

# New Horizon News

Volume 11, Issue 5

May 2016

## Horry County Disabilities and Special Needs

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### Special Points of Interest

The information in the article on Stroke came from the National Stroke Association website.

### May is National Stroke Awareness Month.

Stroke is a scary word. It's even scarier when it is happening to you or someone you love. The good news is we have come a long way in learning how to prevent Strokes and how to treat them. But, you still need to be able to recognize the symptoms for Stroke.

What is a Stroke? The National Stroke Association defines Stroke as: "A stroke occurs when a blood clot blocks an artery (a blood vessel that carries blood from the heart to the body) or a blood vessel (a tube through which the blood moves through the body) breaks, interrupting blood flow to an area of the brain. When either of these things happen, brain cells begin to die and brain damage occurs.

When brain cells die during a stroke, abilities controlled by that area of the brain are lost. These abilities can include speech, movement and memory. How a stroke patient is

affected depends on where the stroke occurs in the brain and how much the brain is damaged."

Here are just a few facts about Stroke.

*There are 7,000,000 survivors of Stroke aged 20 and up. (Yep, that is age 20!!)*

*Women are more likely to have a Stroke than men after the age of 55.*

*Before the age of 55, men are at a greater risk of Stroke.*

*African Americans have twice the risk of Stroke compared to Caucasians.*

Stroke prevention starts with knowing a few things about yourself.

Know your blood pressure.

Find out if you have Atrial Fibrillation.

If you smoke, STOP!

If you drink, do so in moderation!

Know your cholesterol number.

Control your diabetes.

Exercise daily.

Ask your doctor if you have any circulation problems.

## STROKE

The key to minimizing damage to the brain because of a Stroke is to recognize the symptoms and to act FAST!

F—Look at the face. Do notice one side drooping?

A—Look at the arms. Is one arm weaker than the other or not moving properly?

S— Ask the person to talk. Is their speech slurred?

T— Time is of the essence.

Call 9-1-1 if you see any of these symptoms.

**Remember—Stroke can happen to anyone at any time, regardless of race, sex or age.**

The National Stroke Association Fact Sheet gives you the breakdown on

Stroke statistics, symptoms and prevention information.

You can find it on their website or copy and

paste this link in your browser: [http://www.stroke.org/sites/default/files/resources/NSA\\_%](http://www.stroke.org/sites/default/files/resources/NSA_%20Fact-Sheet_Stroke_101_2014.pdf)

[20Fact-Sheet\\_Stroke\\_101\\_2014.pdf](http://www.stroke.org/sites/default/files/resources/NSA_%20Fact-Sheet_Stroke_101_2014.pdf)

[www.stroke.org/sites/default/files/resources/NSA\\_%20Fact-Sheet\\_Stroke\\_101\\_2014.pdf](http://www.stroke.org/sites/default/files/resources/NSA_%20Fact-Sheet_Stroke_101_2014.pdf)

Additional resources for information on Stroke:

[www.cdc.gov/stroke/](http://www.cdc.gov/stroke/)  
[www.strokeassociation.org](http://www.strokeassociation.org)

## Brain Injury Support Group

### BISG Minutes

April 21, 2016

12 noon

New Horizons Center

In attendance: Pat and Kate Thompson, Phillip and Carolyn Pollock, Jim Ryan, Michael Chumas, Sommer Quinn and her friend Laura, Tom Culbert, Ray Singleton, Ellen Leftwich, and Jennifer Frettoloso. The meeting started off with updates from attending members and anything they wanted to share. Michael informed everyone that Joanne and Carla said to tell everyone, "hello." Sommer stated that her son had won a trophy for surfing and that he was doing great in his church group. Ellen talked about how several of our members are not doing well and to keep them in your thoughts. "Thinking of you" and "Get well cards" were sent around for everyone to sign for those folks that are on the mend. After lunch, the group took turns telling jokes and funny stories. If you weren't there you missed some great laughs. May is National Stroke Awareness Month. Several members took turns sharing personal stories relating to stroke. Ellen provided everyone with some great information on the signs and symptoms, as well as statistics of the overwhelming numbers of people that are victims to stroke every year. The next topic was May's BISG meeting. It will be held at Captain Steve Avinger's house located on the Waccamaw River. The Breeze group will be joining us so it will be exciting to

***Worrying does not take away tomorrow's troubles. It takes away today's peace.***

interact with some new people! Ellen announced that there are A&P phone meetings with SCBIA that she is unable to attend and asked if anyone would be willing to take on that task. There were no takers at the meeting, so if you are interested please contact Ellen.

