

New Horizon News



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Horry County Disabilities and Special Needs

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And now, BREATHE

I'm sitting at my cluttered desk trying to finish writing a grant that is due on Friday. No pressure. The clutter is distracting me. The subject (Teen Driving Fatalities) is distracting me and distressing me. My sugar addiction is distracting me. In short, I'm distracted.

Isn't that life in a nutshell? We are constantly distracted from the more important parts of our lives.

We get distracted by the news. (sigh!) The latest post on Facebook is more important than listening to a friend in need. That car cut me off and now I'm furious and take it out on the clerk at the store. Texting is so much better than actually talking to or spending time with someone. Kids need to run to the next activity. That work e-mail needs answered even though it is long past 5PM.

The point is, we can find a multitude of ways to avoid so many important things in our lives. And guess what? None of the important "things" are "things".

Being constantly "plugged in" to our various electronic devices or using avoidance tac-

tics is a lot like smoking. It's very addictive and makes you feel like you're doing something useful.

Unfortunately, these behaviors are probably as hard or harder to break. (I'm speaking as one who has quit smoking and who is currently working on the aforementioned behaviors!)

So what's the answer? I think it starts with my co-worker's favorite saying; "Breathe in. Breathe out. Move on."

Can we just stop for minute and get our bearings?

Go for a walk without the phone. We live in a beautiful state. However, not every cloud needs a picture to be remembered. Not every facial expression needs a selfie. You have neighbors out there who would love to talk to you. Sometimes the kindest word a person hears is, "Hello!" And the accompanying smile is priceless!

Call a relative that you haven't talked to in a while. And, don't do it while you're playing a game on the computer.

Better yet, go see someone you haven't seen a while. There is nothing like a visit

from a friend or family member.

Go to church. Take a class. Make connections. Remember what's "real" and what is a poor substitution.

Breathe, folks. Breathe.

Let's spend time making our moments count and not just counting our moments. Focus on the task at hand. Focus on being productive and not just busy.

I will not remember a single game of solitaire I've played on my phone. But, I will remember walks by the ocean with my dog.

I won't remember texting my sister and brother. But I will remember long conversations and time spent together.

I won't remember the minutia of the workday. But, I will always remember the folks I work with and the time spent with them.

So, what's important to you? Breathe in. Breathe out. Move on. And, find out.





BISG Minutes

July 21, 2016

Olive Garden

In attendance: Tracy and Wanda Stevens, Phillip and Carolyn Pollock, Ray Singleton, Michael Lynch, Ellen Leftwich, Jennifer Frettoloso, and our newest friends Diane and Bridget Reimschuessel. Ellen started out by introducing Diane and Bridget to the group. She then gave out a SC Hurricane Guide and information about the new FEMA app you can put on your phone. After that we enjoyed a wonderful meal and constant chatter among the group. We also would like to give a special thanks to our server Trey! He was very friendly, patient and attentive. I will definitely request his section on my next trip to Olive Garden.

Leisure Time

How do you spend your spare time? Living with a brain injury can be tiring and you might be tempted just to rest or watch TV when you have a bit of time to yourself. But having a hobby can really make a difference to your wellbeing, as well as developing your mental and physical skills.

Learning a new skill, or taking part in an activity you already enjoy, can be a great way to meet new people. You might want to get involved in:

- Local groups or committees
- Support groups for your condition (these could be online or in person)
- Coffee mornings
- Pub quizzes
- Evening classes



Everyone can benefit from activities that help develop your brain and co-ordination. These might include:

- Puzzles like Sudoku or crosswords
 - Jigsaw puzzles
 - Singing or learning a musical instrument
 - Learning a language
 - Knitting and other crafts
- Even gentle physical activity, injury or disability allowing, will do you good (talk to your doctor first)
- Walking
 - Yoga
 - Dancing
 - Swimming or aqua classes
- Many people find it relaxing to spend time getting closer to nature.
- Bird watching - from home or out and about
 - Gardening
 - Dog walking
 - Fishing
- Try a few different things until you find one you enjoy!



Brain Injury Support Group

August 18, 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!



I would personally like to give a shout out to **Michael C and Kate T** for all of their help making the bulletin board in the New Horizons Center every quarter! Their creativity and focus on the project really brightens up the room and is greatly appreciated! **Thank You!!!**



Spinal Cord Injury Information Corner

Staying Hydrated

We humans are more than 60% water. We begin to get dehydrated and our performance drops off with just so much as a 2% water loss. What can cause water loss? It doesn't take much. It can happen to an athlete who's competing, to someone who's in bed with the flu or diarrhea, in the very hot weather, or even to someone who just doesn't drink enough.

What happens to your body when you're dehydrated?

