



SHARON CHRISTIE LAW



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The Christie Report

Social Security Disability

September/October 2016

Personal Message - from Sharon

Lots of News!

I had a very busy spring and summer. My stepson, Alex, was married in April. The ceremony was absolutely beautiful and we had a wonderful time. Two weeks later my stepdaughter had her third child, and our third grandchild. Two weeks after that we left for Poland where Joe's niece was getting married. It was a great joy for Joe and me to experience so many new beginnings for our family.

After the wedding in Poland we took a trip from Budapest to Prague. We met great people on this trip. We saw wonderful sights, such as the opera house in Budapest, Schonbrunn Palace in Vienna and St. Vitus Cathedral in Prague. But traveling through former Eastern Bloc (Communist) countries opens your eyes. Even now, decades after the wall fell in Berlin, there is still a sadness in parts of these countries. When you travel to the exact spots where citizens were brutally oppressed by their leaders you can almost feel the brutality. I realize that our country is not perfect but this trip helped me appreciate the freedoms we do have.

We have been busy at the office, too. We redesigned the newsletter and changed the format a bit. This took some time so we were not able to publish any newsletters in the summer. We think it was worth the wait. We hope you enjoy it!

Social Security is scheduling more cases for hearings and decreasing the backlog, at least a little bit. The wait for a hearing date has dropped from 24 months to about 20 months. We expect this to continue to drop.

THE OFFICE IS MOVING!

We will be closed on September 29 and 30 for the move. We are not going far – about 10 minutes north of our current location. The new office is bigger and better meets the needs of the staff and you, our clients and friends. We are really excited to move into new space and hope you can visit us there. **The new address is:**

Executive Plaza III, Suite 100. 11350 McCormick Road. Hunt Valley, Md. 21031

We have plenty of free parking and, after you stop by to see us, you can go across the street to Hunt Valley Mall!

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.

Michael Bickford	Ronald Blevins	Heather Clapper	Vonzell Cook
Diane Delozier	Elizabeth Frederick	Gilman & Bedegian	Ben Glass, Esq.
Emmanuel Levin, Esq.	NAMI—Metro Baltimore	Lupus Foundation—DC -MD-VA Chapter	Sinai RETURN! Program
Alison Kohler, Esq.	Mary O'Byrne, Esq.	Patty Plaskon	Gregory Rose
Jim Rutledge, Esq.	Anne Seiler, LCSW	Ron Shaw, Esq.	Ray Wittstadt, MD
Lauren Smeton, LCSW	Michael Smith, Sr.	Mosaic Community Services	Katherine Taylor, Esq.
Tommie Tolbert	Holly Tallevast	Weinstock, Friedman & Friedman	

How to Describe Your Disabling Symptoms to Social Security

I recently talked to a client to prepare her for an upcoming hearing. One of our challenges was to accurately describe her symptoms to the judge. This client has fibromyalgia, along with other problems. In her case the fibromyalgia causes overall aching type pain that occurs every day and varies in intensity. It was accompanied by fatigue. This is a description that a judge hears all the time for many types of conditions. It is not specific enough to help the judge understand why this client's pain interfered with her ability to work. When I asked her to describe the pain she said, "It hurts!" While I knew this was true it was not going to help a judge understand her condition. I pushed her to give me a better description of how the pain made her feel. Then she said, "It feels like I am walking through mud." Now that's more like it! I could feel the pain with that description. And I knew that the judge would feel it too.

The Social Security Administration defines disabled as having severe limitations from your medical conditions that prevent you from doing any type of work for at least 12 consecutive months. You have to remember that the only thing a judge knows about you is what is written in your medical records. Your job at a hearing is to paint the picture for the judge of your life day-to-day and how your symptoms limit your activities. The best way to do that is to give a clear description of how you feel. It is not enough to say, "I have pain." You want to describe what the pain feels like; how often you feel the pain; whether you have it all the time or it comes and goes; whether it varies in intensity or is at the same level all the time; what makes the pain increase; what makes the pain decrease. Give examples of how you are limited. For example, how long can you work doing chores before you have to stop because of pain or fatigue? How long do you have to rest? Do you have any side effects from your medications? What are they? How long do they last?

