

New Horizon News

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Horry County Disabilities and Special Needs

Water Safety—Start ‘Em Young

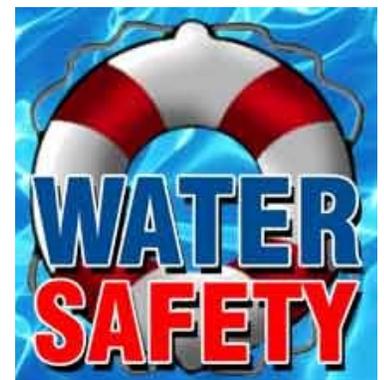
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ThinkFirst South Carolina had a conference for its chapter members June 28th. As always it was informative and gave us a lot to think about as we move forward in our injury prevention efforts. But this one was particularly poignant. Presenter, Michelle Zieg, was there for one reason and one reason only – to prevent another parent from going through the pain she and her family have endured. Michelle spoke about the day in 2008 her 17 month old son, Brayden, drowned in their above ground pool. Her family had moved into the house 6 months before. She and her husband put child-proof handles on all the doors. They took the ladder out of the pool when not in use. And they were going to get around to putting that self-locking gate on the pool. Michelle stated that particular morning she had taken the childproof covering off the door handle for some minor repair and had forgotten to put it back on. They had also forgotten to take the ladder out of the pool just this once. Brayden and his 4 year old brother wandered out into the yard. When Michelle and her husband noticed that the house was quiet, they searched for the boys – everywhere but the water. It wasn't until Brayden's brother walked into the house looking

absolutely terrified that they thought about the pool. Brayden was pronounced dead when the 9-1-1 responders arrived. This all happened in a matter of a few minutes. Michelle has spent years finding her way through this tragedy to make something positive happen. Along the way, she has met far too many parents who have a similar story to hers. Michelle founded Because of B.R.A.Y.D.E.N. Water Safety Coalition in order to educate parents on water safety and water hazards. Did you know: Drowning is the #1 cause of death of children ages 1 to 5. 1,000 kids die a year in pools and spas. It only takes an inch of water or 2 teaspoons of water in the lungs to cause a drowning death. Drowning is FAST AND SILENT. It can happen in the time it takes to complete a single text message. Drowning does not look like it does on TV. There is no splashing or waving of the arms. EVERYONE is at risk in the water. Since Memorial Day in Horry County alone, 7 adults have lost their lives by drowning. So what should we do? Start with educating ourselves and our children. Adults need to learn to swim. Young children

should be taught to float. AND NO ONE should swim alone. Make sure the life vest you use is Coast Guard Approved. Water wings are not proper floatation devices! Everyone in the boat should WEAR approved life vests. One great idea that Michelle presented was having someone who is a Water Watcher. That person does nothing but watch the children and the water for a designated amount of time. They do not text or use the phone, talk to others, or focus on anything other than the children and the water. The "shift" could be for 15 minutes then switch off with another adult swimmer. People, and children in particular, have drowned in buckets, tubs, pools, spas, baby pools, anywhere there is water of any amount. It happens quickly. And, it is preventable.



Brain Injury Support Group

BISG Minutes

June 16, 2016

Potluck at New Horizons

In attendance: Joe and Donna Santiago, Tom Culbert, Jim Ryan, James Brockington, Carolyn and Phillip Pollock, Kate and Pat Thompson, Kevin and Brenda Strickland, Tracy and Wanda Stevens, Ellen Leftwich, Jennifer Frettoloso and our new friends Matt and Kelly.

We welcomed the two new guests who stated that they enjoyed the meeting and would definitely be back. We gave a special shout out to all of the Dad's in the group in honor of Father's Day. After the potluck dinner, Ellen provided information about the upcoming Brain Injury Conference in Columbia on July 22nd. We then discussed the Brain Injury Stipend and that we would use it to help pay for a trip to the Pirate's Voyage Christmas Show in November. We received a donation from the Ladies Guild at St. James Catholic Church to purchase some exercise equipment for the New Horizons Center. Ellen asked that everyone be thinking about some possible speakers for upcoming meetings. The group split up with caregivers going in one room and survivors in another. The caregivers offered each other support, advice, and information. The survivors went around the room answering different "conversation starter" questions. Some of the questions included, "What is something you've never done, but would like to do?" and "Who makes you laugh more than anyone?" We learned so much about each other with these questions. Everyone came back together and voted to have next month's meeting at Olive Garden.

