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RESOURCES

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## ***What's new for Social Security Disability in 2017?***

### ***What You Should Know***



With the new year comes new rules and updates in Social Security Disability. When seeking Social Security Disability Insurance ("SSDI"), social security requires a minimum of 20 to 40 work credits, depending on the your age at which you became disabled. Each year a worker earns a maximum of 4 credits. In 2016, you had to pay social security taxes on at least \$5040 to earn four credits. Starting in 2017, Social Security requires that you pay social security taxes on at least \$5200 to

earn four credits.

To make up for the increase in cost of living, Social Security has a cost of living adjustment ("COLA") of .3% increase per month for 2017 payments. To qualify for Social Security Disability, an applicant cannot have income from employment that exceeds substantial gainful activity ("SGA"). The 2017 SGA for non-blind applicants is \$1170 per month.

Some applicants are eligible for Supplemental Security ("SSI"). To receive SSI, an individual cannot have more than \$2000 in financial resources. If a couple is receiving SSI, their maximum combined resources cannot exceed \$3000. As for the 2017 COLA increase for SSI, individuals can receive up to \$735 per month and couples can receive up to \$1103.

## ***Crohn's & Colitis:***

### ***Can you get Social Security Disability?***

Crohn's and Colitis are chronic inflammatory bowel diseases which are increasingly affecting the number of people in the United States. Currently, there are 11.6 million Americans, including 80,000 children, who are diagnosed with Crohn's and Colitis. Inflammatory bowel diseases are caused by a mixture of genetic predisposition, immune system disturbance, and environmental triggers. The symptoms vary from abdominal pain, to diarrhea, fever, fatigue, and night sweats. The symptoms also worsen during flare-ups which can be unpredictable at times. Over time, Crohn's and Colitis treatments are becoming more effective and more options are available to patients; however, the financial burden of these treatments is still great. Direct costs with inflammatory bowel diseases, and many other diseases, include the following: hospitalization, physician services, prescription drugs, over-the-counter drugs, nursing care, and procedures. Indirect costs may include loss of earnings and productivity or loss of leisure time.

Many individuals with inflammatory bowel disease seek out social security disability for financial and medical assistance. In order for individuals to qualify for disability benefits under inflammatory bowel disease, they need to meet a disability listing. This means you need to have a diagnosis plus a specific complication such as anemia or a tender abdominal mass. If you are not able to qualify under a social security disability listing, you may also show that your symptoms do not allow you to complete full-time work. For those that suffer from severe symptoms of Crohn's and Colitis, Social Security Disability may be an option to help ease your burden. We recommend speaking with an experienced law firm to see if you qualify.



## Health Tip of the Month: Start the New Year Eating Healthy



The holidays is a time of family, friends, and lots of food. Now that the new year is upon us, many of us are trying to manage or lose weight. For those with health issues, managing weight can be extremely critical. However, it's hard to do with all the delicious food available everywhere you look. Listed below are just a few tips to help you manage your food intake and still enjoy all the wonderful food.

- 1.) **Drink lots of water:** This will help keep you full and not feel hungry. It will also help keep you from snacking.
- 2.) **Eat only until you are full; not stuffed:** Our eye are usually bigger than our stomachs, but once the food is on our plate, we want to eat it all. Start with small portions and eat slowly. You will end up eating less.
- 3.) **Eat a small meal:** If you know you are going to have a large meal, then eat very small meals the rest of the day so that you can indulge a little during the large meal without feeling guilty.
- 4.) **Exercise:** Start simple like taking a walk 3 times a week. It's important to stick to your exercise plan so make the activity something you enjoy. Exercising doesn't replace eating healthy, but it will certainly help maintain your weight.

5.) **Don't try to lose weight:** If you're going on a trip or away for vacation, it's going to be hard to lose weight while you are out of town. Unless you are the most disciplined person in the world, it's probably not the time to start a diet. The best thing is to maintain your weight during vacation, and then start your diet when there are far less temptations around.

## *Happy Birthday to Holly and Amanda*



Our intake specialist, Holly, and our administrative assistant, Amanda, share the same birthday month. Holly's office was filled with flowers on her special day (January 3rd), and the whole Khaki Law Firm team got together at the Red Sky Tapas Bar in Marietta to celebrate Amanda's special day (January 4th).

We wish both of them a fantastic year that is as amazing as they are!

## **SARA KHAKI RECOGNIZED AS A LEGAL ELITE**

Congratulations to Sara Khaki for being selected as a Legal Elite by Georgia Trend Magazine! It is a longstanding tradition that every year Georgia Trend Magazine will recognize a select group of attorneys as the top attorneys in the state of Georgia. We are honored and proud that Sara was part of their 2016 list.



## *Calendar of Events:*

**January 2017**

January 4: In Court; Covington, GA

January 10: In Court; Atlanta, GA

January 12: In Court; August, GA

January 16: Martin Luther King Jr. Day

January 17: In Court; Atlanta, GA

January 18: Speaking Engagement: Sara Khaki presents a CLE to the Atlanta Bar Association's Young Lawyer Division

January 19: In Court; Gainesville, GA

January 20: In Court; Rome, GA

January 23: In Court; Chattanooga, TN  
In Court; Atlanta, GA

January 24: In Court; Valdosta, GA

January 25: In Court; Thomasville, GA

January 27: In Court; Atlanta, GA

January 31: In Court; Montgomery, AL

JANUARY 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## Contact Us!

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