



# The Christie Report

Your Law Firm for Social Security Disability Benefits

November/December 2016



SHARON CHRISTIE LAW



## In This Issue

You Are Getting a Raise!	2
For Clients Only	2
No Regrets. You Can Still Do Your Passion	2
Resources Your State Provides	2
FREE Webinars	2
Crossword	3
FREE Seminars	3
Baltimore Events	3
Is There a Book in You?	3
Sharon Christie Law	4

## Personal Message - from Sharon

### Growing Older and Loving It

I have another birthday coming up before the end of the year, so I have been reflecting on getting older and what it means. I concluded that getting older is really great. Here are some reasons why:

1. You have a much better chance of winning a prize in a 5K race! My husband & I just participated in the Scarecrow 5K to raise money for the Brain Injury Association of Maryland and we both won a prize! We didn't win for being fast—we won because there were few people in our age group! I'm thrilled that I finally reached the age where I can actually be one of the "top" runners in my age group because most people my age aren't running 5Ks.
2. You don't worry about "keeping up with the Jones's." There is a time in many people's lives when they want the same material things that their friends have. That was true for me but I have reached the time in my life when I really don't care about that anymore. OK, I wouldn't mind driving a Mercedes or a Lexus but I won't lose sleep because I drive a Honda. I don't own a designer handbag but I would really beat it up if I did. I don't wear a Rolex, but my \$30 watch keeps perfectly good time.
3. You have the wisdom of experience. I now know that, no matter what happens in my life, it is not the end of the world. I relish the joyful and good times and know that I can survive any bad times. I just finished reading Anderson Cooper's book, *The Rainbow Comes and Goes*, which is the story of his mother (Gloria Vanderbilt). A fascinating book. I love the title, because it is so true. When the rainbow leaves & a storm comes into your life, you know the rainbow will return eventually. The world has not ended and you will go on.
4. Most importantly this year, by the time I celebrate my birthday (and by the time you read this newsletter) the election will be over! Without getting into any politics I can honestly say that I have never wanted an election season to end more than this one. I cannot listen to one more political commentator or "surrogate" for any of the candidates. Enough already.

Growing older is a blessing in so many ways. Life isn't over. Your journey continues and who knows what is coming next! Bob Dylan just won the Nobel Prize for literature at age 75. I just read about an 82 year old nun who still does triathlons, which she started doing at age 48. Mick Jagger (age 73) and Paul McCartney (age 74) still tour and give concerts.

Enjoy every day and know that if you are in a storm, the rainbow will return.



### 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.

<b>Deborah Adelung</b>	<b>Linda Affeld</b>	<b>Richard Barnstein</b>	<b>Chad Brown, Esq.</b>
<b>Dennis Chesgreen</b>	<b>Frank Daly, Esq.</b>	<b>Lauren Geisser, Esq.</b>	<b>Gilman &amp; Bedigian</b>
<b>Michael Greene, Esq.</b>	<b>Weinstock, Friedman &amp; Friedman</b>	<b>Mosaic Community Services</b>	<b>Lupus Foundation—DMV</b>
<b>Carol Matthews</b>	<b>Lara Meola</b>	<b>William Morgan</b>	<b>Francis Leary, Esq.</b>
<b>Mike Pulver, Esq.</b>	<b>Michael Smith, Sr.</b>	<b>Dr. Donald Thomas</b>	<b>Jay Harris</b>

If you wish to be added to or removed from our mailing list, please call: (844) 521-6700

## You Are Getting a Raise!

If you receive Social Security Disability or Social Security Retirement you are getting a raise at the beginning of next year. Now, don't get too excited. Congress approved an increase of 0.2% up to 0.5% for 2017. According to CNN Money, that means an increase of \$2.61 - \$6.53 in most checks. The average Social Security disability and retirement check is about \$1300/month. I know that won't get you too far, but it is better than last year. Congress did not approve any increase in Social Security payment for 2016.

I am always surprised by the number of people who think that people on Social Security disability are "getting rich." The average payment for 2016 is \$1100/month. The amount you receive every month depends on how much money you earned while you were working. People who earned more money when they worked also paid more in Social Security taxes. But the maximum disability payment for 2016 is \$2600/month. As you can see, no one is getting rich on Social Security.

