

New Horizon News

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Horry County Disabilities and Special Needs

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The Importance of Getting a Flu Shot

Getting a flu shot is the best way to protect yourself and your family from the flu. The flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to the flu as well as prevent flu-related hospitalizations. The more people who get vaccinated, the more people will be protected from flu, including older people, very young children, pregnant women and people with certain health conditions who are vulnerable to serious flu complications.

A few new things to keep in mind this season:

Only injectable flu shots are recommended for use this season.

Flu vaccines have been updated to better match circulating viruses.

There will be some new vaccines on the market this season.

There are new recommendations for people with egg allergies.

The Live Attenuated Influenza Vaccine, or the nasal spray vaccine, is NOT recommended this year because of concerns about its effectiveness.

There are many flu viruses and they are constantly changing. The composition of the U.S. flu vaccines is reviewed annually and updated to match circulating flu viruses. Flu vaccines protect against the 3 or 4 viruses that research suggests will be the most common. For 2016-2017, three-component vaccines are recommended to contain:

A/California/7/2009 (H1N1)
pdm09-like virus

A/HongKong/4801/2014
(H3N2)-like virus

B/Brisbane/60/2009-like virus
(B/Victoria lineage)

Everyone 6 months and older should get a flu vaccine every year by the end of October, if possible. However, getting vaccinated later is OK. Vaccination should continue throughout the flu season, even into January or later.

The recommendations for people with egg allergies have been updated for this season. **(Always check with your doctor before getting a flu shot if you have egg allergies.)** If you have only had hives after exposure to eggs, you can get any licensed flu vaccine that is appropriate for your age.

If you have had symptoms other than hives after exposure to eggs, such as angioedema, respiratory distress, lightheadedness or recurrent emesis: or you have needed emergency medical intervention, you can still get any licensed flu vaccine that is appropriate for your age, but the vaccine should be given in a medical setting and be supervised by a health care provider who can recognize and manage severe allergic reactions.

It is not possible to predict what the flu season will be like this year. Flu viruses are constantly changing so it's not unusual for new flu viruses to appear each year.

In addition to getting vaccinated, you and your loved ones can take everyday preventative actions like staying away from sick people and washing our hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading flu to others.

This article is just a portion of the information available on the CDC website. Please check out their website for more information on Flu Prevention!

BISG Minutes **September 15th, 2016**

New Horizons Center Potluck
In attendance: Joe Santiago, Kate and Pat Thompson, Tom and Renee Culbert, Alfreda King, and Ray Singleton, Michael Lynch, Jim Ryan, Tracy Stevens, Phillip and Carolyn Pollock, James Brockington, Gerri Sweeny LaBonge, Linda Hopkinson, Ellen Leftwich, and Jennifer Frettoloso. The meeting began with everyone catching up with what's new. Ellen informed everyone that we had received a \$1,700 grant for the Think First program. This money allows us to purchase supplies for the program and take them out and share with the community. The goal is to help prevent head and spinal cord injuries from happening. We welcomed our guest Alfreda from Voc Rehab. She is a certified brain injury specialist who will be able to provide more resources and in depth training for those interested in vocational services. Ray added that there are VR services in every county in the state, so even if you don't live in Horry County, you may still qualify for services in your own county. After lunch, everyone was reminded about the Pirate's Voyage Christmas show that will

replace our November meeting. The Brain Injury Stipend will pay \$20/person for up to 25 people. Our cost is \$16.86 each (limit of 2 per family.) If you haven't turned in your money for your tickets, please get it to Ellen as soon as possible.

Gerri stated that she attended the Drag Boat Races on September 10th and 11th. She said it was a lot of fun and highly recommends everyone going next year if they can.

Linda Hopkinson, Recreation Leader at Pepper Geddings Rec Center in Myrtle Beach joined us to talk about QiGong. Pronounced (CHEE-GONG), this is a gentle form of exercise that helps improve health and overall well-being. The main elements of QiGong include fluid movement, deep breathing and meditation. We did some breathing and light stretching exercises. It is a great way to help center yourself when stress creeps up. A very big thank you to Linda for taking time out of her day to teach us something new!

Everyone then discussed where to have next month's meeting. It was nominated and voted on to meet at Margaritaville in Broadway at the Beach at 12 noon. Hope to see you there!

Run For Thought **Saturday, November 12, 2016** **5K Trail Run and 1 Mile Walk/ Roll**

Lake Conestee Park
840 Mauldin Road
Greenville, SC US 29607

BIASC is dedicated to creating a better future through brain injury prevention, research, education and advocacy. We are the only nonprofit organization in the state dedicated to preventing and helping those with brain injury. The Run For Thought 5K and 1 Mile Walk / Roll began as a support for brain injury patients and a tool for awareness. It was initially about the patients and giving them the opportunity to participate in something with meaning. This event has increased from 45 participants to 400+ participants with participants who are both brain injury survivors and teams that run/walk/roll in honor or memory of someone. The Run For Thought has become a community event that includes brain injury survivors, caregivers, providers, as well as competitive runners.

For more information visit:

<https://runsignup.com/Race/SC/Greenville/RunForThought>

Brain Injury ***Support Group***

October 20, 2016
12 noon until ?

Margaritaville
Broadway at the Beach

If you haven't turned in your money for your tickets to the Pirate's Voyage, please get it to Ellen as soon as possible.



Spinal Cord Injury Information Corner

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!

