & 17—Angels

5/19, 20 & 21—Mariners

5/25, 26 & 27—Astros

5/29, 30 & 31—Rays

**Baltimore Farmers' Market**

Sundays April 5 to Dec. 20 | 7am to Noon

Below Jones Falls Expressway at Holiday & Saratoga streets

Maryland's largest producers-only market offers an assortment of produce, meats, dairy, breads, flowers, collectibles & crafts. Many Sundays also have live music!

**FREE!**

**\$2 Family Fun Night**

3rd Friday of each month | 4pm to 8pm

Port Discovery Children's Museum

"Play with a Purpose"

**FlowerMart 2015**

May 1 & 2

Mt. Vernon Park, Baltimore, MD

410-274-5353

**Passover** April 4 - 11  
**Easter** April 5  
**Mother's Day** May 10

**MIND Diet May Protect Against Alzheimers**

As reported by Rush University Medical Center, the MIND diet could significantly lower a person's risk of developing Alzheimers. Strict adherence to the diet lowered the risk by as much as 53%. Those who adhered to the diet less rigorously still had a 35% reduction in risk.

The MIND diet is a combination of two other diets that have each been found to reduce the risk of cardiovascular conditions, like hypertension, heart attack and stroke. It is composed of 15 dietary components—10 "brain healthy food groups" (including green, leafy vegetables, nuts, berries, beans, whole grains, fish, poultry, olive oil & wine) and 5 unhealthy groups (including red meat, butter, margarine, cheese, sweets, fried & fast foods).

On the MIND diet a person eats at least 3 servings of whole grains, a salad and one other vegetable every day, along with a glass of wine. Beans are eaten every other day or so, poultry and berries at least twice a week and fish at least once a week. Snacks consist of nuts. As for the unhealthy foods, there must be no more than 1 tablespoon of butter a day and less than a serving each week of cheese, fried or fast foods.

The research was published in the March issue of the Journal of the Alzheimer's Association. For more information, do a google search online for "MIND diet."

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To receive a FREE copy of  
**Sharon Christie's**

***Unofficial Guide to Social Security Disability Claims***

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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!

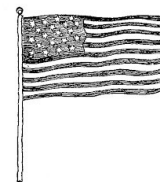
For more information, visit our website at:  
**[www.SharonChristieLaw.com](http://www.SharonChristieLaw.com)**

**Office Hours**

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

**800-218-7062**  
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**Social Security Disability**



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