



Sharon Christie
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The Christie Report

Social Security Disability

March/April 2016

Personal Message - from Sharon

Don't Ride Your Bike on the Ice and Other Life Lessons

Twenty eight inches of snow fell in my neighborhood when the blizzard hit in late January. It was beautiful and peaceful on Day 1. On Day 2 the undisturbed snow in the yard still looked lovely which was a problem because it meant the snow plow had not come. By Day 3 I'd had enough of the house and was ready to get back to the office. The snow plow did not come until Day 4.

I love my house and my yard and I can work very comfortably from home. The only thing that I could not do was leave the house and that was driving me crazy. Why? Because I was not in control and I didn't much like the unplanned change in my routine.

Fast forward a few weeks. One of the ongoing issues in my neighborhood in the winter is ice. As the snow melts, water tends to cover the roads and in this hilly neighborhood the temperature is usually a few degrees lower than surrounding areas—hence, ice! One morning I got up early and went to the gym, taking the "less hilly" route due to my concern about ice. On the way home I decided to take the other, more scenic route. This route is a favorite route for serious bicycle riders but I was surprised to see one on the road that day. This aggravated me because the roads are narrow and I was stuck behind him with no way of going around. My schedule was shot!

At a turn in the road, the biker hit black ice. The bike flew out from under him and he went down hard. I was stunned. He jumped up grabbing his shoulder and looked to be in terrible pain. I stopped to help, put the bike in my car and loaded him in the passenger seat then drove him to his workplace (at his request). I offered to take him to the Emergency Room but he declined saying he'd get a friend to take him. I don't know what happened from there but I suspect he is, at best, in a sling and, at worst, recovering from surgery. In any event I am pretty sure he will not be on that bike any time soon.

So what did I learn from all of this? As much as I like to control my life and keep my schedule and routine, life is not always in my control. Blizzards happen. Black ice happens. Accidents happen. So what can I do? First, stop trying to control that which is out of my control. Second, learn to enjoy the "uncontrollable." Learn to enjoy working from home for a few days when the blizzard comes. Learn to enjoy a slower ride through the neighborhood if I get behind a biker. Learn to slow down and help people when they need it. Just relax. Life is more enjoyable when you do.

"You may not control all the events that happen to you, but you can decide not to be reduced by them."
~ Maya Angelou

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.

- | | | |
|-------------------------------|---|-----------------------------|
| Jonathan Azrael, Esq. | Andrew Battista, Esq. | John Greenwald |
| John Hershberger, Esq. | Lupus Foundation—DMV Chapter | Mike Pulver, Esq. |
| Joseph Reisler | John Robey | John Seeberger, Esq. |
| Lauren Smeton, LCSW | Weinstock, Friedman & Friedman | |

Chronic Pain & Social Security Disability

For Clients Only

Chronic pain is something that is hard to measure, or even prove. If you break a leg, an x-ray will clearly show the break. But there is no x-ray or other test that can measure the amount of pain you feel. Pain is a subjective symptom. It can be described but not measured. What is severe pain to one person may be only moderate or even mild pain to someone else.

If you cannot work because of severe pain then you will need to have a level of credibility where your statements to the Social Security Administration (SSA) can be believed to be true. There are two main factors that will help you to establish your credibility. First, having a medical history showing that you have sought out help and treatment for the pain that you are describing to the SSA is one way to establish your credibility. By doing so, you have documented evidence that you have a history of this pain. Second, your statements to the SSA about the degree of pain you have must be consistent and match the other information in your medical records.

A claims examiner from the SSA will go over your file and review all the statements that you have made in the past. Not only will they review your statements to see if they match the records, but they will also review statements from your doctor or other medical professionals who have treated your chronic pain in the past. So it is very important that you accurately describe your symptoms to both your doctors and to SSA. Give examples of ways in which your pain limits your day-to-day activities. This paints a clear picture of how the pain limits you and how you would be limited in a work setting.

Qualifying for Social Security Disability benefits is difficult. For more information, order a free copy of my **Unofficial Guide to Social Security Disability Claims** on my website at www.SharonChristieLaw.com or call my office at (844) 521-6700

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 to our website. All current clients have a password that gives them access to the content there.

