



## MENTAL HEALTH AWARENESS MONTH

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically impacts us mentally – it's important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness and set you on a path to recovery.

This May is Mental Health Month. The Hankey Law Office is raising awareness about the connection between physical health and mental health, through the theme Fitness #4Mind4Body. The campaign is meant to educate and inform individuals about how eating healthy foods, gut health, managing stress, exercising, and getting enough sleep can go a long way in making you healthy all around.

A healthy lifestyle can help to prevent the onset or worsening of mental health conditions like depression and anxiety, as well as heart disease, diabetes, obesity and other chronic health problems. It can also play a big role in helping people recover from these conditions.

Getting the appropriate amount of exercise can help control weight, improve mental health, and help you live longer and healthier. Recent research is also connecting your nutrition and gut health with your mental health.

Sleep also plays a critical role in all aspects of our life and overall health. Getting a good night's sleep is important to having enough physical and mental energy to take on daily responsibilities. And, we know that stress can have a huge impact on all aspects of our health, so it's important to take time to focus on stress-reducing activities like meditation or yoga.

The Hankey Law Office wants everyone to know that mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy, but by looking at your overall health every day – both physically and mentally – you can go a long way in ensuring that you focus on your Fitness #4Mind4Body. For more information, visit [mentalhealthamerica.net/may](http://mentalhealthamerica.net/may).

If you are taking steps to live a healthy lifestyle but still feel like you are struggling with your mental health, visit [www.mhascreening.org](http://www.mhascreening.org) to check your symptoms. The screen is free, confidential, and anonymous. Once you have your results, Mental Health America will help you find tools and resources to feel better. Screenings include, but are not limited to, depression, anxiety, bipolar, PTSD, eating disorders, and addiction and are intended for adults ages 18 and over.

It is important to remember that while these tools are valuable, they are not diagnostic instruments and cannot replace the care of a doctor.

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Members of the Healthy Indiana Plan can call for a free ride to healthcare appointments.

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### Meet Our New Lawyer

Corei just joined the Hankey Law Office to help Social Security Disability clients.

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### Indy's Free May Events

Spring means it's time to get out of the house. Fortunately, there are some great, free activities.

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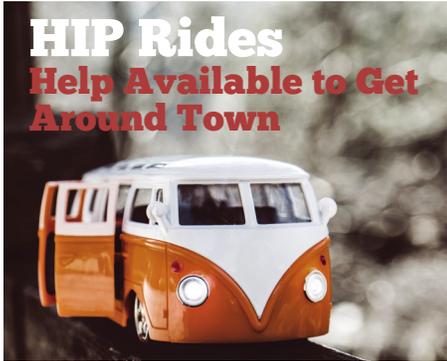


### Medically Frail Letter

We help you make sense of what this FSSA letter means for your case and your care.

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## HIP Rides Help Available to Get Around Town

If you are a member of the Healthy Indiana Plan, you are able to get rides to your health care appointments at no cost, including:

- Health care and education appointments
- Renewal appointments
- Women, Infants, and Children (WIC) appointments
- Vision and dental appointments if your plan offers it

To set up your ride, call LogistiCare at 844-772-6632 Monday through Friday, 8 a.m. to 8 p.m. They will need at least 48 hours before your appointment.

If you can't reach LogistiCare, call:

- Anthem Member Services 866-408-6131
- Hoosier Care Connect 844-284-1797

### Important:

If you need a van or wheelchair lift, let them know when you set up your ride, and they will accommodate you. If you are bringing a child who needs a safety seat, you will need to bring your own safety seat with you.

Source: Anthem Indiana Medicaid

## Hankey Law Welcomes New Lawyer

In February, our newest attorney, Corei, joined the Hankey Law Office.

She graduated from the Robert H. McKinney School of Law in 2017, and we're thrilled to have her as a part of the Hankey Law team! Corei will be assisting clients with their Social Security Disability cases.

Corei worked full time while attending law school at night. Before the Hankey Law Office, Corei worked in mental health care and later worked at another law firm as a case manager. In July of 2017, she passed the Bar Exam on her first try and was sworn in on October 16, 2017.

