



The Christie Report

Your Law Firm for Social Security Disability Benefits

January/February 2017



SHARON CHRISTIE LAW



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Personal Message - from Sharon

My 12 Minutes in a Doctor's Office

Sometimes in life you know that you are lucky but your luck is going to run out some day. That's how I felt about my primary care doctor. I was so lucky to have the same doctor for over 20 years. She was what everyone wants from a doctor: smart, thorough and compassionate. She knew a lot about me because she took the time to talk to me and learn about my medical history and personal history. She was a 'hands on' doctor. She took my temperature and blood pressure herself. She performed a complete physical examination herself. She even gave shots herself. Maybe it was old school and not 'efficient' but the time she spent doing these activities was time spent talking to me, her patient, and learning about my health issues.

Sadly, for me and all of her other patients, she retired at the end of 2016. I just had my first appointment with my new doctor. It was very different. It turns out that I made some mistakes as a patient. My first mistake was being 5 minutes late. Apparently, that is a big NO-NO in modern medicine. I had gone to the wrong building. I knew that I was late but when I walked into the very large waiting room (this is a big practice with a lot of doctors) there was no one there. I walked up to one of the many assistants at the front desk and heard this question, "Are you the 3 o'clock?" I wanted to say "No, I am Sharon, the patient" but thought better of it. I was then informed that they would need to see if the doctor would give permission to see me. I had to ask: "Because I am 5 minutes late?" Of course, the answer was "Yes." I wanted to point out that there was no one in the waiting room, but again thought better of it.

Well, the doctor decided that she could see me so I was on my way - to the med tech. The med tech was very personable and took my height and weight and temperature and blood pressure. We had a pleasant conversation and she took me to the exam room. My new doctor walked in, introduced herself and said: "We have 12 minutes. What would you like to discuss?" I was stunned. I think I was being reprimanded for being late. I answered, "I'm a new patient and you are the doctor. What do you need to know?" Obviously, we were off to a bad start! It did not get better.

The second mistake I made was assuming that I was there for a physical. No way that was going to happen in 12 minutes. I suggested that my former doctor did blood work once a year. So, my new doctor says, "What do you want to have done?" Are you kidding me?! As you know, I was a nurse and could have said "basic chemistries and a CBC" but she is the doctor. Since when is the patient supposed to order the blood work? I felt like I was in a Seinfeld episode, but it really wasn't funny.

Then I realized that I had entered the world of "modern medicine." I noticed that my new doctor was excellent at entering data into the computer, but not so good at making eye contact with me, the patient. Maybe she was just having a bad day. I will get the blood work and go back for my follow up appointment. I will be on time. Maybe then things will improve. I will let you know.

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.

- | | | | |
|--------------------------------|------------------------------|----------------------------------|--|
| Carrie Baker-Miller | Gilman & Bedegian | Jay Harris | Michael Herzog |
| Joshua McCanns | Mary O'Byrne, Esq. | David Pessin, Esq. | Gilman & Bedegian |
| Linda Troyer-Hutchinson | Mosaic of Westminster | Mosaic Community Services | First Maryland Disability Trust |

Can I collect both Social Security Disability and Social Security Retirement?

I am asked this question a lot. The answer is No. Social Security disability is meant to provide payments if you are too sick to work but too young to take Social Security retirement benefits.

Social Security assumes that, if you were able to continue working, you would work until you reach your full retirement age. This varies according to the year you were born but is somewhere between age 65 – 67. If you are receiving disability payments, when you reach your full retirement age, Social Security will automatically transfer you from disability to retirement. The amount you receive should remain the same.

This rule actually works in your favor. As you know, workers can take early Social Security retirement at age 62. The amount you receive for early retirement is significantly less than what you receive if you wait until your full retirement age. So, you will receive the higher retirement amount.

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 or by calling my office.

Use Technology To Your Advantage!

I'm sure it comes at no surprise that some folks are not comfortable using computers and the internet. If you're in that group, I encourage you to learn how to use them because you will benefit from the information that is now at everyone's finger tips. A public library is a great place to start! There are computers, scanners and printers available to the public there and the librarians will be glad to help you get started. Another place to access computers and help in learning how to use them is your local Junior Colleges (no longer the exclusive domain of young adults!). And don't forget your children and grand children, who are probably fluent in all things related to computers. They'd probably enjoy showing you the ropes, so don't hesitate to ask.

FREE Webinars

What You Must Know To Get Social Security Disability Benefits

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

Feb. 15, 6pm ET

If you live in an igloo, what's the worst thing about global warming?

NO PRIVACY!



In-Home Care

Kudos to those of us who've been fairly self-sufficient for most of our lives. None of us likes to think about it, but at some point we'll need help. Here are some tips to help find the right care-giver when you or a loved one needs it.

- It might be an option to choose a family member to be a Primary Caregiver.
- Make a list of people who've said, "Let me know how I can help you."
- Make a list of tasks that are difficult to do and let the support team handle them.
- Create a list of local assistance agencies and give it to the Primary Caregiver.
- Recognize that Primary Caregivers can become fatigued, physically and emotionally. Be sure to encourage them to take a break and do your best to make it possible for them to do so!
- See www.homehelpershomecare.com/resources for more information.