Remember, there is no better expert on you and your limitations than you! Keep a journal. Describe your limitations. Write down examples of how you are limited in your daily activities. This will be very helpful when you are preparing for your hearing.

For more information about Social Security disability claims and to order a FREE copy of my book, *Unofficial Guide to Social Security Disability Claims*, visit my website: www.SharonChristieLaw.com.



FREE Webinars

What You Must Know To Get Social Security Disability Benefits

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

Sept. 21 2pm EDT *** Oct. 19, 4pm EDT

Move More Than Before

Rosey Greer once tried to duplicate the actions of his son as an infant. He rolled, crawled, sat up, clapped and – well, did everything his baby did. Rosey played football for Penn State and the Rams and he was plumb worn out trying to do all his baby boy did.

We may not be professional athletes, but we all move in one way or another. It's important to keep moving at any age, but especially as we get older. Twinge in the hinge? Walk it out. Being active will keep you healthier and give you a more positive mindset. It will also decrease stress, keep you steady on your feet, and let you get a fabulous night's sleep.

Walking is the most simple, inexpensive exercise you can do. Park farther from the front door of a store. Find places in nature for an enjoyable stroll. Walk in the hallway instead of waiting in a chair at the doctor's office. Push your grocery cart around the outside aisles before you check out. Go for a walk while your kid is in karate class. Invent new ways to move more than before!

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) Remember To Keep In Touch With US
- (video) What Can I Do To Help My Case?
- (video) Talking To Your Doctor
- (video) What Information Should I Report To You?

HEARING STAGE

- (video) What Can I Do To Prepare For My Hearing?

FAVORABLE DECISION

- (video) Now That We Won My Case, When Will I Get My Money?

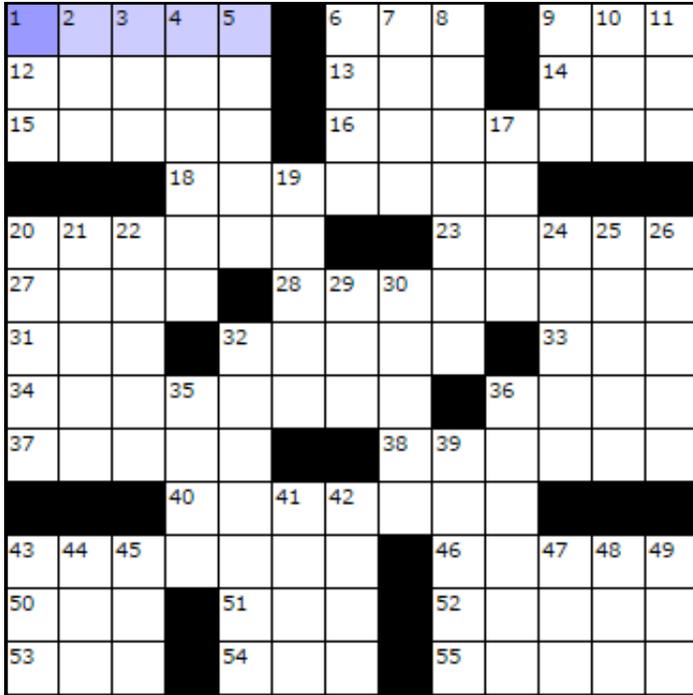
PARTIALLY FAVORABLE DECISION

- (video) Partially Favorable Decisions

AFTER YOU RECEIVE DISABILITY BENEFITS

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





FREE Seminars

- Social Security Disability -

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

Sept. 22, 6-8pm, White Marsh Library
Oct. 26, 6-8pm White Marsh Library

Baltimore Events

Hard Rock Café Baltimore

Through Sept. 30th | 4pm or 8pm
 601 E. Pratt St., Baltimore, MD 21202
 FREE live music on the pier.
 410-347-7625
baltimore.org/events/live-music-pier