When asked who inspires her most, she said, "My mom. She always puts the needs of her loved ones ahead of her own. She has always been supportive but realistic about my dream and goals and the best way to achieve them. I aim to be just like her: a hard working individual with lofty goals and enough courage and determination to reach them."

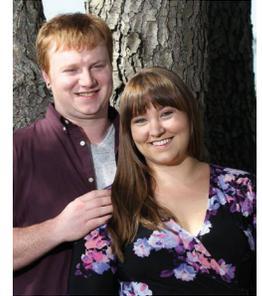
Corei spends time volunteering for different organizations, like the FACE Clinic, the Julian Center, Growing Places Indy, and Second Helpings.

She has also assisted in events like the Hurricane Harvey Donation Drive, Holidays for Heroes by the American Red Cross, and the Damien Center's Dining out for Life event.

For fun, she likes to paint, read, swim, and play board games with her friends.

In September of this year, Corei will be married to her best friend of the past ten years, Scott.

Corei and Scott have a 4-year old corgi named Tesla who is very loved – and a little spoiled!



## Free Things to Do Around Indy this Spring

### Mayberry in the Midwest

May 19-20

Danville Courthouse Square

This celebration of the Andy Griffith Show returns for its fifth year. Free events including a parade, outdoor music, and family activities. Visit [mayberryinthemidwest.com](http://mayberryinthemidwest.com) for more information and a schedule.



### 500 Festival Parade

May 26, 11:45 a.m.

Downtown Indianapolis



See [500festival.com](http://500festival.com) for information on parking, street closures, and the parade route. You can buy a seat for as

little as \$10 or feel free to bring your own and watch from a distance.

### Woodruff Place Flea Market

June 2-3

Woodruff Place, Indianapolis

This historic neighborhood will host its annual flea market in June. Admission



is free, but there will be over 200 booths of items for sale. There will also be food vendors on site and live music. Visit the Woodruff Place Flea Market Facebook page for more information.

## Spring Word Puzzler

Spring is finally here! Let's get outside and enjoy some sun while finding all the words in this puzzler.

Remember, words can go forwards, backwards, up, down, and diagonally.

B B R E E Z E G G H A Y Y L T  
 H U H M Q R P D N A N F Z K A  
 I S T K Q I A K U I R J O Z X  
 K D Y T C X R E A I L D Q P E  
 I J H N E O N R F L L D E B N  
 N N I S W R B V A P J K E N I  
 G C D D E O F W B D Z T Z E H  
 E N R S T R N L A A T A C S S  
 T A V J Y M F G Y F H H L J N  
 Y J B M O O L B S F G O Y E U  
 Y X E W A Y K H E O D O V H S  
 L W E P G V X A T D R B J R Y  
 R R E F O P F X I I J W N A H  
 L L A B E S A B K L R O W I C  
 A M L Y A B H F D S F V Q T U

Baseball  
Bloom  
Breeze

Butterfly  
Daffodils  
Fresh

Garden  
Hiking  
Kites

Lawnmower  
Picnic  
Rainy

Seedling  
Sunshine  
Yardwork

# Medically Frail Letter: What it Means to Your Case



Many of our clients come to us with questions about a letter they receive from the Indiana Family and Social Services Administration (FSSA). These letters are often very similar, but all mention that the recipient has been designated as medically frail.

These letters are issued to Hoosiers who are enrolled in a state-run health insurance program, usually HIP (Healthy Indiana Plan), and who have been found to have one or more of a specific medical or mental conditions, or who need assistance of some kind to perform activities of daily living. In addition to the diagnosis, the severity of the condition will also be considered.

The medically frail designation, as stipulated by the federal regulation, does not indicate that the individual has met the federal or state standards for disability benefits. However, the designation makes them exempt from insurance "lockouts" and makes them eligible for an enhanced insurance benefit.

For the purposes of Social Security disability, the medically frail letter does not guarantee that the individual will be found disabled. However, the existence of a medically frail designation can help your case. If you have been found medically frail by the FSSA, make sure to contact your Case Administrator at Hankey Law to ensure we are aware of this development in your claim.