If you are wondering how much you would receive if you were found disabled, go to [www.ssa.gov](http://www.ssa.gov). Click on the "My Social Security" button and then set up your personal account. (I did it. It is easy.) Then you can look at your Social Security statement. That is the document that tells you how much you will receive at retirement, but it also tells you the amount you would receive for disability.

If you have other questions about Social Security disability just give our office a call at (844) 521-6700. You can also order a FREE copy of my book, *Unofficial Guide to Social Security Disability Claims*, by visiting my website: [www.SharonChristieLaw.com](http://www.SharonChristieLaw.com) or by calling my office.

## No Regrets! You Can Still Do Your Passion

Think back to your childhood and ask yourself: "What did I do back then that gave me a lot of pleasure?" The list for choosing a career was short back then. We didn't know about the careers there are today, nor did we know that doing what we loved could be a career. It's not too late! Identify what you loved doing back then, add it back into today and enjoy it again. It does not need to become your career...but who knows?!

You are the only one who can decide on a new experience. Your pursuit may require patience, but you've certainly got more of it now. You also have the wisdom to be responsible while you pursue your passion. Talk to others to resolve any problems, and you can help them resolve theirs, too. Be grateful and never give up. Never.

## Resources Your State Provides

The state in which you live provides many resources that you can access online! By doing a google search for "Maryland State Resources," There are 14 online assistance resources and over forty other resources to help you with things like Energy Assistance and In-Home Aide services, to name only a couple. The State of Maryland also has seven state sponsored agencies with more data you might require:

- |                         |                           |                   |
|-------------------------|---------------------------|-------------------|
| - Disabilities          | - Health & Mental Hygiene | - Human Resources |
| - Energy Administration | - Health Benefit Exchange | - Housing         |
| - Community Development | - Natural Resources       |                   |

Go to [www.Maryland.gov](http://www.Maryland.gov) if you need more information, or call 1-877-634-6361. You can find resources for any state by using the same google search using your state's name.

## 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 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) What Happens If I Miss My Social Security Disability Medical Consultation
- (video) Importance of Medical Evidence

#### HEARING STAGE

- (video) Describing Your Pain to the Judge
- (video) Postponing Your Hearing Date



Sign up for our weekly e-newsletter!

[www.SharonChristieLaw.com/e-zine-signup](http://www.SharonChristieLaw.com/e-zine-signup)



*Why did the turkey cross the road?  
He wanted people to think he was a chicken!*

