

New Horizon News

Volume 11, Issue 10

October 2016

Horry County Disabilities and Special Needs

Caregivers, You Are NOT Alone!

Caregivers, you are definitely not alone. You are many. You are needed. You are valuable. And, you are by far the most underrated resource this country has. So before I get started telling you why this is true, I want to say "THANK YOU"!

Let's start with, "You are many. You are needed." There are 43.5 million caregivers that have provided care to an adult or child in the last 12 months. 34.2 million Americans provided unpaid care to an adult aged 50 or older in the last 12 months.

Inside this issue:

BI Support Group Minutes	Pg. 2
SCI Information Corner	Pg. 3
November Dates to	Pg. 4

82% of caregivers care for one other adult. 15% care for 2 adults, and 3% care for 3 or more adults!

39.8 million caregivers provide care to adults, aged 18 and older, with a disability or illness. That's a little over 16% of Americans.

"You are valuable." The value of services provided by unpaid caregivers has steadily increased over the last decade. The estimated value of those services in 2013 was \$470 BILLION. At \$470 billion, the value of unpaid caregiving exceeded the value of paid home care and the total Medicaid spending in the same year, AND nearly matched the value of the sales of the world's largest company, Wal-Mart (\$477 billion).

About 75% of all caregivers are female with an average age of 69. However, 48% of caregivers range in age from 18 to 49. And some caregivers are younger than 18.

The older the caregiver, the more hours are dedicated to the care of the recipient because the recipient is likely to be older. They provide around 34.5 hours of care per week. There are children/young people aged 15-24 averaging around 14.8 hours of caregiving per week.

Caregivers, you are definitely underrated, often by the people you need most, like family and close friends. Often times, they do not understand what it takes to care for someone on a daily basis and the amount of energy needed to persevere. But, as you can see from the incredible numbers above, there are people out there who do understand.

Caregivers, you provide a service, not only to the people you are caring for, but to this country. You are valuable, not only for the amount of money you save the American people, but for the personal, loving care you provide. The amount of human compassion that you share with the person you are caring for adds dignity and a quality of living to their lives that would be missing in another situation.

So, once again, THANK YOU, Caregivers!

The information on Caregivers came from the Family Caregiver Alliance website: Caregiver Statistics: Demographics. <https://www.caregiver.org/caregiver-statistics-demographics>

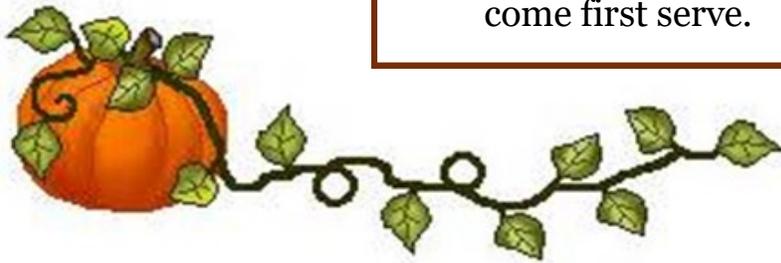
There is a ton of information on Caregiver Statistics that I wasn't able to put in this article due to space.

BISG Minutes

October 20th, 2016

In attendance: Kate and Pat Thompson, Tom and Renee Culbert, Jim and Sue Ryan, Ricky Upton, Phillip and Carolyn Pollock, Ray Singleton, Ellen Leftwich and her sister Alice, and Jennifer Frettoloso.

The group met in the fun Jimmy Buffett themed restaurant of Margaritaville. Conversation flowed throughout as everyone enjoyed oversized portions of their entrees. A great time was had by all. Remember there is no meeting next month. We are attending dinner and a show at Pirate's Voyage. If you have not already turned your money into Ellen, please do so ASAP!



Brain Injury Support Group

There will be no meeting this month. In it's place, the group will be enjoying dinner and a show at Pirate's Voyage.



Tickets must be purchased in advance from Ellen. First come first serve.

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 non-profit 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>



Thank you to everyone who contributed to creating the autumn bulletin board. The colors really brighten up the room and is a nice welcome to the cooler weather.

Spinal Cord Injury Information Corner

Breeze

Weathering Life's Storms Together

Our Breeze peer groups provide an upbeat place for individuals with spinal cord injuries and their family members to connect with other people who have experienced similar life-changing injuries.