## We Referrals

We would love to assist all those we can, so please don't hesitate to send friends and family our way!

Our firm assists with:

- Social Security Disability
- Supplemental Security Income
- Personal Injury
- Long Term Disability
- Workers' Compensation
- Employment Law

We are not limited to the types of cases we litigate. We often refer clients to attorneys who specialize in:

- Medical Malpractice
- Veteran's Benefits
- Defective Drug Cases

## CLIP & SAVE: Helpful Contacts

### Hankey Law Office

434 East New York Street, Indianapolis, IN 46202  
Office: 317-634-8565 | Toll Free: 800-520-3633 | Fax: 317-634-9818  
hankeylaw.com | facebook.com/hankeylawoffice

### Contact us if:

- Your marital status has changed
- You moved to a new address or changed your phone number
- You received a denial letter
- You went to see a new doctor
- You have been admitted to the hospital
- You have had a new diagnosis
- You have a new test/lab/MRI/x-ray

### Additional Resources

Connect to Help Information Referral Network – 211  
Families First Crisis Line – 317-251-7575  
Center Township Trustees Financial Assistance – 317-633-3610

Healthy Indiana Plan: low cost insurance for Indiana Families  
877-438-4479 | hip.in.gov

Damien Center: for those affected by HIV/AIDS –  
317-632-0123 | damien.org

Gennesaret Free Clinics Health: care for those unable to afford services  
317-639-5645 | gennesaret.org

### Housing Help:

Access Ability | abilityindiana.org | 317-926-1660

Indianapolis Public Housing Agency | indyhousing.org | 317-261-7200

Family and Social Services Administration | in.gov/fssa

*Division of Disability and Rehabilitative Services* | 800-545-7763

*Division of Family Resources* | 800-403-0864

*Medicaid Recipient Info* | 800-457-4584

*Mental Health Consumer Services* | 800-901-1133

You can apply for Social Security disability benefits by calling 800-772-1212, online at ssa.gov, or in person at your local office.

### Central Indiana Local Social Security Offices\*

West Side: 6745 Network Place | 866-218-2309

Downtown: 575 N Pennsylvania St, Room 685 | 866-592-2812

East Side: 5515 N Post Rd | 866-220-7899

\*If you live outside of the Indianapolis area, please ask a Case Administrator for the address and phone number to your local social security office.

"If we had no winter,  
the spring would not  
be so pleasant."

– Anne Bradstreet





**Charles D. Hankey**  
**Melissa A. Davidson**  
**Stacy J. Crider**  
**Corei Helmer**

**Sondra L. Burger**  
**James M. DuBach**  
**Ashley D. Marks**  
**Kirsten E. Wold**

Editor: Shannon Eck

With 80 years of combined experience, both in and out of the courtroom, the legal professionals of the Charles D. Hankey Law Office can resolve cases involving:

- Disability Claims (SSD/SSI)
- Car Accidents
- Premises Liability
- Long Term Disability
- Truck Accidents
- Product Liability
- Short Term Disability
- Motorcycle Accidents
- Brain/Head Injuries
- Worker's Compensation
- Bicycle Accidents
- Spinal Injuries
- Employment Law
- Railroad Crossing/  
Train Accidents
- Dog Bites /Animal Attacks
- Workplace Discrimination
- Airplane Accidents
- Child Injuries
- Wage & Hour Issues
- Highway Defects
- Construction Accidents
- Insurance Law
- Workers' Compensation
- Burn Injuries
- Personal Injury
- Drowning

## Employee Spotlight: Nate



Meet Nate, a paralegal and medical records clerk at the Hankey Law Office. Before he joined Hankey, he worked in medical billing and interned with the Indiana General Assembly.

Nate grew up in Pennsylvania and graduated high school in Indiana. He earned his Bachelor's Degree

in Political Science and completed the paralegal program at IUPUI.

He lives in Indianapolis with his wife, son, and their dog. In addition to spending time with family, Nate enjoys watching comic book movies, playing video games, and cheering on his favorite sports teams.

Past results afford no guarantee of future results. Every case is different and must be judged on its own merits. The contents of this newsletter do not constitute legal advice.

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