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 have a "Client's Only" section on 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 AVAILABLE TO YOU:

GENERAL INFORMATION

APPLICATION

RECONSIDERATION STAGE

HEARING STAGE

FAVORABLE DECISION

PARTIALLY FAVORABLE DECISION

UNFAVORABLE DECISION

AFTER YOU RECEIVE DISABILITY BENEFITS

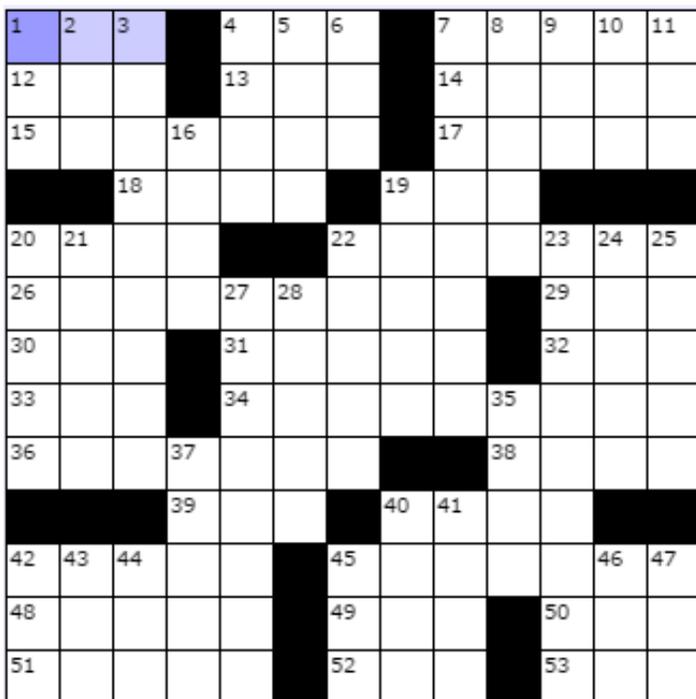
You've Got Mail!

Get our weekly electronic newsletter (aka ezine) via email.



www.SharonChristieLaw.com/ezine-signup





ACROSS

- 1. Intense rage
- 4. Mule's kin
- 7. Midwest airport
- 12. Pirate's drink
- 13. Stool pigeon
- 14. Worth
- 15. Majestic
- 17. ___ DeGeneres
- 18. Informal talk
- 19. Sis's counterpart
- 20. India's locale
- 22. Cap ornaments
- 26. Story connector
- 29. Lick up
- 30. Create lace.
- 31. Upper class
- 32. Lemon drink

DOWN

- 33. Before, in poems
- 34. Commanding respect
- 36. Mutton, e.g. (2 wds)
- 38. Female student
- 39. Museum offering
- 40. Level
- 42. Religious images
- 45. Email item
- 48. Newspapers & TV, e.g.
- 49. Snaky fish
- 50. Pekoe, e.g.
- 51. Bicycle part
- 52. Vane dir.
- 53. Always in poems

DOWN

- 1. Tax agcy.
- 2. Groove
- 3. Very scrawny
- 4. Range
- 5. Pepper's partner
- 6. Pigpen
- 7. Supervisor
- 8. Angels' hat
- 9. Entire
- 10. Regret
- 11. Still, poetically
- 16. Asian language
- 19. Sew temporarily
- 20. Fall bloom
- 21. Fixed gaze
- 22. Contaminate
- 23. Rich in detail
- 24. Large spoon

- 25. Swiftness
- 27. About face
- 28. Shoe spike
- 35. Fighter pilots
- 37. Excessive excitement
- 40. Young adult
- 41. ___ of Capri
- 42. Rascal
- 43. 3rd letter
- 44. Weird
- 45. Gents
- 46. Golly!
- 47. Pitcher handle

St. Valentine's Day

Feb. 14

Super Bowl Feb. 5

FREE Seminars

- *Social Security Disability* -

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

Jan. 25, 6-8pm, White Marsh Library
Feb. 28, 6-8pm, White Marsh Library

Baltimore Events

Everyman Theatre

315 West Fayette St., Baltimore, MD
410-752-2208

www.everymantheatre.com

Pay-What-You-Can performances!!

Available for final dress rehearsal of each show (the day before the 1st performance). Tickets are sold on a 1st come basis at the box office beginning at 5:30pm. Suggested donation \$5. Payments must be cash. Call for details!

Charm City Circulator

Free transportation around Baltimore
See www.charmcitycirculator.com for routes. Runs every 10 minutes, 7 days a week. Connects to Amtrak, MARC, Light rail & Metro Subway. Get out and see Baltimore on your own schedule!

Oriole Park Tours

Beginning in March!
www.baltimore.orioles.mlb.com
One of the best bargains around!
Adults: \$9 Seniors (60+): \$6
See the dugout, Press level, Scoreboard/Jumbo Tron control room & the exclusive suite level! Each area is accessible to all. Fans are also treated to a historical perspective of the Camden Yards area, including the B&O Railroad, the famous Inner Harbor and Babe Ruth!

Make Your Own Laundry Detergent

It's quick and easy to make your own laundry detergent and you'll save a bundle by not purchasing it pre-made anymore! According to Mary Hunt, of www.EverydayCheapskate.com, pre-made detergent costs from \$0.35 to \$0.50/load which does not sound like much, however, homemade detergent costs about \$0.03 to \$0.05 per load! The following recipe is adapted from www.diynatural.com/homemade-laundry-detergent-soap/2.

Ingredients:

- 1 small bar soap—travel size like you'd get in a hotel—grated with a cheese grater
- 1 cup Borax (purchase online or Walmart or Ace Hardware)
- 1 cup Arm & Hammer Super Washing Soda (purchase online or Walmart or Ace Hardware)
- 1/2 cup Arm & Hammer Baking Soda

Instructions:

1. Mix all ingredients together. Use 1 tablespoon for a normal load. Optional: Blend ingredients in blender to get a fine powder that will dissolve easily in cold water loads.

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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

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410-527-1740

Social Security Disability



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