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 & will update you in every newsletter about the new information available to you.

Here's what's newly available to you:

General Information

- (video) Can I Travel While Waiting For My Case?

Hearing Stage

- (video) What To Do While Waiting For A Hearing
- (video) What If It Snows Or There's Bad Weather On My Hearing Date?
- (video) Can My Mom, Brother or Husband Come To My Hearing With Me?

Favorable Decision

- (video) Will Social Security Be Watching My Every Move? What Should I Know About The Review

Strong Legs = Strong Brains?

A study by King's College, London, conducted on middle aged women who are identical twins has found that there is a correlation between powerful leg muscles and sharp minds. Data on cognitive function and leg power was collected from twins and then collected again 10 years later. The twin who was more muscularly powerful in the initial data collection performed an average of 18 percent better on memory and other brain tests 10 years later than her weaker sister.

Since identical twins were studied, the results seem to indicate that, "whatever your genetic makeup, building muscles can strengthen your mind."

Dr. Steves, who worked on the study, said, "I was quite surprised by the strength of the findings because, to be honest, I am someone who has always in the past prioritized work of the mind over work of the body. This study brings home to me that the brain needs exercise to keep fit."

As is the case with most studies, the results create a host of questions that will lead to more studies on the subject. For now, though, it seems like a very good idea to walk, run, stand and dance more!

You can read more at www.well.blogs.nytimes.com. Search for "Brawn and Brains" by Gretchen Reynolds.

FREE Webinars

What You Must Know To Get Social Security Disability Benefits

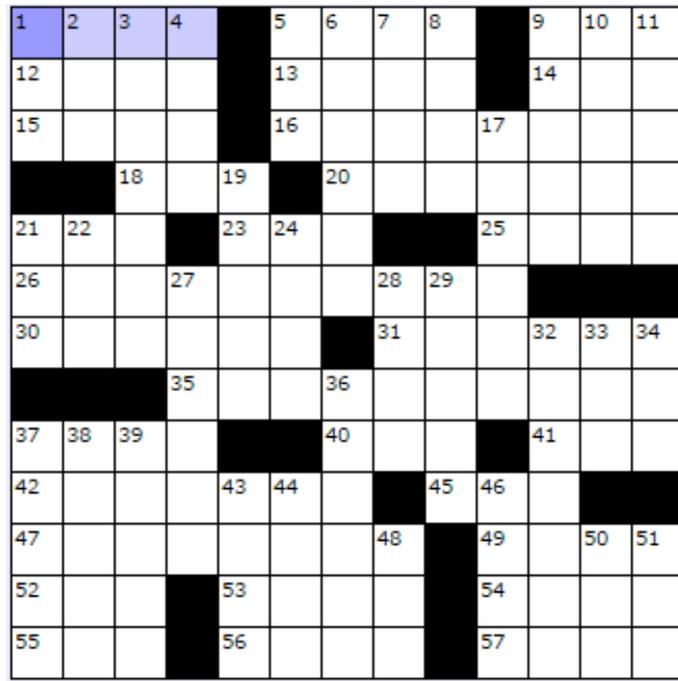
Register online at SharonChristieLaw.com/webinar OR call (844) 521-6700

March 16, 2pm EDT April 13, 4pm EDT

Getting Sun Through A Window—Is it Good For You?

Exposing your skin to sunshine is essential for your body to be able to make Vitamin D, however the wavelength of light needed to activate that process is blocked by window glass. The news gets worse—wavelengths that are associated with skin cancer pass easily through the glass!

So, it's best to get outside to soak up some sun. During the winter, though, the angle that sun rays hit the northern hemisphere make it difficult to get enough sunshine for Vitamin D production. So be sure to eat foods high in Vitamin D: fish (the best source, especially fatty fish like Salmon), mushrooms, milk, and eggs.



