

News You Can Use from Keefe Disability Law

800-776-2929

Dedicated to helping you win Social Security Disability Insurance benefits (SSDI) and Supplemental Security Income benefits (SSI) from Social Security.

Massachusetts • Rhode Island • New Hampshire



“Superbly friendly, informative, kind, caring and helpful”

JM

“Courteous, friendly and knowledgeable”

TP

“Outstanding dedication and assistance”

JS

“Direct, honest and compassionate”

CP

“Made the life of my family so much better”

CR

A New Approach for Chronic Back Pain

More and more physicians are moving away from prescribing opioid pain medication, such as hydrocodone, Oxycontin and Percocet for the treatment of chronic back pain, and acute or sub-acute back pain. The American College of Physicians is recommending a new Clinical Practice Guideline for Low Back Pain that can be characterized this way:

- Be Active
- Wait it Out
- Doctors Recommend Exercise and Patience Over Pain Medication

The Guideline recommends treatment without drugs for most patients, and a greater focus on utilizing heat, massage, or acupuncture. Also recommended were exercise, physical therapy, tai chi, yoga, stress reduction mindfulness, and cognitive behavioral therapy. If these activities and therapies don't work, the guideline recommends non-steroidal anti-inflammatory drugs such as Ibuprofen (Advil) or aspirin.

Acetaminophen (Tylenol) was specifically ruled out as ineffective, not better than a placebo (sugar pill) for this condition.

The Guideline reports that 25% of all US adults have experienced back pain in the last three months, and the costs associated with this condition are monumental as they include not only costs of treatment but also lost wages and lost productivity.

New Guidelines Could Lead to Reduction in Opioid Drug Addiction.

Up until recently, the typical approach to acute and sub acute back pain started with drugs for pain relief, and often included opioid pain killer medication. We now know that prescribing opioid pain medication for back pain often leads to addiction to opioids. This is seen as a contributing factor to what has become an epidemic of opioid addiction across the US. Many people feel that doctors are uniquely positioned to lead the way out of this epidemic by prescribing safer medicines for their patients.

Our belief is that it is likely that the new guidelines are in some way a reaction to the terrible toll that opioid addiction has inflicted on people from all walks of life, and the destructive effect that addiction has had on many communities. If the new guidelines avoid opioid prescription, and thus help people avoid starting on a path that would lead to addiction for them, they are very welcome additions, indeed.

If you have been diagnosed with low back pain, you may be eligible for Social Security disability benefits. Please contact our law firm today to get started on your disability application, or download our free report, Five Most Frequently Asked Questions about Social Security Disability. ■



Inside the Issue

Pg2 Stop Typing and Driving!

Pg2 Irish Bread Recipe

Pg3 Grampa Neary

Pg4 Staff Spotlight

Keefe Disability Law

10 Speen Street
Framingham MA 01701
Tel (508) 283-5500
Fax (508) 309-6954
800-776-2929
www.KeefeLaw.com

Thank You. A referral from a former client or friend is the greatest compliment our firm can receive. We are grateful for every referral – and for each one of you who recently referred a friend or family member we say – “Thank You!”

Stop Typing and Driving!

Let's face it, people these days love autonomy – they want to make up their own system of right and wrong, usually centered on what is best for them right now. (Wait – that's a conflict of interest, right?) Let's talk about typing while driving. By my observation, drivers these days (lots of them) seem to care so little for themselves or for other drivers that they routinely look at the screen on their cell phone, and even use their hands to type on that small screen.



Seven years ago, if you told me people would try to type while they are driving, I would not believe you.

It's hard to imagine how typing while driving can be justified from a safety point of view, since while typing, one is not looking out the windshield. Oh yes, I know we all call it "texting," but the word "typing" is more descriptive of the action that pulls your attention from driving, and results in a period of time when your eyes are not on the road.

Unfortunately, we now have the traffic safety statistics to show that driving fatalities are now increasing even while the cars are getting dramatically safer. In 2015, the US rate of fatal accidents rose by over 7 percent, a larger increase than any year in the prior 49 years.

Yes, it is the driver that is the problem. That could be you, or a loved one.