**The Brain Injury
Association of SC
&
Leadership Council
Host:
Life With Brain Injury
Statewide Conference**

**July 22, 2016
Columbia, South Carolina**

**Registration must be done by July 15,
2016**

**There will be no onsite registration
www.biausa.org/SC/**



Brain Injury Support Group

**July 21, 2016
12 noon**

**At
Olive Garden
@ Carolina Forest
On Hwy 501**



4th Annual Walk-A-Mile In My Shoes

The Annual Disability Awareness Event is being held on September 10th (10am-4pm) at Wachesaw Baseball Park in Murrells Inlet. The purpose of this activity is to promote unity friendship and fellowship in a positive and spiritual environment. Proceeds from this event goes towards Greater Gordon Chapel Walk-A-Mile in My Shoes Disability Outreach Ministry Department. They will have games, live music, arts and crafts, vendors, etc. For more information contact: Roberta Bryan: 843-902-9607

Happy Independence Day!

How come there's no Knock Knock joke about America?
Because freedom rings.

What kind of tea did the American colonists want?
Liberty.

What does the Statue of Liberty stand for?
It can't sit down.

What's the difference between a duck and George Washington?
One has a bill on his face, and the other has his face on a bill

Why were the first Americans like ants?
They lived in colonies.

Did you hear the one about the Liberty Bell?
Yeah, it cracked me up!

What did one flag say to the other flag?
Nothing. It just waved.

Spinal Cord Injury Information Corner

Self-Advocacy and Assertiveness: The Way to Self-Love and Respect

By Deborah Davis on November 8, 2015 Lifestyle, Magazine, PUSHLiving, Wit and Wisdom

How often do you find yourself in a place where you are not being heard, are being short-changed, or are just not getting the service or respect that you feel is warranted?

Let's face it. We all have to deal with people who are just plain unethical, disingenuous, selfish, or incompetent, and we might as well get used to it. The goal is to not let these encounters affect our mental and physical well-being. Whatever the reason for our need to speak up for ourselves, we all dread conflict (at least most of us do) as it makes us uncomfortable. We know complaining puts people on the defensive, and this will require you to be stronger and more forceful, which many people feel they can't handle. Some days we just can't, or don't want to, deal with the negativity. Here are just some things you may be able to relate to when we need to be our own advocates:

- Your wheelchair dealer gets your order wrong or the chair breaks and they won't repair.
- The repairman in your home left a mess, or didn't come back to finish the job.
- Your children's school is not accessible, and you missed the drama performance.
- Those people who abuse the handicapped spots

The emotional strength it takes to say: "Hey, excuse me, but I need to address this issue with you," in a positive and constructive way, calmly and without anger, is often more than we can muster some days. It is often much easier to advocate for someone else that you care about, than for yourself. If someone messes with your child or loved one, we will more than often find the nerve and the fortitude to be the lion we need to be in defense of ourselves.

When it comes to our own needs, what do we often do? We ignore it, let it go, accept it, and we do not advocate for what we deserve.

Well, STOP DOING THAT.

Stand up for yourself. You deserve to be heard and to be taken seriously. You deserve to get what you paid for, and you certainly deserve to have your time and your health respected. You may be shy, and assertiveness may not come naturally. We are all different and unique, and that is exactly how it is supposed to be and what makes the world go round (imagine if we ALL had type A personalities!), but if your gut is telling you that you are being pushed too far, don't ignore it. Take the steps you need to defend and protect your own best self-interest.

When to self-advocate:

Simple: When your gut tells you "this is wrong". When you feel hurt, angry, and taken advantage of, your body will tell you. It will cause you to feel the negative effects of stress and anger, or even depression will result. Write out your issue, send an email, text, or call, and make sure you have your points ready to present. Give the facts and leave the emotion out of it. Use "I" language and not "You," which can feel like an attack to the person you are communicating with. Instead of saying, "You really screwed up my car," say, "I went here on this day, and I paid this to have my car fixed. I came back and noticed my rear door is not closing properly." Then STOP. Let them reply. Expect push back. It is typical. If you expect it, then you won't be taken aback by it. Stay strong, assertive, and don't back down. (Hey, if this were easy, no one would be a sucker, and all those who allow this is the reason you are probably getting bad service in the first place!) Expect to hear, "I have never gotten a complaint before," or, "You're the first person who was not satisfied." Well, they are lying, or it is irrelevant. You are not satisfied, and you have good reason.