- Your urine will get dark and you may have less urine output.
- Your brain won't work properly – you'll be groggy, slow, feel out of it, or have headaches.
- Your muscles may not work as effectively or you may feel weak or have muscle cramps.
- Your kidneys won't be able to function; waste products will back up in your body, making you feel generally crummy.
- You'll have more trouble regulating your body temperature; you may feel overheated, or you may feel chronically cold and unable to get warm.
- You may get constipated
- Your metabolism will decrease making it easier to gain weight.
- You may feel hungry all the time, and so you'll be likely to eat more.
- Your skin and lips will get dry and itchy.
- You may feel dizzy if your blood pressure drops.

It's even a bigger deal if you have a spinal cord injury

All of the things we just listed can happen to anyone who gets dehydrated. However, at least half of these problems are also



things that doctors and researchers tend to worry about happening in people with spinal cord injuries – regardless of whether they're dehydrated!

Doctors and SCI survivors alike also worry about skin condition, metabolism, body temperature regulation and kidney function.

How much should I drink?

Drinking at least 2000 to 3000 ml of water every day is important. This is equivalent to about 8 to 12 eight-ounce glasses or about 3 quarts of water every day. You may think, "That's A LOT of water," and you're right! But, there are great benefits to constantly flushing out your kidneys and bladder.

When to increase water intake

You will need to increase your fluid intake further if you are:

- Exercising
- In warm weather or warm environment
- On a high fiber diet or taking fiber supplements (Fiber soaks up lots of water)
- Trying to lose weight
- In high altitude where the air tends to be drier and evaporation occurs faster
- Traveling, especially in airplanes where the same air is re-circulated over and over again, which also may make the air drier
- Sick – like a cold or a bladder infection. Fevers, vomiting, diarrhea all cause you to lose or use up large amounts of water, which needs to be replaced
- Sweating excessively
- Consuming alcohol or caffeine
- Have high blood sugars
- Taking medications that require large amounts of water

A special warning for SOME SCI survivors

Doctors recommend large amounts of water for **most** people with spinal cord injuries, not necessarily all.

If you use a bladder program that involves intermittent catheterization, you may have been told to restrict your fluid intake. For sure, you should follow that advice. If you're on one of these programs, your



health care professional should have developed a plan that balances what goes in – what you drink – with what comes out – how often you catheterize yourself.

It's not a good idea to reduce how much you drink simply for the convenience of catheterizing yourself less often; this could leave you not only thirsty, but dangerously dehydrated as well. Check with your doctor first. And, if you're on an intermittent catheterization program and you don't think you're getting to take in as much fluid as you want or need, you should also check with your urologist or spinal cord injury doctor. He or she might be able to help you adjust the balance between how much you drink and how frequently you need to empty your bladder.

Also, if you have a medical history of electrolyte imbalances, talk with your doctor about the amount of water you should drink daily. Your water needs may be adjusted based on your health history.

Find the full article at: craighospital.org/resources/h2o-to-go-hydration

Breeze Group

Don't forget to join the 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)

Please make sure to share this with your friends!



August



As any change must begin somewhere, it is the single individual who will experience it and carry it through. The change must indeed begin with an individual; it might be any one of us. Nobody can afford to look round and to wait for somebody else to do what he is loath to do himself.

~ ~ *Carl Jung* ~ ~

Try This!

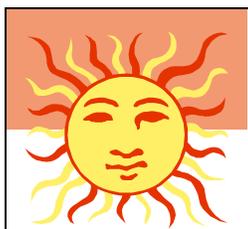
1. Grab a calculator
2. Key in the first three digits of your phone number (NOT the area code example: 555-976-5555 you'd use "976")
3. Multiply by 80
4. Add 1
5. Multiply by 250
6. Add the last 4 digits of your phone number (e.g. 5349)
7. Add the last 4 digits of your phone number again
8. Subtract 250
9. Divide number by 2. (How do they do that? Try it again with a different number.)

Telemarketers Bothering You?

Here are some ways to handle them:

- * Say "No" over and over. Be sure to vary the sound of each one, and keep a rhythmic tempo, even as they are trying to speak. Sing in an operatic voice if possible. Or a "Tiny Tim" falsetto. This is most fun if you can do it until they hang up.
- * Cry out in surprise, "Judy? Is that you? Oh my God! Judy, how have you been?" Hopefully, this will give Judy a few brief moments of terror as she tries to figure out where she could know you from.
- * If the company cleans rugs, respond: "Can you get out blood? Can you get out goat blood? How about human blood?"
- * After the Telemarketer gives his or her spiel, ask him or her to marry you. When they get all flustered, tell them that you can't just give your credit card number to a complete stranger.
- * Insist that the caller is really your buddy Leon, playing a joke. "Come on, Leon, cut it out! Seriously, Leon, how's your momma?"
- * Tell them you are hard of hearing and that they need to speak up . . . louder . . . louder . . .
- * Tell them to talk very slowly, because you want to write every word down.

NOTICE: The above have all been tested and approved for use on telemarketers. No telemarketers were harmed in the testing.



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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



Horry County Disabilities and Special Needs

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