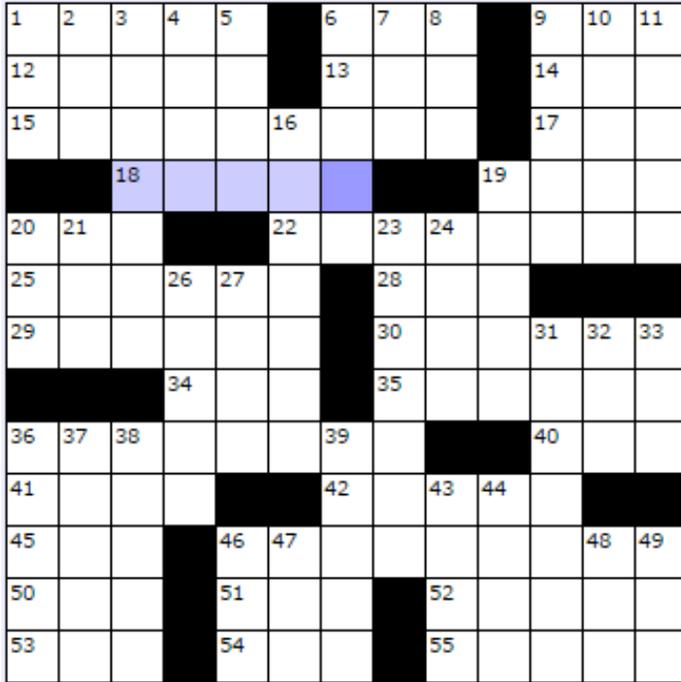
## FREE Webinars

**What You Must Know To Get Social Security Disability Benefits**

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

Nov. 16, 2pm ET Dec. 7, 6pm ET





## FREE Seminars

- Social Security Disability -

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

**Nov. 9, 6-8pm, White Marsh Library**  
**Dec. 15, 6-8pm White Marsh Library**

## Baltimore Events

### BMI Winter Wonderland Family Day

Nov. 26 | 9am to 1pm  
 Baltimore Museum of Industry  
 1415 Key Highway, Baltimore, MD 21230  
 Mix bath-time snowballs and create personalized snow globes.  
 FREE  
 410-727-4808 x117  
[www.thebmi.org/programs-events](http://www.thebmi.org/programs-events)

### Holiday Artisan Market

Dec. 1  
 Park School of Baltimore  
 2425 Old Court Rd., Baltimore, MD 21208  
 12th Annual Holiday Artisan Market featuring 40 local Baltimore artisans and crafters.  
 FREE 410-339-7070

### German Christmas Village

Nov. 26 through Dec. 27  
 Inner Harbor, West Shore Park  
 A European wonderland. 45 vendors and their high quality arts & crafts from all over the world inside a huge heated festival tent plus outdoor wooden booths around the majestic Christmas Tree. Local choirs & bands. A Bavarian Beergarden. Mulled wine and German beer.

#### ACROSS

1. Use a broom
6. Quiet!
9. Foldaway bed
12. Florida seaport
13. Cow's cry
14. Cigar residue
15. Mediate
18. Pains
19. Nest eggs (abbr.)
20. Atop, poetically
22. President \_\_\_\_\_
25. Deny
28. Hewing tool
29. Fragrances
30. Spring, e.g.
34. Sept. follower
35. Mad

36. Sport with webbed rackets
40. Limb
41. Bait
42. Dandy's neckwear
45. Had a meal
46. Bruce Springsteen, e.g.
50. Bossy Stoooge
51. Wayside hotel
52. Craze
53. Egyptian cobra
54. Acquired
55. Slumbered

#### DOWN

1. Bus terminal (abbr.)
2. Conflict
3. Trade prohibition
4. Heroic
5. Garden walk
6. Hit show
7. Fiery
8. Gardening tool
9. Egypt's capital
10. Movie award
11. Not those
16. Quizzes again
19. Thoughts
20. Stop \_\_\_\_\_ dime
21. Poet's always
23. Least difficult
24. Plow pulling animals
26. Love, in Rome
27. Mexican dish
31. Soup cracker
32. \_\_\_ in a million
33. Not pos.
36. Peruvian animal
37. Detroit products
38. Crawl
39. Holy person
43. Picture takers, for short
44. Uttered
46. Band's booking
47. Numero \_\_\_
48. Small taste
49. Tit for \_\_\_

**Christmas** Dec. 25

**Hanukkah** Dec. 24—Jan. 1

## Is There A Book In You?

The Chinese philosopher Lao Tzu wanted to travel outside his country. Because he was so wise, the government didn't want to lose his wisdom and knowledge, so they granted his travel permit with one condition: he must write down everything he knew before he left. His writings are called the *Tao Te Ching*. Seniors have unfolded a ton of wisdom in their lives, and writing it down can accomplish a lot:

- Discover more about yourself
- Heal from unresolved issues
- Create a legacy for grandchildren
- Preserve family history
- Share your wisdom with the family
- Gain more understanding

First drafts are just that: a first attempt to get it out of your mind and onto paper. Grammar, punctuation and spelling are not critical at this point. You will become immersed in all your stories and bring great joy to yourself through the writing. The internet has dozens of helpful tips for you. You could also get a child, grandchild, niece or nephew involved in the project. Believe it or not, the younger generations want personal stories and information about their families and will so appreciate your effort!

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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](http://www.SharonChristieLaw.com)

### FREE SEMINARS & WEBINARS

Register at  
[SharonChristieLaw.com/seminar](http://SharonChristieLaw.com/seminar)  
[SharonChristieLaw.com/webinar](http://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 seminars or webinars!

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

### Office Hours

M-F 9am to 5pm

(844) 521-6700  
410-527-1740

### Social Security Disability



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