ACROSS

- 1. Engrossed
- 5. Desert like
- 9. Plant juice
- 12. Beige
- 13. Dancer ___ Kelly
- 14. Bind
- 15. Tootsies
- 16. Prank
- 18. Mummy name
- 20. Sooner
- 21. That woman
- 23. Rushed
- 25. Ampersands
- 26. Strong belief
- 30. New Delhi native
- 31. Certain engine
- 35. ___ school

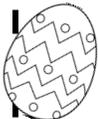
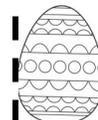
- 37. Acquire by labor
- 40. Mighty tree
- 41. Formerly named
- 42. Skinny
- 45. Took a chair
- 47. Pull apart
- 49. Limping
- 52. Baseball stat
- 53. Egg-shaped
- 54. Not nearby
- 55. Hog home
- 56. Brew coffee
- 57. Soothsayer

DOWN

- 1. TKO caller
- 2. Fighter pilot

- 3. Make believe
- 4. Ballet skirt
- 5. Birthday number
- 6. Take offense at
- 7. Andean mountain native
- 8. Letter greeting
- 9. Laundry problem
- 10. Assisted
- 11. Looks closely
- 17. Jupiter, e.g.
- 19. Courtroom event
- 21. Physics, e.g. (abbr.)
- 22. Deary
- 24. Pimples
- 27. Capital of Austria

- 28. Brainstorm
- 29. Pig's sounds
- 32. Capital of New Mexico (2 wds)
- 33. Before, poetically
- 34. Caustic chemical
- 36. Building cement
- 37. Curved letters
- 38. On the ball
- 39. Settle a debt
- 43. Let fall
- 44. Roof edge
- 46. Lamenting cry
- 48. Lodge member
- 50. Hollywood's ___ West
- 51. Blunder



FREE Seminars

- *Social Security Disability* -

Register online at
 SharonChristieLaw.com/seminar
 Or call (844) 521-6700

Mar. 23, 6-8pm, White Marsh Library
Apr. 7, 6-8pm White Marsh Library

Baltimore Events

Art Quilts

Now through June 19 | 11am—5pm
Baltimore Museum of Art
 10 Art c., Baltimore, MD 21218
 Stunning quilts created by professional artists who abandoned their original media for cloth & thread. **FREE**

Light City Baltimore

Mar. 28 to Apr. 3 | Noon to 1pm
Baltimore's Inner Harbor
 10 E. Baltimore Street, Baltimore, MD 21202
 A 1.2 mile art walk with 29 illuminated visual artworks, more than 75 street theater performances & 50 live concerts. **FREE**

Thursday Noon: Jazz

March 31 | Noon to 1pm
Peabody Institute's Cohen-Davison Family Theatre
 1 East Mt. Vernon Place, Baltimore, MD 21202 **FREE**

Baltimore Orioles Opening Day—April 4

Passover Apr. 22—30

Daylight Savings Time Mar. 13

Easter Mar. 27

Fiber, Health & Longevity

The following is info from "Higher-fiber diet linked to lower risk of death," an article by Shereen Lehman on Reuters.com

Several studies, which included almost 1 million people, were pooled and the results indicated that, "People who ate the most fiber were less likely to die of any cause." Any cause! Cancer, cardiovascular disease, stroke, diabetes, and more. Eating high-fiber foods also tends to make people feel full sooner, which means a loss of weight!

Foods that are high in fiber include: fresh fruit & vegetables, whole grains, beans, legumes, seeds & nuts. Jessica Shapiro, a wellness dietitian in New York, cautioned against going from a low-fiber diet to a high-fiber one too quickly. "Your body needs time to adjust, so increase fiber content slowly and make sure to consume extra water while doing so to help with digestion."

A bowl of oatmeal or a salad with fruit & nuts is a high fiber meal. Increasing the fiber in your diet will keep you in the kitchen a bit longer (slicing & chopping) but the results are worth it and it makes for a delicious menu! By the way, it's almost time to start planning your summer garden...

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To receive a FREE copy of
Sharon Christie's

Unofficial Guide to Social Security Disability Claims

Call (844) 521-6700
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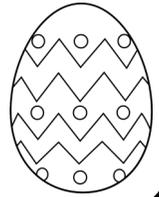
FREE SEMINARS

Register at
SharonChristieLaw.com/seminar
Or call (844) 521-6700

Mar. 23 6-8pm, White Marsh Library

Apr. 7 6-8pm White Marsh Library

July 30, 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

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Social Security Disability



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