Calmly restate your desired outcome and then stop talking. Don't oversell, explain more than you have to, and JUSTIFY why you feel it is needed. Your feeling is enough. It is not good enough. Period. If nothing works and you can't get your complaint resolved or money returned, you may only be able to warn others to stay away from this business. Yelp, social media, and other platforms may be your last resort.

Unfortunately, self-advocacy takes time... and most of us don't want to spend our days dealing with a negative headache. So we let it go, and we go on with the broken chair, other people's messes or the poor workmanship.

Sometimes you have to cut your losses, but at least by speaking up for yourself, you are building the courage and skills you might need for future issues.

It takes self-confidence. Fake it if you have to, but start to build the real thing by not letting others take advantage of you. Don't mumble, look down, or sound scared. Remember, don't get attached to the outcome... just state your piece. If you do not get the response you want, don't take it personally, and just move on to the next person in the line of command. Don't get emotionally invested. Look at it as a process, and go step by step until you feel you have a resolution. Stay calm. Sometimes it feels like nobody cares about doing a good job anymore, or cares about their clients/patients or service. It can feel overwhelming. It often IS overwhelming. So take a deep breath, exhale, and remember that you are worth it.

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!

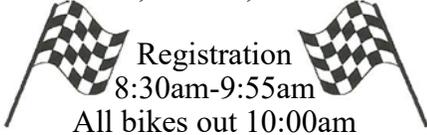
July

6th Annual Motorcycle Ride Fund- raiser for Horry County Disabilities and Special Needs July 30, 2016

Start/Finish

250 Victory Lane
Conway

Ride the back roads of Horry
County, then return for Great
Food, Great Music, Silent
Auction, Raffles, and Prizes



Registration
8:30am-9:55am
All bikes out 10:00am

\$20.00 per Rider/Driver
\$10.00 Passengers
(Food is included)
Cars are Welcome!

All who register and complete the
ride will be entered into Special
Drawing to win a weekend stay at
the beach.

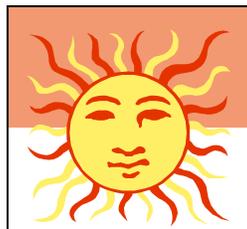
Register and pay before July 28th
and receive 2 free raffle tickets on
the day of the ride.

For more information contact:



Important Dates

- July 4 - Independence Day
(Agency Closed)
- July 21 - Brain Injury Sup-
port Group Meeting
- July 22 - SC Brain Injury
Conference
- July 30 - 6th Annual
HCDSN Motorcycle Ride
Fundraiser



New Horizon Center
250 Victory Lane
Conway, SC 29526

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

Fourth of July Cookouts

More than 1 in 4 - The chance that
the hot dogs and pork sausages con-
sumed on the Fourth of July originat-
ed in Iowa. The Hawkeye State was
home to 19.0 million hogs and pigs on
March 1, 2011.

6.8 billion pounds - Total production
of cattle and calves in Texas in 2010.
Chances are good that the hot dogs,
steaks and burgers on your backyard
grill came from the Lone Star State.

6 - Number of states in which the val-
ue of broiler chicken production was
\$1 billion or greater between Decem-
ber 2009 and November 2010. There
is a good chance that one of these
states — Georgia, Arkansas, North
Carolina, Alabama, Mississippi or
Texas — is the source of your barbe-
cued chicken.

Over 1 in 3 - The odds that your side
dish of baked beans originated from
North Dakota, which produced 36
percent of the nation's dry, edible
beans in 2010.

Over 7 in 10 - Of the nation's head
lettuce production in 2010 that came
from California. This lettuce may end
up in your salad or on your burger.

7 in 10 - The chances that the fresh
tomatoes in your salad came from
Florida or California, which combined
accounted for 71 percent of U.S.
fresh market tomato production last
year.

2.5 Billion Pounds - Florida led the
nation in watermelon production last
year (750 million pounds). Other lead-
ing producers of this popular fruit
included California, Georgia and
Texas, each had an estimate of
more than 600 million pounds.

Horry County Disabilities
and Special Needs

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