The monthly meetings are an excellent way for members to share information, ideas, and resources, while enjoying fellowship in a relaxed setting. In addition to speakers and discussions on topics of interest, Breeze meetings also include recreational outings and special holiday dinners. A local counselor from South Carolina Department of Vocational Rehabilitation is assigned to each group and is available at the meetings to

discuss the agency's assessment and employment services.

Occasionally regularly monthly meeting dates are changed, particularly around the Thanksgiving and Christmas holidays, so confirm details with the group leader before attending a meeting for the first time.

Horry County Breeze Group

**Meets: 6:00 p.m. on first
Wednesday of the month**
**Place: Coastal Grand Mall
Health Finders (across from Bed
Bath & Beyond)**
**2000 Coastal Grand Circle,
Myrtle Beach, SC 29577**

Contact Leader:
**Veronica (843) 903-6065 or
veronicatario@gmail.com**

LOL'S

Q: Why can't you take a turkey to church?

A: Because they use such FOWL language

Q: What kind of exercises do lazy people do?

A: Diddly-Squats

These words are joining our vocabulary in 2016!

Chairdrobe (n.): piling clothes on a chair in place of a closet or dresser.

Epiphanot (n.): an idea that seems like an amazing insight to the conceiver but is in fact pointless, mundane, stupid, or incorrect.

Internest (n.): the cocoon of blankets and pillows you gather around yourself while spending long periods of time on the Internet.

Textpectation (n.): the anticipation felt when waiting for a response to a text.

Unkeyboardinated (adj.): when you're unable to type without repeatedly making mistakes.

*"When the trees their summer splendor
Change to raiment red and gold,
When the summer moon turns mellow,
And the nights are getting cold;
When the squirrels hide their acorns,
And the woodchucks disappear;
Then we know that it is autumn,
Loveliest season of the year."
- Carol L. Riser, Autumn*



November

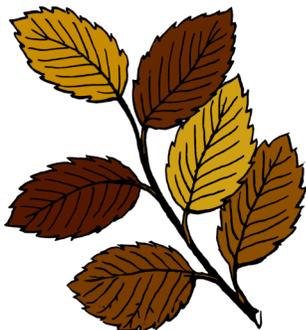


The Brain Injury Support Group

will be collecting gift items to fill stockings and gift baskets for the elderly residents at some local nursing homes. Last year was such a success and all recipients were so appreciative. Any and all donations would be appreciated. Some suggestions for ideal gifts include:

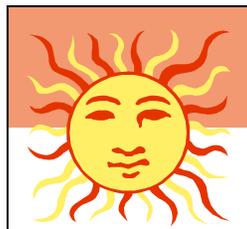
- * Large print crossword puzzle books
- * Large print word search books
- * Stationery
- * Pens/pencils
- * Socks
- * Toiletries
- * Tissues
- * Decorative tissue holders
- * Deck of cards
- * Chapstick or lip gloss
- * Lotion
- * Postage stamps
- * Magazines
- * Brushes/combs
- * Nail polish
- * Lap blankets
- * Emery boards
- * Small seasonal décor

~Contact Ellen or Jennifer for drop off/pickup or bring donations to the next BISG meeting~



Dates to Remember

- **November 6 - Daylight savings time ends. Turn your clocks back an hour!**
- **November 8 - Election Day. Don't forget to vote!**
- **November 11 - Veterans Day**
- **November 13 - National Caregiver Day**
- **November 17 - Pirate's Voyage for BISG members (tickets MUST be purchased in advance from Ellen)**
- **November 24 & 25 - Thanksgiving Holiday. Agency Closed**



New Horizon Center
250 Victory Lane
Conway, SC 29526

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

Nothing is so contagious as example; and we never do any great good or evil which does not produce its like.

Francois de La Rochefoucauld

History of Veterans Day

World War I officially ended when the Treaty of Versailles was signed on June 28, 1919. However, fighting ceased seven months earlier when an armistice between the Allied nations and Germany went into effect on the eleventh hour of the eleventh day of the eleventh month. Armistice Day, as it was originally called, was primarily a day set aside to honor veterans of World War I, but in 1954 "Armistice" was replaced with the word "Veterans." With the approval of legislation on June 1, 1954, November 11th became a day to honor American veterans of all wars.

Horry County Disabilities and Special Needs

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