



New Horizon News

Volume 11, Issue 6

June 2016

Horry County Disabilities and Special Needs

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Shepherd Center launched **RESCUE**, a community service program providing home alert labels and education for people with physical and or cognitive limitations who find themselves in emergency situations. The mission is to aide in quicker response times and creation of better emergency plans.

This is an abbreviated version of the article. For the full article visit <http://www.shepherd.org/resources/rescue>

Fire Safety and Rescue

The following fire safety tips are designed specifically for people with mobility and or cognitive impairments, and are meant to encourage you and your caregivers to think about your safety in the event of a fire.

To request a **RESCUE** sticker and informational material, please email tuwanyo_willis@shepherd.org

How will you know there is a fire?

Make *sure* smoke alarms are installed in your home and work area, and be sure to test them at least once a month and change the batteries twice a year. This simple technique can reduce your chances of dying in a fire by 60 percent.

How will you get help?

Keep an accessible phone with you at all times, even at night. This could be a cell phone or a sip-n-puff phone next to the bed, or a picture phone.

Consider a home fire alarm system that can provide monitoring and alert your local fire department immediately if the alarms are activated.

Be sure that your address is easily visible from the street so that first responders can find you quickly. Make sure your wheelchair

or mobility device is always within reach for a transfer when you are not using it, for example when you're in bed or sitting on a couch.

What if you have to wait for fire fighters?

If at all possible, get yourself out of your wheelchair or bed onto the floor. Smoke rises, and the best air for breathing will be down low.

If you're in a public building, even if you can't get down the stairs, locate an area of refuge. This is often inside the stairwell as these areas are often designed to resist fire longer than other rooms. Other areas may be located in an elevator lobby or other designated fire-rated safe havens. This is also a place firefighters will look for survivors first.

Plan Ahead!

Place the **RESCUE** label in a visible location on the front of your home. This is the standardized placement recommended by emergency responders.

Make sure you have **TWO** accessible entrances/exits in your home. If at all possible, try to have your sleeping area near an accessible exit. Consider the easiest rooms of your house to get in and out of and consider the ground floor as a possibility to avoid navigating stairs in the event of an emergency.

Consider installing sprinkler systems, fire-safe compartment walls, or using flame-resistant blankets and clothing to increase the time you have to be safely rescued. Consider placing a draw sheet on your bed so that responders may be able to grab the sheet quickly and get you to safety.

Have your medications together at all times so that you can have someone grab them quickly if necessary.

Why is this important?

According to the Federal Emergency Management Agency (FEMA), "People with mobility impairments represent a segment of the population with one of the highest risks of dying in a fire." Based on recent U.S. Census Bureau information, this represents about 21.2 million Americans.

"According to incident reports filed by local fire departments, physical disability was a factor in an average of 380, or 14%, of home fire deaths per year between 2004 and 2008."

*National Fire Protection Association
Fire Analysis and Research Division*

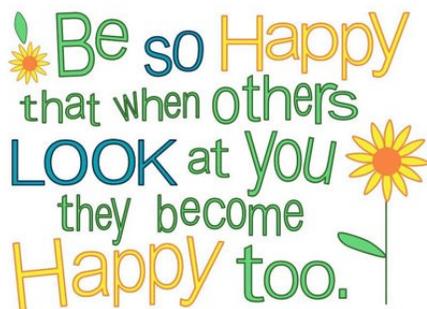
Brain Injury Support Group

BISG Minutes

The Brain Injury Support Group and members of the Breeze group joined together for a potluck cookout at the home of Steve and Jessica Avinger on the Waccamaw River. We were also treated to a boat ride down the beautiful river. Good company and delicious food, along with cooperative weather made for a great day. We learned about the history of the river and enjoyed the local wildlife.

A special thank you goes to Jerry Lundy for volunteering his time and for taking us out on his wonderful boat, "NOT ON CALL"!

This was the largest group we've had for the river event! Steve and Jessica Avinger; Julian Jones; Phillip and Carolyn Pollock; Kate and Pat Thompson; Sommer Quinn and her friend, Laura; Wanda and Tracy Stevens; Kevin Strickland; Denise Pimentel; Joe Sutherland; Tom Culbert; Jerry Lundy, his brother and another friend (sorry, missed their names); Jennifer Frettoloso; and, Ellen Leftwich. We missed the folks who could not make it and hope you are able to join us next year!! Thank you to Captain Steve and First Mate, Jessica!!