Self-esteem is a term used to describe how we view ourselves. It is how we view our worth as a person. It may be more positive or more negative and it is not set in stone. Thus, if someone has low self-esteem, he or she can do things to boost his or her self-concept. When someone has a healthy or more positive self-esteem, he or she is able to accept him or herself "as is." This means acknowledging that we all have both strengths and weaknesses - and that's OK! One added challenge for a person with a disability may be viewing him or herself as a person first. A disability is only one facet of a person. Another issue for people with disabilities may be dealing with discrimination and stereotypes from society. Our society places emphasis on looks, speed, and being the same as everyone else. Thus, people with disabilities might place additional pressure on themselves to try to meet society's impossible standards.

Self-esteem is influenced by many variables while a person is developing his or her self-concept. Parents may provide a crucial role in shaping a child's concept of him or herself. Parents can convey attitudes that the child is independent and successful or inadequate, incapable, and inferior. Friends and society can also powerfully influence a person's concept of him or herself.

No one can make you feel inferior without your consent.

~Eleanor Roosevelt~

Consider the following statements:

*If you have depression and are taking medication for it do you ever conclude: "I can't go out with my friends because I can't drink while taking this medication?" [All or nothing thinking]

*If you walk with an unsteady gait, do you ever think: "I'm a klutz because I have to use a brace?" [Mental Filter]

*If you have a reading disability, do you ever think: "I just finished a book, but it doesn't count because I didn't read it as fast as other people?" [Disqualifying the positive]

*If you have a speech impediment, do you ever think: "If this person can't understand me, that will be awful?" [Catastrophizing-believing that something is far worse than it actually is]

*If you have dyslexia, do you ever think: "I feel stupid having to explain to people that dyslexia is a "real" disability so I must be stupid?" [Emotional reasoning]

*If you're a wheelchair user and you fall out of your chair because of a crack on the sidewalk, do you ever think: "I should have been more careful and avoided that crack?" [Personalization]

The statements above are examples of things that people with disabilities may say to themselves when they're having a bad day. By identifying and changing some of these errors, a person can begin to change how he or she views him or herself. You have become an expert at playing on a field that is not level as a result of dealing with your disability and peoples' attitudes toward your disability.

Tips to improve self-esteem for people with disabilities

Maximize the positive and minimize the negative. Focus on your abilities more than your limitations. This is not to say that you don't acknowledge that you have a disability, but rather, by focusing on and developing your abilities you can

feel good about all the things you can do.

Avoid unrealistic comparisons.

Don't get caught up in comparing apples to oranges. Everyone has both strengths and limitations. Set realistic goals for yourself. Since everyone has limitations, it is not fair to expect yourself to be able to do something unrealistic. This may mean allowing yourself to take the extra time needed to read material and rewarding yourself for persevering. It may not be realistic to expect yourself to read something in the same amount of time as someone without a reading disability.

Do not over-generalize. If there is something that you cannot do as a result of your disability, it is not fair to conclude that you are an overall failure. There are many things that you can do. Don't tie all of your self-worth to any one attribute or event.

Appreciate yourself - all of yourself. This means appreciating your disability too. There may be times when you believe that it is more annoying than appreciable, but focus on the positive aspects of your disability. One way to do this is making a list of your strengths including how your disability, or your methods of coping with it, can be an asset.

For the full article:

<http://www.uwec.edu/Counsel/pubs/selfhelp/selfesteem.htm>

Halloween fun facts:

~ 1/4 of all the candy sold annually in the U.S. is purchased for Halloween

~ The first Jack-O-Lanterns were carved from turnips

~ Halloween is an official Bank Holiday in Ireland and children get the week off as a midterm break

~ The number one American costume on Halloween is the princess

The Origin of Halloween

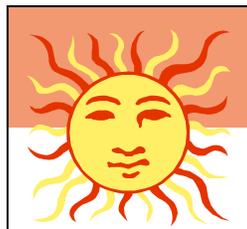
As I did a little reading and research into just how this spooky holiday developed, it became quite clear that there are a wide array of diverse opinions on how the different traditions and folklore started and evolved.

The only thing that they all have in common is that Halloween's origins date back to the ancient pagan Celts, who lived 2,000 years ago in the land that is now Ireland, the UK and northern France. November 1st, the day they celebrated their New Year, marked the end of summer and the harvest season. Life slowed down as winter brought darkness, fallow ground and death. Celts believed that on the night before the New Year, the boundary between the worlds of the living and the dead were blurred. October 31, known as Samhain (pronounced "sow" "en") when the ghosts of the dead returned



Dates to Remember

- 10/2 Rosh Hashanah begins
- 10/11 Yom Kippur begins
- 10/20 Brain Injury Support Group Meeting at Margaritaville
- 10/27 Halloween Party at New Horizons Center
- 10/28 Fall Festival at HCDSN Board office
- 10/31 Halloween



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to the earth.

As the Christian church moved through Europe, it collided with pagan cultures. To help with the conversion to Christianity, the organized church would move certain Christian holidays to directly challenge the pagan ones. Often times the result was a pagan ritual, with Christian symbolism. In 609 AD, All Martyrs Day (celebrated to honor Christian martyrs) was moved from May 13 to November 1 and began to include an homage to all Saints and martyrs. This became known as All Saints Day (or All-hallows.) The night before, was then referred to as All-Hallows Eve and eventually Halloween. This made it easier for new converts to transition to the church.

From here, the stories of how trick or treating, dressing up and other traditions came into play, are widely varied. Over the millennia, the holiday transformed from a somber pagan ritual to a day of fun, cos-



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