



Dining Out for Life Kick Off Event



Next Meeting
March 12

**Working with Clients
who Isolate-How to
help?**

Reneta Ackerman,
PhD, LCP

Quest Center for
Integrative Health

[2013 Dining Out for Life Kick off at Hopworks | Facebook](#)

2944 SE Powell Blvd 503.232.4677

Monday, April 1st 4 pm- 11 p.m.

**Make a reservation and tell your server you are
Dining Out for Life**

**20% of your bill will be donated to Partnership Project and
the EMO HIV Day Center**



GO GREEN THIS ST. PATRICK'S DAY BY GOING PAPERLESS

By Alan Edwards, Social Security Public Affairs

With St. Patrick's Day at its heart, March is a very green month. People celebrating the luck of the Irish wear green clothing, drink green beverages, and can even be found enjoying a shamrock milkshake from time to time.

We'd like to encourage you to go green in another way, too. Being environmentally friendly isn't an elusive pot of gold at the end of some rainbow — it is something everyone can work toward with little steps. Reusing and recycling, planting a tree, and using Social Security's online services.

When you use Social Security's online services, there's no paper, printing, postage, or travel needed. Here are a few of our most popular online services:

Try out our expanded *my Social Security* services, available at www.socialsecurity.gov/myaccount. It's a one-stop shop to obtain a *Social Security Statement* for checking your earnings record or estimated future benefits, or (if you already get benefits) for checking your payment amount, changing your address and telephone number in our records, getting a benefit verification letter, and starting or changing your direct deposit information.

Use our *Retirement Estimator* to get a quick and accurate estimate of your future Social Security retirement benefits. www.socialsecurity.gov/estimator

Prepare for your retirement by visiting our *Benefits Planner* page. You also can go here to use the disability and survivors planners to find out how much you or your family might qualify for if the need arises. www.socialsecurity.gov/planners

Retire online! You can complete and submit your retirement application in as little as 15 minutes. www.socialsecurity.gov/retireonline

Apply online for disability benefits. www.socialsecurity.gov/applyfordisability

Apply online for Medicare benefits. www.socialsecurity.gov/medicareonly

Go green with Social Security's online services this month and throughout the year. For a complete list of our online services, visit www.socialsecurity.gov/onlineservices.

Social Security Q & A

By Alan Edwards, Social Security Public Affairs

Question:

I understand that to get Social Security disability benefits, my disability must be expected to last at least a year. Do I have to wait a year before I can apply for benefits?

Answer:

No. If you believe your disability will last a year or longer, apply for disability benefits as soon as you become disabled. It can take three to four months to process an application. If your application is approved, we will pay your first Social Security disability benefits for the sixth full month after the date your disability began. For more information about Social Security disability benefits, refer to *Disability Benefits* (Publication No. 05-10029) at www.socialsecurity.gov/pubs/10029.html.

Legacy Hospice



Gay Men Together in Grief

**For Gay Men (GBTQ)
who have experienced loss through death**

This rich, safe and supportive gathering for gay men is a rare opportunity to come together in companionship with others like us, who also know the special relationship to grief that uniquely faces a gay man.

The group is offered free of charge.

Come to know the gifts of healing and even joy that a new relationship to grief can bring in time, even years later. While grief is an alone process, you do not have to bear it alone anymore.

Your Guides: two peers who have learned to dance with their grief over the deaths of partners and loved ones in the AIDS epidemic. Both are clinical healthcare professionals in spiritual care at Legacy Health hospice and hospitals.

8 Weekly Meetings, Tuesdays, 6:30-8:00 PM

**For details or to reserve your place in this space limited group...
CALL Legacy Hospice Bereavement Services at 503-220-1000**

Sponsored by Legacy Hospice <> in partnership with Friendly House
Friendly House, 1737 NW 26th Ave (at Thurman St), Portland, OR





This column is provided as a public service by Attorney Sarah Patterson ([www. Sarahpattersonlaw.com](http://www.Sarahpattersonlaw.com)), by Email :Sarah@sarahpattersonlaw.com, (503) 281-4766. Sarah is a lawyer in private practice and represents claimants with HIV and AIDS in Social Security and SSI disability cases and is not associated with the Social Security Administration.

Listing of Impairments: Key to Disability Eligibility

Disability standards are set out for most physical and mental disorders in the “Listing of Impairments.”

The Social Security Administration (SSA) has its own unique set of rules for determining disability. These rules are an endless source of confusion to medical providers who want to be helpful, and a great frustration for claimants who are denied and don't understand why.

To be found disabled under Social Security or SSI standards, we must prove that our clients are unable to do any kind of full-time work, Most other disability insurance programs require only a showing that a person is unable to return to former work.

SSA calls its standards for disability the “Listing of Impairments.” It is a part of the Code of Federal Regulations, and is available online.¹ In this relatively short document, disability standards are set out for most physical and mental disorders.

The “Listings,” as they are known, are fairly comprehensive. Although some claimants may fit exactly into the listings, or be found disabled under a combination of listed impairments, some are also found disabled based on inability to sustain any full-time employment.

Depending on the claimant's age, education, and work experience, disability may be established even if there is a capacity for sedentary or light work. This may be because they fall into the less stringent rules for people over 50. The law recognizes that 55-year-old laborer with an eighth grade education has fewer options than a 40-year-old college graduate with the same impairment.

If the person is not working, and has a disability, the next step is to look at whether a person “meets” the Listing of Impairments. Does the diagnosis and list of symptoms line up with those shown anywhere in the Listings? Do the clinical observations and lab findings support the claim adequately? The decision making process goes forward to an evaluation of whether there is any kind of work that the person can perform on a consistent basis.

New regulations allow very quick determinations for people who meet the criteria for “Compassionate Allowances.” For example, most stage-four cancers fall into that category, conditions so grave that they may result in a nearly immediate allowance.

Because Social Security's standards are unique, a simple statement that “this patient is disabled and cannot work” is of little value.

The most valuable contribution we make to a case is our experience, which encompasses knowing our local resources and exactly what Social Security needs to allow a claimant to win. We ask the right questions, and so we get the answers, in terminology Social Security will recognize as valid. We can help your clients navigate this daunting system.

1 - <http://www.ssa.gov/disability/professionals/bluebook/AdultListings.htm>

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This issue, and issues from Feb 2002 on, can be found electronically at <http://www.oregon.gov/DHS/ph/hiv/services/news.shtml>