Baltimore Book Festival

Sept. 23–25 | 10am to 7pm
 Inner Harbor
 201 E. Pratt St., Baltimore, MD 21202
 Authors, book signings, over 100 exhibitors & booksellers, readings, cooking demos, poetry readings, storytellers, love music, food, beer & wine.
 FREE
 410-752-8632
baltimore.org/events/Baltimore-book-festival

Art All Night Baltimore

Oct. 22–23 | 24 hours
 Second Chance, Inc.
 1700 Ridgely St., Baltimore, MD 21230
 24 hour art gallery, live art, food and entertainment. Experience and support local creativity and/or submit your own art. Second Chance reclaims renewable art and treasures while supporting local workforce development. FREE 410-385-1700
baltimore.org/events/art-all-night-baltimore

ACROSS

1. Ill will
6. Ike's monogram
9. Guided
12. Jeopardy
13. Sweet potato
14. ___ de toilette
15. Sports locale
16. Learned
18. Frighten
20. Meryl ___ (actress)
23. Pseudonym
27. Metal spike
28. Tiny speck
31. Not home
32. Classic song
33. Charged particle
34. Lack of secrecy

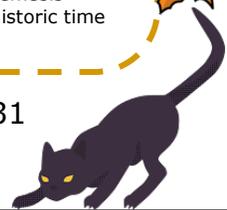
36. Lions' homes
37. Coins from Mexico
38. Come out
40. Knife or fork
43. Small bomb
46. Bangor's state
50. Nothing
51. Mild exclamation
52. Not outer
53. Raises
54. Culmination
55. Hot chocolate

DOWN

1. Health farm
2. ___ capita
3. Extreme anger
4. Christmas glitter
5. Gladden
6. Tinter
7. Small arrow
8. Act like
9. Luau garland
10. Munch
11. Payable
17. Sandwich store
19. Orchard fruit
20. Be nosy
21. Brownish gray
22. Ceremonies
24. More frosty
25. Accompanying
26. Feel
29. Classified ___
30. Gets up
32. Visible to the audience
35. Name word
36. Franklin ___ Roosevelt
39. Imitate
41. Paradise
42. Destitution
43. African antelope
44. Pull apart
45. Raised rail roads
47. Co. abbr.
48. Agent Smith's nemesis
49. Historic time

Halloween Oct. 31

1st Day of Fall Sept. 22



What's The Latest In Medical Technology?

The medical field works tirelessly to reform healthcare and update technology in order to deliver cheaper, faster, and more efficient care for patients.

Here are some of the latest improvements:

- Dermatologists now have a handheld tool approved by the FDA for multispectral analysis of tissue called the Me-laFind optical scanner, which is 98% accurate in predicting melanoma and reduces unnecessary biopsies by 90%!
- Believe it or not, electronic aspirin! The ATI Neurostimulator allows patients who suffer from migraine headaches to stimulate the SPG nerves directly by delivering low-level energy that blocks the pain-causing neurotransmitters.
- For diabetics, no more needles. There is now a transdermal biosensor that reads blood glucose levels through the skin without drawing blood!

Law Offices of Sharon A. Christie, P.A.
201 W. Padonia Rd., Suite 101
Timonium, MD 21093

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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
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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

Office Hours

M-F 9am to 5pm

(844) 521-6700
410-823-8200

Social Security Disability



**New office address
as of Oct. 1st.**

**Executive Plaza III
Suite 100
11350 McCormick Road
Hunt Valley, MD 21031**



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Sharon@SharonChristieLaw.com | 201 W. Padonia Rd., Ste. 101, Timonium, MD 21093