The distracted, typing drivers are easy to spot since they are unable to stay in their lane. When you are behind them they wobble side to side in the lane, often cheating to right. When they are coming towards you they wander out of the lane and into your lane and you are forced to cheat to the right to avoid them. It is truly outrageous.

So, considering that typing while driving shows a callous disregard for the safety of others on the road, why would a lover of autonomy now want to answer my plea, and follow my advice and change their driving habit? Would you change your habit simply to enhance the safety of others on the road?

I believe that each of us has a part of us that wants to help people, to be of service and that's the part I appeal to today. I ask you straight up to do one thing in service to mankind, even if it infringes on your autonomy:

While You Are Driving Put the Phone in the Back Seat.

Don't Type and Drive. At all.

John Keefe ■

Irish Bread Recipe

My mother's friend, Mrs. Kelleher, was an immigrant from Ireland, who used to make us an Irish Bread from time to time throughout the year (not just on St Patrick's day!)

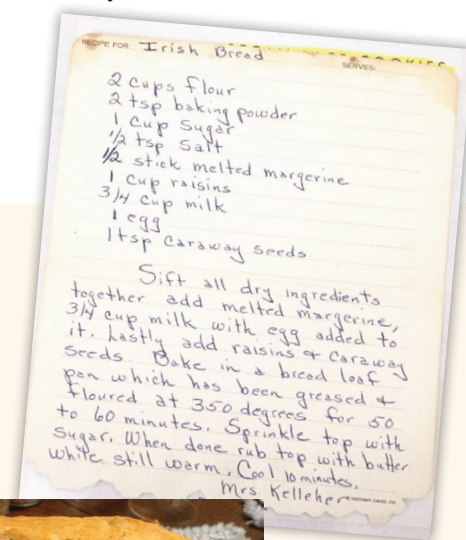
Here is Mrs. Kelleher's recipe. We usually skip the caraway seeds.

Ingredients:

2 cups flour	1 cup raisins
2 tsp baking powder	3/4 cup milk
1 cup sugar	1 egg
1/2 tsp salt	1 tsp caraway seeds (optional)
1/2 stick melted margarine	

Directions:

Sift all dry ingredients together, add melted margarine, 3/4 cup of milk with egg added to it. Last, add raisins and caraway seeds. Bake in a greased and floured bread loaf pan at 350 degrees for 50 to 60 minutes. Sprinkle top with sugar. When done, rub top with butter while still warm. Let cool for 10 minutes. ■



Grampa Neary

My granddad James Neary was an immigrant from Ireland, who was born in Bonniconlon in the western part of Ireland in 1889. He came over on a Cunard Line ship called the Ivernia to New York in 1913 and was processed through Ellis Island, and then came up to Boston where he knew some others who had come to Boston before him. He became a naturalized U.S. Citizen at US District Court in Boston on October 3, 1916, when he was 27.

He was 23 when he came over, having finished his schooling in the 8th grade and having learned the barber trade, cutting hair, while still in Ireland.

In Boston he rented a small space for his barber shop in Jamaica Plain, called it “Jim’s Barber Shop” and was the neighborhood barber there for over 50 years. When I was in grade school and high school he came to our house on Sundays and set up for cutting hair in the laundry room off the kitchen. In

short order he would cut my dad’s hair, and then all four sons including me. He always whistled to himself while cutting hair. At dinner when my father asked him if he would like a drink, he would hold up two fingers, side by side, and my father would pour him a small glass of whiskey.



One day while I was a student at Harvard in the mid 1960’s I was walking from class back to my dorm for lunch. I spotted Grampa Neary coming up the stairs from the red line subway station into Harvard Square. We talked and I asked him why did you come to Harvard Square today? He said he had been coming to Harvard Square for decades about once a week to buy a copy of the Irish newspaper from back home at the “Out of Town News”, the iconic newsstand in the center of Harvard Square. He said he liked to keep up with the politics and sports

in Ireland, even though he moved away over 50 years earlier.

He asked me to join him for lunch, beef stew, at Hayes Bickford, a diner, which I did. I told him about my classes, and what I was reading for them.

