

New Horizon News

Volume 11, Issue 3

March 2016

Horry County Disabilities and Special Needs

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Special Points of Interest

I would love to publish more, "I want you to know one thing," comments all year long. If you would like to share, please e-mail your contribution to:

leftwich@sccoast.net.

Brain Injury Awareness Month

March is Brain Injury Awareness Month.

Brain injury is a silent epidemic in the United States. 5.3 million people are living with a brain injury. 2.5 million of those people are living with traumatic brain injuries.

With numbers this large, you would think the awareness would be there. But it is not.

We are now more aware than ever about the effects of concussions in sports. Growing numbers of children and adults are being educated on the necessity of reporting changes in behavior, headaches, and memory if they have a hit on the head. Still, proper equipment and techniques are not always used. *Did you know that there are differences in the way you treat a child's concussion and an adult's concussion? Did you know that a child's concussion can impact their adult life? Did you know that a concussion is now considered a brain injury and that repeated concussions are cumulative in the damage they wreak?*

There are certainly more treatment options for brain injury than years ago. But, without insurance or availa-

ble treatment, many people do not get the rehabilitation they need. Insurance often pays for 6 weeks or less of rehabilitation. Many survivors need Cognitive therapy which is hard to find. Many survivors and families need counselors to help them through the changes they are experiencing which is also difficult to find.

We have many more people surviving brain injury, whether it's traumatic or acquired, which is wonderful. Now we need to assure that they have the opportunity to reach full potential.

Many brain injuries are preventable. Being a responsible, courteous driver is at the top of the list for preventing brain injuries.

Texting and driving is more dangerous than driving drunk!

Driving over the speed limit is the #1 reason for a car crash for adults and teens. Young drivers are involved in 28% of all crashes even though they represent 14% of the nations' licensed drivers.

We had 950 people killed in vehicle related accidents in South Carolina last year. In 2012, 176 of those that died were young drivers between the age of 15 and 20. One

fourth of those drivers had a blood alcohol level of 1.4. Each year nearly 11,000 teens are killed in vehicular accidents.

Time to stop the madness.

Brain Injury Awareness Month is a clarion call to those who are living with brain injury. It reminds survivors that we are not alone. It reminds us that we cannot marginalize or ignore the effects of brain injury in our lives. It reminds us that there is Life after Brain Injury. It reminds us that we not only want to survive brain injury, we want to thrive.

Check out the following websites for more information on brain injury:

The Brain Injury Association website for more information on Brain Injury Awareness—<http://www.biausa.org/brain-injury-awareness-month.htm>

Alive at 25:SC
<http://www.scaliveat25.com/>

CDC—Traumatic Brain Injury and Concussion
<http://www.cdc.gov/TraumaticBrainInjury/>

Information is power!

Brain Injury Support Group

BISG Minutes

February 18, 2016

12 noon New Horizons Center

In attendance: Mary Brennan, Michael Chumas, Kate Thompson, Michael Lynch, Phillip and Carolyn Pollock, Kevin and Brenda Strickland, Jim Ryan, Ellen Leftwich, and Jennifer Frettoloso.

The meeting began with a welcome and an informal discussion about various topics. Several group members talked about their personal experiences with seizures and we also heard some interesting stories of vivid dreams and sleepwalking. Another topic that came up was how different types of brain injuries (traumatic, noxious, stroke) had different effects on survivors. After our potluck meal, Ellen passed out information about the upcoming "Great Outdoor Adventure Skills Workshop 2016". We also talked about March being Brain Injury Awareness Day Month and Disability Advocacy Day on March 2nd. Ellen handed out several brochures for everyone to distribute with statistics and information on brain injury. We also received a Brain Injury Survivor wallet card that can be used as a tool to help convey information to others in the community. It lists symptoms of brain injury and instructions on how to communicate effectively with the card holder. It contains emergency contact numbers as well. The meeting adjourned with the discussion of next month's meeting. It will fall on St. Patrick's Day so the group decided to do a themed potluck.

