THE KHAKI LAW FIRM LLC
DISABILITY LAW

The Khaki Law Firm
April 2022 Newsletter

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Understanding Your Tax Credit Benefits during Tax Season

You may be Entitled to Additional Tax Credits

Tax season can be a long and complicated process. Even if your are not required to submit tax returns because of the types of government benefits you're receiving, you may be entitled to additional tax credits this season. Below are three tax credit benefits you may be eligible for even if you are receiving Supplemental Security Income (SSI) and do not have to file a tax return.

Child Tax Credits and SSI Benefits

The Child Tax Credit (CTC) is given to families with children to reimburse some of the costs associated with childrearing. Parents can receive as much as $3,600 for every child under six and up to $3,000 for every child between the ages of 6 and 17. Your eligibility for this tax credit depends only on whether you have children in the qualifying age range.

Receiving this benefit will not lower your SSI benefits for a period of 12 months, meaning the SSA will only count any remaining funds earned from tax credits after one year. You may have already received some of this credit in the form of advance monthly payments from July to December 2021. For more information about this topic, we encourage you to visit ChildTaxCredit.gov.

The Earned Income Tax Credit

The Earned Income Tax Credit (EITC) is a tax break for workers and families earning low- to middle-class income. Because SSI is a needs-based benefit program for individuals and families with limited means, it is possible that you qualify for this tax credit. The credit amount you receive will depend on your income level and the number of qualifying children in your home. Fortunately, your monthly SSI payments will not be counted against your eligibility for EITC or the credit amount.

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Early Signs of Parkinson's Disease and How to Address Them

Symptoms of Parkinson's Disease

Parkinson's Disease is a disorder that targets the nervous system and causes problems with movement and other bodily functions. Unfortunately, there are currently no tests that explicitly look for and diagnose this disease. Parkinson's Disease is instead diagnosed by a mix of specific symptoms, prior medical history, and examinations by doctors. It is important to be proactive in identifying early warning signs of Parkinson's Disease and understanding how to address them.

Symptoms of Parkinson's Disease

Because medical tests cannot alert doctors of Parkinson's Disease, knowing the symptoms is especially important to catching this disease early. Identifying the signs of Parkinson's Disease gives you the opportunity to contact your doctor and take swift action. Examples of the most common symptoms of Parkinson's Disease include:

- Tremors
- Small and/or shaky handwriting
- Constipation
- A low voice
- Fainting
- Inability to stand straight or still

It can be difficult to determine whether these symptoms are indicative of Parkinson's or some other conditions. Certain factors such as the repetitiveness and intensity of the symptoms should be noted when consulting a doctor. It is always better to be safe and make your healthcare provider aware and see what they recommend.

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Stress Awareness Month

Keep Your Stress Levels low, and Your Peace Levels High

April is Stress Awareness Month. As we continue to navigate the COVID-19 pandemic, it's going to look a different than previous years as the United States and the world deal with the stress and uncertainty.

These times are stressful, there's no way around it and while it is natural to feel that stress, it's also important to find a healthy way to approach your uncertainty. Stress can manifest itself in ways that impact thinking, behavior and emotions. The body's response can involve alertness increases, blood pressure and heart rate rises, breathing becomes more rapid, and much more.

The Good Stress vs. The Bad Stress

Stress is considered beneficial when it provides a burst of energy that can heighten awareness and be a motivator to get things done. Negative stress, on the other hand, can be long-lasting, less manageable and decrease performance.

Negative stress can lead to other more serious issues. It is best to seek help when the symptoms of stress persistently interfere with day-to-day life or lead to dangerous thoughts and behaviors. Some of the risks of untreated stress include:

- Depression/Anxiety: Anxiety disorders can occur when the symptoms of stress continue after the stressor is gone. Chronic stress can also lead to depression if the feelings of anxiousness or irritability become suppressed or unresolved for long periods of time.
- Diabetes: The American Diabetes Association shares stress can cause or worsen cases of Type 1 and Type 2 diabetes by raising blood sugar levels, activating fat cells and increasing blood pressure. It also contributes to insulin resistance, making it more difficult for the pancreas to secrete insulin.
- Gastrointestinal Issues: The gut is often referred to as the "second brain" for the way it impacts mental and physical well-being. Chronic stress shows short and long-term effects on gut health, from a less efficient immune system to a heightened risk of digestive disorders including: Crohn's Disease, Irritable Bowel Syndrome (IBS).
- Heart Disease: Researchers have found that chronic stress may pose a risk for heart disease, the leading killer of men and women in America. Not only can it contribute to a raise in blood pressure and cholesterol levels, it may lead to overeating and inactivity. Interestingly enough, laughter and happiness can lower your blood pressure, reduce the risk of stroke, heart attacks and other cardiovascular problems.
- Obesity: Chronic stress has been linked to biochemical changes in the body that trigger cravings, change digestion and increase appetite. Pairing our bodies natural desire for comfort foods with the convenience of drive-thru restaurants and processed meals is a recipe for disaster under stressful circumstances.

Take a Time-Out

However you choose to spend the rest of this month and beyond, make sure you take regular time out to escape the daily grind. Engage in something that's going to allow you the opportunity to relax, de-stress and reset. Encourage others to make time for a little relaxation, too.

Client Testimonial:

Thank you Steve for the 5 star review!

Thank you, Steve P., for the 5 star review! Our mission is to help clients navigate their way through the Social Security Disability maze. If you or someone you know needs help with a SSDI matter, call us at (678) 228-8688.

Contact Us!

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