### May is National Stroke Awareness Month

Stroke is the fifth leading cause of death in the United States and is a major cause of adult disability. About **800,000** people in the United States have a stroke each year. One American dies from a stroke every 4 minutes, on average. Stroke is a medical emergency. **Know the signs and symptoms of stroke** and call 9-1-1 right away if you think someone might be having a stroke. Getting fast treatment is important to preventing death and disability from stroke. You may be able to prevent stroke or reduce your risk through healthy lifestyle changes. These can include avoiding smoking and drinking too much alcohol, eating a balanced diet and getting regular exercise.

**Signs of Stroke**  
**F**ace Drooping  
**A**rm Weakness  
**S**peech Difficulty  
**T**ime to call 9-1-1!

If someone has these symptoms, even if only temporary, call 9-1-1 and get them to the hospital immediately!

## Brain Injury Support Group

**May 19, 2016**  
**11:30am-?**

(rain date is May 20)

This month's meeting will be held at Captain Steve Avinger's house located on the Waccamaw River.

494 Riverfront North  
 Conway, SC 29527

The Breeze group will be joining us! Fingers crossed for the same beautiful weather as last year!

A few things to remember:

- Folding Chairs (bringing your own is encouraged, as we will not have enough seating)
- Sunscreen and/or a hat
- Sunglasses
- Mosquito protection
- Hamburgers and hotdogs will be provided. Please bring a picnic side dish to share!



## Spinal Cord Injury Information Corner

### **A Day of Golf** Saturday, May 21, 2016 9am-12pm

If you are looking to improve your game or wanting to find out more about adaptive golfing, here's your opportunity.

This workshop is presented by the Coastal Carolina Adaptive Sports and Recreation group and the US Disabled Golfers Association. It will be at the **Possum Trot Golf Course in North Myrtle Beach.**

For more information or to pre-register contact:

Melinda Chappell  
(843) 997-7688  
mechappell@nmb.us  
Or

Jason Faircloth USDGA  
(910) 214-5983  
Info@usdga.net



### **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

**If we did all the things we are capable of, we would literally astound ourselves.**

**Thomas A. Edison**



### **Wheels to Surf Event** Saturday, May 14, 2016 9am - 4pm

21st Ave. S., North Myrtle Beach

Here is your chance to get back into the waves with all the assistance you could want! Don't miss the opportunity to take advantage of one of our most beautiful natural resources in South Carolina.

### **Pre-registration is required**

Contact: Brock Johnson  
(843) 333-0489

### **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 mottos.

"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!



## The Caregiver Bill of Rights

- I have the right...**to take care of myself. This is not an act of selfishness. It will give me the capability of taking better care of my relative.
- I have the right...**to seek help from others even though my relatives may object. I recognize the limits of my own endurance and strength.
- I have the right...**to maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things just for myself.
- I have the right...**to get angry, be depressed, and express other difficult feelings occasionally.
- I have the right...** to reject any attempts by my relative (either conscious or unconscious) to manipulate me through guilt and/or depression.
- I have the right...**to receive consideration, affection, forgiveness, and acceptance from my loved one for what I do, for as long as I offer these qualities in return.
- I have the right...**to take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.
- I have the right...**to protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.
- I have the right...**to expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.

Last Updated: April 9, 2015

Adapted from the book, *CareGiving: Helping an Aging Loved One*, by Jo Home, published in 1985 by the American Association of Retired Persons.

## Important Dates

- **May 5:** Cinco de Mayo
- **May 6:** ADC Spring Fling
- **May 7:** Blessings of the Inlet
- **May 8:** Mother's Day
- **May 14:** Wheels to Surf
- **May 21:** Armed Forces Day
- **May 21:** A Day of Golf
- **May 30:** Memorial Day

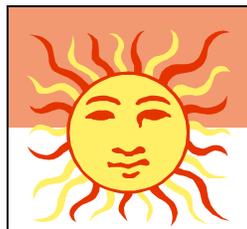
## HCDSN

250 Victory Lane, Conway

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.



New Horizon Center  
250 Victory Lane  
Conway, SC 29526

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

## "Blessing of the Inlet"

Saturday, May 7, 2016

9:00 AM to 4:00 PM

Belin Memorial United Methodist Church

This event has over 70 arts and crafts vendors showcasing their wonderful handmade goods, delicious food prepared by some of Murrells Inlet's finest restaurants, and incredible children's events! There will also be a full day of outstanding entertainment featuring dance troops, gospel choirs, contemporary Christian musicians, and more. This festival is highlighted by the "Blessing of the Inlet" Ceremony that begins at 11:30 AM in front of Belin church (creek side). The blessing will be administered by the Reverend Dr. Mike Alexander and the Reverend Scott Johnson. There is no admission or charge for parking, and the event will be held rain or shine. So come help us celebrate the Glory of God and all He has "blessed" us with! "See Ya' Saturday" has developed into the "Blessing's" official slogan. All of the Grand Strand and the surrounding areas will be saying very soon... "See Ya' Saturday!!!"

Horry County Disabilities and Special Needs

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