Don't forget to wear green!



Adventure Skills Workshop Shepherd Center Recreation Therapy

May 20-22, 2016

This fun-filled weekend is designed for people with spinal cord injury or disease, acquired brain injury, multiple sclerosis, spina bifida, post-polio syndrome, Guillain-Barré Syndrome, transverse myelitis or amyotrophic lateral sclerosis (ALS). You'll get hands-on practice in activities you've always loved, as well as those you've always wanted to try. If you need assistance with selfcare, transfers, mobility, following maps or directions, feeding or anything else, you must bring a friend or family member. Whether you are newly injured and attending for the first time, or an Adventure Skills veteran coming back for more, be assured that you'll have the opportunity to explore new activities, learn new skills, meet new people and have fun. We believe you'll leave with a new outlook on life — seeing everyday as an adventure.

Camp ASCCA is an accessible facility located on Lake Martin near Jackson's Gap, Alabama, approximately 2 1/2 hours from Atlanta. Directions and a detailed information packet will be sent upon receipt of your application. Housing is in air conditioned group cabins with a limited number of private rooms for couples.

Check-in: Friday, May 20 from 9:30am - 3:00pm Check-out: Sunday, May 22, by 12:30pm \$225 for participants covers meals, lodging, activities, instruction and a T-shirt. \$200 for family or attendants covers lodging, meals and a T-shirt.

Registration deadline is April 17.

(cont.)

Space is limited, and registration can close before the deadline date. Online registration is also available. No Refunds. Children under the age of 15 are not allowed. Limited financial assistance is available. Adaptive equipment is provided, or you may bring your own. Participation in some activities may be limited based on your physical abilities.

For more information, contact
Sabrina Evans at 404-350-7375 or
Sabrina_evans@shepherd.

Brain Injury Awareness Day March 16, 2016

Reps. Pascrell (D-N.J.) and Rooney (R-Fla.), Co-Chairs of the Congressional Brain Injury Task Force, will host Brain Injury Awareness Day on Capitol Hill, Wednesday, March 16. The day will include a brain injury awareness fair with over 50 exhibitors, a Congressional briefing, and a reception to celebrate the Congressional Brain Injury Task Force and Brain Injury Awareness Month.

Brain Injury Support Group

March 17, 2016

12 noon

At the

New Horizons
Center

150 Waccamaw Medical
Park Court
Conway, SC

*This meeting is potluck, so please
bring a dish to share!*
Don't forget to wear green!

Spinal Cord Injury Information Corner

SC Assistive Technology

Thursday, March 3, 2016
9 am - 4 pm

If you want to see the latest in Assistive Technology, this is the place. There will be presentations and demonstrations of the newest technology available. This includes everything from wheelchairs that are run by eye movement to electronic gadgets to improve independence in the home and community.

Brookland Banquet and
Conference Center
1066 Sunset Boulevard
West Columbia, S.C.
29169
FREE AND OPEN TO
THE PUBLIC

Exhibits and Workshops
Showcasing Assistive
Technology for People of
All Ages

Sponsored by the SC Assistive Technology Program, USC School of Medicine Center for Disability Resources, USC SOM Pediatrics, SC Department of Education, SC Developmental Disabilities Council, and Mid-Carolina Area Health Education Consortium.

Paralysis & breathing function

Breathing is essential to life. We all know this fact. Paralysis including spinal cord injury can greatly affect breathing in several ways. Taking care of the respiratory system is important to maintenance of general health. Incorporating small changes in daily routine, with or without spinal cord injury, can help everyone maintain an excellent respiratory system which will improve quality of life.

