



Sharon Christie
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The Christie Report

Social Security Disability

May/June 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.

Take The Train!

I think it's unusual today for people to consider train travel when planning vacations or day trips, but it's time to reconsider! Amtrak continues to make train travel an experience that is pleasant, exciting, educational and memorable.

Did you know?

- There's wifi on every train and electric outlets at each seat.
- There's a café on board, comfortable seating and, also, sleeping accommodations (for an extra charge).
- Rail passes are available that let you travel anywhere the trains go for a certain number of days!
- Costs are comparable to air travel. There are even vacation packages.
- Luggage rules are better than most airlines—two carryons and two checked bags.
- You can save 30% by traveling Tuesday through Friday.
- There are senior discounts and special fares for children (some as low as \$29)
- There's even an "auto train" that makes it possible to bring your car with you!
- Go to www.Amtrak.com for details! Make reservations at least 14 days in advance for savings.

All Aboard!

FREE Webinars

What You Must Know To Get Social Security Disability Benefits

Register online at SharonChristieLaw.com/webinar OR call (844) 521-6700
June 15, 4pm EDT July 20, 2pm EDT

Here's what's newly available to you:

General Information

- (video) Remember To Keep In Touch With US

Partially Favorable Decisions

- (video) Partially Favorable Decisions

After You Receive Disability Benefits

- (video) Can I Work After I Get Disability Benefits?

Make Your Own Laundry Detergent

Here's a recipe that one of my assistants raves about! She's been using it regularly and likes the results better than store bought detergent. It's a powder that can be used in regular or HE washing machines. This recipe can be found online at www.diynatural.com, however the recipe below is slightly altered by the addition of baking soda.

- 1 bar of soap, grated
- 1 cup Super Washing Soda
- 1 cup Borax
- 1/2 cup baking soda

Mix all of the ingredients together. Put it in a blender if you want a fine powder that dissolves in cold water. Use 1 tablespoon for regular size loads. Add 1/2 cup vinegar to rinse water for super clean clothes!

MAY / JUNE 2016



ACROSS

- | | | | |
|-------------------------|----------------------|---------------------------------|-------------------------------|
| 1. Appends | 35. Dislike | 4. Knight protectors | 27. Head movement |
| 5. Short sleep | 37. Earnest requests | 5. ___ Valley (vineyard site) | 28. Go downhill |
| 8. Minute particle | 40. External | 6. Eve's partner | 29. Hazardous curve |
| 12. Ark skipper | 41. Aardvarl | 7. ___ Sampras (tennis) | 33. ___ Stapleton (actress) |
| 13. Fruit punch | 45. Hindrance | 8. Concur | 36. Foot part |
| 14. Heredity carrier | 47. Important times | 9. Most sore | 38. Restless |
| 15. ___ Moore (actress) | 51. Troubles | 10. "___ Clear Day..." (2 wds.) | 39. Depot (abbr.) |
| 16. Fatherly | 52. Egg source | 11. ___ Gibson (actor) | 42. Reverberate |
| 18. Painted | 53. Recedes | 17. Graceful tree | 43. A Baldwin brother |
| 20. Look happy | 54. Godiva's title | 19. Born | 44. Camp shelter |
| 23. Convenes | 55. Fall mo. | 20. Rascal | 45. Hooting bird |
| 26. Compact | 56. Kind | 21. Fable's lesson | 46. Python's kin |
| 30. Spoil | | 22. Enlarged | 48. Slugger's stat |
| 31. Circle parts | | 24. Rich cake | 49. CBS rival |
| 32. Approvals | | 25. Guide | 50. Compass direction (abbr.) |
| 33. Nothing more than | | | |
| 34. Disfigure | | | |

DOWN

1. Plus
2. Stag's mate
3. River barrier

FREE Seminars

- *Social Security Disability* -

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

June 23, 6-8pm, White marsh Library
May 26, 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**

Walters Art Museum

Wed. through Sunday | Noon to 5pm
Mount Vernon

600 N. Charles St., Baltimore, MD 21201
An internationally renowned museum presenting a panorama of art from the 3rd millennium B.C to the early 20th century. **FREE**

Sail Baltimore

Tour tall ships and naval vessels that visit Baltimore's Inner Harbor from around the world.
5/31-6/5: Spanish Navy tall ship
6/2: Portside Party, 40th Anniversary Celebration
6/5-8: Japan coast Guard training ship
www.sailbaltimore.org/schedule
410-522-7300 **FREE**

Memorial Day May 30

Mothers' Day May 8

Fathers' Day June 19

Be Good To Your Feet

Mobility is a vital component of independent living. While it's not a health concern that comes to mind for most people, the health of your feet has a major impact on your life. Foot problems can also lead to knee, hip and lower back problems.

Here are some tips for keeping your feet healthy:

- **Wear shoes that fit.** Shop for shoes in the afternoon, after your feet have naturally swelled a bit so you don't purchase shoes that are too small.
- **Walk regularly.** This is the best exercise for your feet! And so good for the rest of you, too!
- **Have corns & calluses professionally treated.**
- **Bathe & inspect feet daily.**
- **Keep nails in shape.** Trim or file nails straight across to prevent ingrown toenails.
- **Have regular exams.**
- **If you have diabetes or arthritis, your feet need extra care. Consult a foot specialist.**
- **Maintain a healthy weight so as not to put extra stress on your feet.**

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To receive a FREE copy of
Sharon Christie's

Unofficial Guide to Social Security Disability Claims

Call (844) 521-6700
or visit our website at
www.SharonChristieLaw.com

FREE SEMINARS & WEBINARS

Register at
SharonChristieLaw.com/seminar
SharonChristieLaw.com/webinar

Or call (844) 521-6700



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!

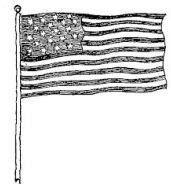
For more information, visit our website at:
www.SharonChristieLaw.com.

Office Hours

M-F 9am to 5pm

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Social Security Disability



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