When I graduated from Harvard, he came to the commencement ceremonies in Harvard Yard, and back at the dorm, Elliot House. I still remember him that June day with his broad brimmed summer hat, and full wool suit. I also have a photo of him standing under one of the tall trees in front of Widener Library speaking with one of the Cambridge police assigned to the commencement detail, who as a little boy, was a regular at “Jim’s Barber Shop”.

My first memories of the Boston Marathon are with Grampa Neary, as he took me on Marathon Day at age 10 to the top of Heartbreak Hill by Boston College, and showed me the names of the runners listed in the Boston Globe saying I think these guys will come by in the front pack, and this is the one I am rooting for. I am pretty sure he was rooting for Johnny Kelley, not sure which one.

As far as I know he wore long underwear all 12 months, heavy (wool) in winter and light (cotton) in summer. He was only in the hospital twice: On the day he was born, and on the day he died, when at age 83, he walked into the emergency room all by himself at a Florida Hospital complaining of chest pain. ■



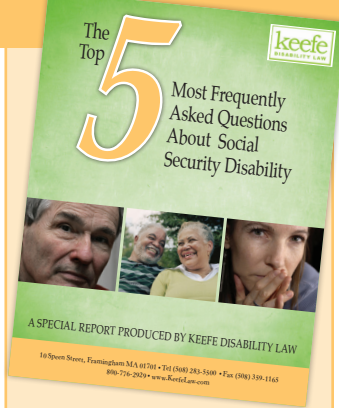


10 Speen Street
 Framingham MA 01701
 Tel (508) 283-5500
 Fax (508) 309-6954
 800-776-2929
 www.KeefeLaw.com

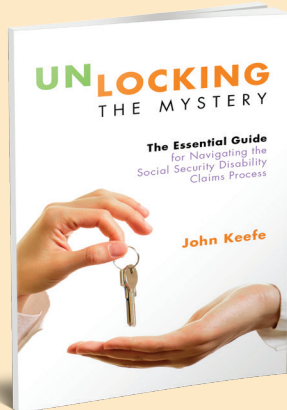
Grampa Neary



See page 3.



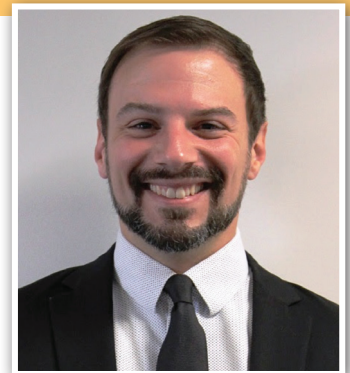
To request a Free Report or Free Book, call us or visit our website.



This publication is intended to educate the general public regarding the Social Security Disability claims process, health conditions and other issues. It is for informational purposes only and not intended to be legal advice. Because each case is different, you should consult with an experienced Social Security Disability attorney before acting on any information contained here.

Staff Member Spotlight

Attorney Mathew Beausoleil



At Keefe Disability Law, we're fortunate to have a terrific staff in place to help our clients navigate their Social Security Disability claims. Since we all pick up the phone at our firm, we'd like you to get to know a little bit more about the individuals who make up our team. This issue our spotlight is on **Mathew Beausoleil**, an attorney who has been with our firm for two years.

Born: Salem Massachusetts

Lives: Littleton MA

Family: Wife: Mireille

Pets: Beagle/Bulldog mix named "Winston"

Undergraduate: Salem State University

Law School: New England Law School

First Job: Dishwasher at a Seafood Restaurant

What's on your iPod? Alternative Rock

What are you reading? Books about Zen Buddhism, American History

Favorite place to visit: White Mountains of New Hampshire

Favorite meal: Pizza (of course)

Like to do when not at work: Read. Play guitar.

Favorite sports team: Patriots

Favorite TV Show: *Game of Thrones*, *Walking Dead*, *Vikings*

Person in history I'd most like to meet or one event in history that you'd like to have witnessed in person: Abraham Lincoln. You can see the deep wisdom and understanding in his eyes.

What's on your bucket list? A trip to Europe.

Favorite quote: Buddha: "Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."

Pet peeves: Intolerant people.

Surprising fact about you: I first went to college for agricultural studies and then worked on a farm prior to law school. ■