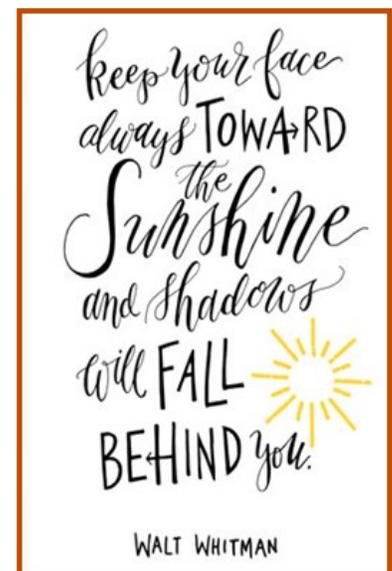
Spinal cord injuries do not occur symmetrically across the spinal cord. Someone with a C4 injury might be able to breathe off a ventilator due to sparing on one side of the cord whereas someone with a C5 injury cannot due to a difference in their injury. The airway or trachea is the opening from the back of the throat to the lungs. The airway must remain open to keep air flowing in and out of the lungs. If it is constricted for any reason, it needs to be cleared either by coughing or through manual suctioning. Secretions or even food can become lodged in the airway making breathing difficult or even impossible. Some beginning problems with breathing could be indicated by snoring, morning headache, grunting, gurgling or only being able to say a few words before needing a breath. Shortness of breath can be an indicator of breathing problems for a great variety of reasons. Sometimes, you can see a person forcing the use of muscles to just to breathe, as opposed to using them for exertion. Gasping or opening the mouth to force in more air is another sign.

The ability to cough effectively can be one of the first signs of respiratory problems. The airway or trachea needs to remain open for effective breathing which is bringing in oxygen and expelling carbon dioxide. If the airway is impeded in anyway, this delicate balance of exchange can be interrupted. The basic mechanism for clearing the airway is to cough. People cough all of the time even when not ill. If you feel a little tickle in your throat, a

little cough or throat clearing is done without even thinking about it. If your airway has been impeded or you just want to maintain a general state of good health, it is a preventive practice to inhale and exhale deeply two to three times and then cough strongly. This will keep your airway clear.

If possible, try deep breathing and coughing after every meal to ensure your airway is clear and just for general good health. Increase to after drinking water, if possible. This can be done by individuals with or without paralysis to improve your general health especially in cold and flu season.

Full article can be found at:
<http://www.spinalcordinjury-paralysis.org/forums/viewtopic/11775/54820?msource=email&tr=y&auid=16444327>



MARCH

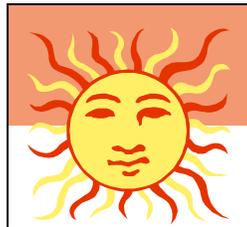


Important Dates to Remember:

- 3-13-16 Daylight Savings (Spring forward 1 hour)
- 3-16-16 Brain Injury Awareness Day
- 3-17-16 St. Patrick's Day
- 3-20-16 Palm Sunday
- 3-21-16 First Day of Spring
- 3-25-16 Good Friday (Agency Closed)
- 3-27-16 Easter Sunday
- 3-28-16 Easter Monday (Agency Closed)



Time to Spring Ahead



New Horizon Center
250 Victory Lane
Conway, SC 29526

Ellen Leftwich: 843-349-7250
Jennifer Frettoloso: 843-349-7258
Fax: 843-347-1399

Signs

- * **Outside a muffler shop:** "No appointment necessary. We'll hear you coming"
- * **In a veterinarian's waiting room:** "Be back in 5 minutes. Sit! Stay!"
- * **On a desk in a reception room:** "We shoot every 3rd salesman, and the 2nd one just left."
- * **At a car dealership:** "The best way to get back on your feet - miss a car payment."
- * **In a cafeteria:** "Shoes are required to eat in the cafeteria. Socks can eat any place they want."
- * **In the window of a Kentucky appliance store:** "Don't kill your wife, let our washing machine do the dirty work."

Horry County Disabilities
and Special Needs

Disability is not the end,
it's an opportunity for a
new beginning.