Brain Injury Support Group

**June 16, 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!*



Q: How can you keep an elephant from charging?

A: Take away his credit cards.

Q: What will happen if you eat yeast and shoe polish?

A: You will rise and shine in the morning.

(actually you may die, please don't try this)

Q: What do you get when you pour boiling water down a rabbit hole?

A: Hot cross bunnies

Q: What does a cat have, that no other animal has?

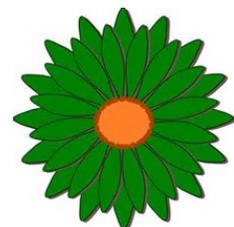
A: Kittens

Q: What kind of stone is a fake?

A: A shamrock

Q: What do you call a jacket that is on fire?

A: A blazer



Save The Date

**The Brain Injury
Association of SC
&
Leadership Council**

Host:

**Life With Brain Injury
Statewide Conference**

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

Spinal Cord Injury Information Corner

JUNE 18, 2016

10 a.m. - 1 p.m.

LinRick Golf Course
356 Campground Road
Columbia, SC 29203

This is a Health and Wellness Hands-On Clinic for individuals with disabilities. Participants will receive coaching from Adaptive Golf Pros and Shepherd Center's Recreation Therapy Program. Participating in these types of activities can reduce secondary complications, increase endurance and strength, and can expand your knowledge of leisure skills. Regular participation in leisure-time physical activity will help maintain a well-balanced and healthy lifestyle. Come and experience a workshop where ideas are shared and concepts are learned to expand your golf-playing abilities. Our coaching staff delivers a very comprehensive training. We pride ourselves on continuous learning to pass along the proper, safe and effective methods and curriculum, which will positively impact your life in your community.

For more information or to register, contact: Kelly Edens, Recreation Therapy Manager, at 404-350-7793 or

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

SC Vocational Rehabilitation Department

- prepares people with disabilities to become qualified candidates for employment by using in-depth assessment, disability management, job readiness courses and hands-on training.

Services are available at 29 locations throughout the state. For more information, call 800-832-7526, 803-896-6533 (TTY),

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!



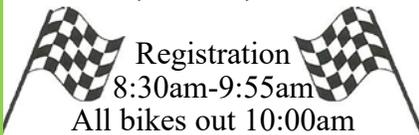
JUNE

6th Annual Motorcycle Ride Fundraiser 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



\$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.

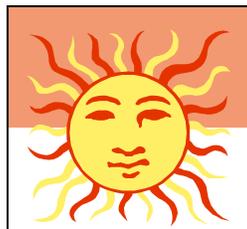
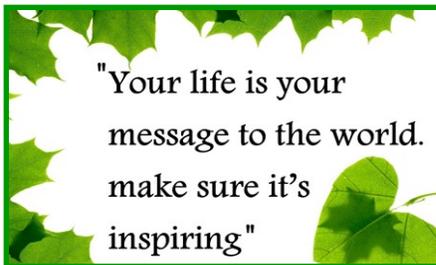
For more information contact:
~Yvonne Salinger (843) 349-7237~



Important Dates

- 6/6 Ramadan Begins
- 6/14 Flag Day
- 6/16 Brain Injury Support Group Meeting
- 6/19 Father's Day
- 6/20 Summer Solstice (First Day of Summer)

****The Adaptive Golf Clinic has been rescheduled for Sunday, June 5th 1 pm – 4 pm at Possum Trot golf course.****

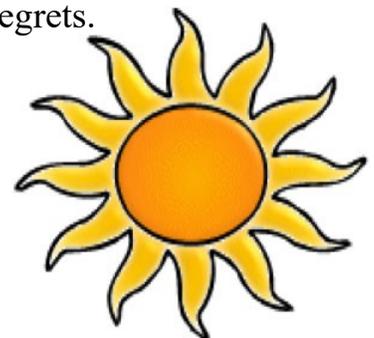


New Horizon Center
250 Victory Lane
Conway, SC 29526

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

This Summer

Do something you would never think of doing, like going on that roller coaster or that water slide; the one that you've always been scared to go on. This summer act crazy and not care what anyone thinks. This summer don't worry if you're single or not, that's what friends are for, right? This summer stop worrying about what people say about you. Live each day like it's your last because before you know it, it'll be over. Make this summer the best and live it without regrets.



Horry County Disabilities and Special Needs

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