

New Horizon News

Volume 11, Issue 4

April 2016

Horry County Disabilities and Special Needs

Inside this issue:

BI Support Group Minutes	Pg. 2
SCI Information Corner	Pg. 3
April Dates to Remember	Pg. 4

Special Points of Interest

If you would like more information on Defensive Driving, check out the National Safety Council's Defensive Driving Course. There is a ton of information on the web about defensive driving as well.

BE SAFE!

Be a Defensive Driver

Traffic in Horry County is always a little crazy. We have people from out of town, college kids, parents picking up their children from school, and a ton of construction going on. But what is crazier are some of the driving habits of the people on the road.

I want to ask you one question—*what is your life worth?* There is a road sign on 17 Bypass South that showed the number of traffic fatalities in South Carolina last year as being almost 1,000 people. 1 person dying on the roads is too many. 1,000 is a tragedy of epic proportions.

So, let me give you the top 6 reasons people have traffic collisions. (Notice, I did not say accidents because accident indicates there was nothing you could do to prevent the collisions. Defensive drivers know better.)

1. **Improper Speed—For every 10 mph over 50 mph, the risk of death in a traffic crash is doubled!** You need to know the speed limit. Drive for the conditions. Allow enough time to reach your destination. Keep an eye on your speedometer. Reduce speed in school and work zones. Drive in the right lane. If someone is tailgating, slow down and encourage them to pass.
2. **Violating Right of Way** Failure to yield, disregarding a traffic signal, or passing a stop sign are common causes of traffic collisions.

Remember—at intersections, look left, ahead, right, and left again. That two seconds you take to make sure the intersection is clear can save your life and possibly someone else's.

3. **Driving Left of Center** There are a lot of mopeds, pedestrians, and bikes on the road. We don't have sidewalks in many areas or a lot of shoulder space. Make sure you can safely pass. Otherwise, be patient and stay where you are until it is safe to go around whatever the obstacle is. **South Carolina is #1 in pedestrian deaths.**
4. **Turning Improperly** Use your turn signal properly. Yield to pedestrians or vehicles in the intersection. Make sure to double check blind spots. NEVER ENTER AN INTERSECTION YOU CANNOT EXIT.
5. **Passing Improperly** Did you know it is illegal to go over the speed limit to pass someone? FYI! Double yellow lines mean NO PASSING. Period.
6. **Following Too Closely** (Make sure to allow 3 seconds following distance between you and the car in front of you.) There are 3 factors that affect how long it takes a vehicle to stop: Perception distance (the time it takes to notice there is a problem); Reaction distance (the time and

distance it takes for you to move your foot from the accelerator to the brake); and, Braking distance (the distance and time it takes for the applied brake to stop the vehicle. Keep in mind, the faster you are going, the longer it takes to stop. For instance, at 30 mph, it takes you 77' to perceive there is a problem. 33' to move your foot to the brake. 43' to actually stop the car. That is 153' total—That's about half a football field if you're looking for perspective. You're thinking, "No way. I move faster than that." But, at 33 mph, you are moving you are moving 44 feet per second! So traveling 153' is a matter of less than 4 seconds. At 60 mph, it takes you almost 400' to stop. You are traveling at 88' per second!!

Now, add distracted driving (cell phones and other technology), impaired driving (alcohol and drugs), road rage, etc., and there is a recipe for disaster.

So, I ask you again, what is your life worth? Is it worth being courteous or patient? Is it worth taking an extra 5 minutes to get somewhere safely because conditions are bad? Is it worth taking an extra second at an intersection? Is it worth putting the cell phone down? Is it worth calling a taxi if you are drinking? **Remember**, driving defensively saves lives. And the life saved could be yours or someone you love.

Brain Injury Support Group

BISG Minutes

March 17, 2016

12 noon

New Horizons Center

In attendance: Kate and Pat Thompson, Tom and Renee Culbert, Kelly Rypkowski, Gerri Sweeny LaBonge, Michael Chumas, Mary Brennan, Tracy and Wanda Stevens, Jim and Sue Ryan, Kevin and Brenda Strickland, Denise Pimentel, Michael Lynch, Ray Singleton, Ellen Leftwich, and Jennifer Frettoloso. What a great turnout! The group was **lucky** enough to have the meeting fall on **St. Patrick's Day**, so an **Irish** celebration was inevitable. Everyone came adorned in **green** (Kate was out of **luck**, looking for someone to pinch!) and there was plenty of "**gold**" to go around. We had some fun trivia and **St. Patrick's Day** "mix up" competition. Everyone learned something new. Did you know that **St. Patrick's** birth name was **Maewyn Succat**? The big winners were Gerri, Kelly, Pat, and Denise. Pat and Kate shared pictures and tales of their trip to **Ireland** and provided us with music from the **Emerald Isle**. Unfortunately, we could not get anyone to dance a **jig** for us. Ellen read a cute story about a **leprechaun's shenanigans**. Ray from Vocational Rehabilitation shared some information on the services they offer. If you have any questions about Voc Rehab and the supports they provide you can contact Ray at 843-248-2235.



HUMOR FOR LEXOPHILES

(Lovers of Words)

- I wondered why the baseball was getting bigger; then it hit me.
- Police were called to a day care where a three-year-old was resisting a rest.
- The butcher backed up into the meat grinder and got a little behind in his work.
- Did you hear about the thief who stole a calendar and got twelve months?
- The dead batteries were given out free of charge.
- Time flies like an arrow; fruit flies like a banana.
- When a clock is hungry it goes back four seconds.
- When you've seen one shopping center you've seen a mall.

Life isn't about finding yourself. Life is about creating yourself –

George Bernard Shaw.

Brain Injury Support Group

April 21, 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!

SAVE THE DATE!

**13th ANNUAL
BIASC GOLF TOURNAMENT!**

WEDNESDAY, April 27, 2016

**Oak Hills Golf Club
7629 Fairfield Dr.
Columbia, SC 29203**

Lunch Provided By:



Dinner Provided By:



For more information on how to
SPONSOR or
REGISTER a team, please visit
us at:
www.biausa.org/SC/



**BRAIN INJURY
ASSOCIATION
OF SOUTH CAROLINA**

Or Call:
803.731.9823 or
877.TBLFACT

Spinal Cord Injury

Southeastern Wheelchair Sports Association

**2016 SOUTHEASTERN
REGIONAL GAMES**
North Myrtle Beach, SC
April 22-24, 2016

Registration Instructions

All Athletes *Must Be Pre-Registered*. There will be *no* on-site Registration.

Fees: \$50 payable to SEWSA and received by 4/13/16.

\$70 payable to SEWSA and received between 4/14/16 and 4/22/16.

Entry Fee Includes: Awards, T-Shirt, Pizza Friday night, lunch Saturday, and banquet. Non-athletes can pay \$15 to attend awards banquet

Applications: *Mail Competed application and entry fee to:*

Southeastern Wheelchair Sports Association

North Myrtle Beach Aquatic and
Fitness center

Attn: Melinda Chappell

1100 Second Ave South

North Myrtle Beach SC, 29582

Adaptive Sports, USA:

For insurance purposes all athletes must be a member of Adaptive Sports, USA to compete in these Games. There will be on-site registration for ASUSA, however; it is strongly suggested that you become a member of ASUSA prior to the games. To register online visit www.adaptivesportsusa.org.

Classification:

All first year competitors will need to be classified prior to competition. Regional classifier will be available on April 22, 2016. To schedule classification times contact Kim Aquino 843-724-2811 or email

Kim.Aquino@rsfh.com

For more information, visit:

<http://sewsagames.com/>



5th Annual Roll on Capitol Hill Legislative and Advocacy Conference

June 26–29, 2016 Washington,
DC

Founded in 1946, United Spinal Association provides advocacy and direct services to a large national constituency impacted by spinal cord injuries and disorders – including individuals with multiple sclerosis, spina bifida, ALS as well as disabled veterans. Roll on Capitol Hill is United Spinal's annual legislative advocacy event that addresses issues that impact the health, independence and quality of life of individuals living with spinal cord injuries and disorders. ROCH allows our strong advocacy work to thrive as we participate in coalitions and partnerships across a broad spectrum of issues important to our 47 chapters, 200 support groups and over 1 million individuals impacted by (SCI/D) and disorders across the country.

For more information contact:

AJ Assaadi
Director of Engagement
aassaadi@unitedspinal.org
(703) 609-3666

Information Corner

Breeze Group

Don't forget to join the new Breeze SC Support Group the first Wednesday of every month from 6-8PM at Health Finders in Coastal Grande Mall (across from Bed Bath and Beyond)

They have several great motos.

"I get by with SCI."

"Weathering Life's Storms Together"

"Come and see us, and together we can overcome the difficulties of SCI."

Please make sure to share this with your friends!

Emotions come and emotions go. There is no need to fear them and no need to crave them. Let them come, and then let them go. No emotion is your permanent reality, no matter how



April

HCDSN

250 Victory Lane, Conway

April 22, 2016

Spring Fling. This year we would like to have a 70's theme party. So, start getting your 70's outfit together. If you are too young for the 70's era, go online and see what you missed.

July 30, 2016

Annual Motorcycle Ride Now is the time to start asking for door prize donations and sponsors. Each year, our ride has grown in rider participation. Let's make this year the best yet.

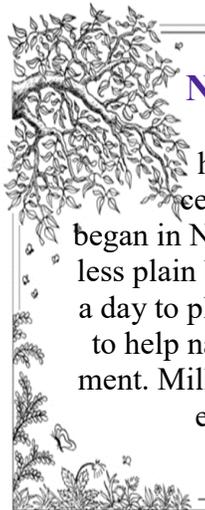
Important Dates to Remember:

- **4-1-16** April Fool's Day
- **4-22-16** Passover Begins
- **4-22-16** Earth Day
- **4-22-16** Spring Fling (ADC)
- **4-29-16** Arbor Day
Did you know? The Latin word for "Tree" is "Arbor"...



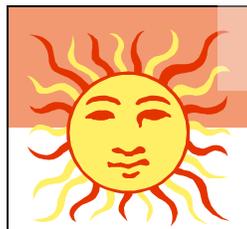
We do not inherit the earth from our ancestors. We borrow it from our children.
~Native American Proverb

"Some of the choices in life will choose you. How you face those choices, these turns in the road, with what kind of attitude, more than the choices themselves, is what will define the context of your life." - Dana Reeve



National Arbor Day

is the Tree Planter's holiday, and has been celebrated since 1872. It began in Nebraska, a largely treeless plain back in the 1800's. It is a day to plant and dedicate a tree to help nature and the environment. Millions of trees are planted on this day.



New Horizon Center
250 Victory Lane
Conway, SC 29526

Ellen Leftwich: 843-349-7250
Jennifer Frettoloso: 843-349-7258

Horry County Disabilities and Special Needs

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