

New Horizon News

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Happy Holidays

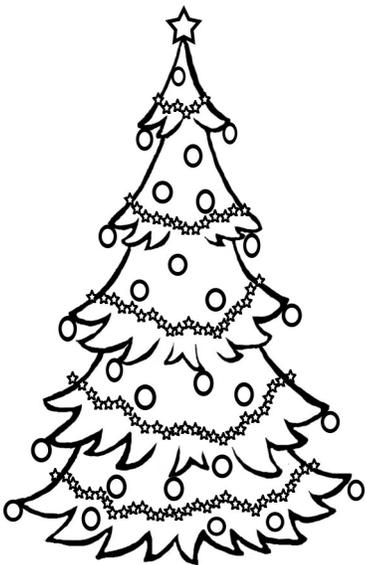


*From our family to
yours!*

Brain Injury Support Group

BISG Meeting

The group had a fun filled evening with dinner and a show at the Pirate's Voyage Christmas show. In attendance: Tom and Renee Culbert, Joe and Donna Santiago with their two sons, Zachary and Daniel, Kate and Pat Thompson, Tracy and Wanda Stevens, Phillip and Carolyn Pollock, Michael Chumas, Joanne and Carla Ritchie, Sommer Quinn, Lori Nye, Michael and Marsha Lynch, Ray and Yvonne Singleton, Gerri Sweeny-LaBonge, Ellen Leftwich, and Rich and Jennifer Frettoloso. Thanks to the Brain Injury stipend helping out with tickets, it was more affordable and everyone seemed to have a great time! Hope to see you next month for our pizza party!



*Love the Giver
more than the
Gift.*

I know, I know...every year we talk about stress around the holidays. We do that because it's important! Relaxing to relieve stress, just like all skills, takes practice. The more you practice, the easier it gets. Here's a few tips.

Don't Worry, Be Happy

Try not to worry so much. Although this is very often easier said than done, sometimes it is possible to distract your mind from unnecessary worry. Start by taking part in some other engaging activity to keep your mind busy. The simple act of smiling can help lift your mood, release tension and ease difficult situations. Do something that will make you laugh, talk to a funny friend, watch a comedy or read an amusing story. You may not feel totally happy but by smiling and laughing you will naturally release tensions and feel more relaxed.

Have Achievable and Realistic Expectations of Yourself

Everybody has strengths and weaknesses, be aware of yours. Learn to utilize your strengths and accept your weaknesses, don't set yourself unrealistic goals.

Don't live in the Past

Learning from past mistakes is important. Holding onto past mistakes and letting them dominate the present is stressful. Live life in the present, don't dwell on the past.

Learn to Say 'No'

Don't let people push you to exhaustion, you are no good to anybody

when you are over-stretched and you are likely to become resentful. Learn to be assertive and say 'no' when you feel you do not have the capacity to do something as well as you would like.

Exercise your Body

It is a well-known fact that exercise, in whatever form, is useful for stress relief and for aiding relaxation. Go for a walk or swim, run up and down the stairs, put some music on and dance, punch the air around you – find some form of appropriate exercise

Exercise your Mind

Stress can be caused by boredom or under-stimulation of your mind. Learn a new skill, take up a new hobby, join a local group or society, play chess – find something to do that stimulates your mind.

And as always:

Don't forget to just breathe.

Happy Holidays!

Brain Injury Support Group

12-15-16

12 noon

at New Horizons

Pizza Party

courtesy of

Joe and Pat Sutherland

Please bring a side dish or dessert to share.

Spinal Cord Injury Information Corner



What is universal design?

The concept of universal design goes beyond ramps, retrofits and curb cuts. It isn't just about accessibility. It is a way of looking at the designed world knowing that thoughtful plans from the get-go will accommodate any user across his or her lifespan – whether it's getting in the office, the ballpark, or on the Internet.

The late Ron Mace, creator of the term “universal design,” and founder of the Center for Universal Design at North Carolina State University, put it this way: “Universal design is the design of products and environments to be usable by all people, to the greatest extent possible, without the need for adaptation or specialized design.”

Home and building designs should work for all of us, across our lifespans, transparently. There are laws on the books making schools, transportation, housing, public accommodations and sidewalks fully accessible in every city. For most people, day-in and day-out access has more to do with getting in and out of the house, working in the kitchen, using the bathroom.

Home modification can be as simple as a doorknob that's easy to work, a grab bar in the right place or a ramp to get in through the back door.

Below is an abbreviated list of design and product suggestions from AARP that can increase safety,

comfort, convenience, and livability for everyone. These are general tips, so please speak to professionals who can offer tailored recommendations based on your ability and home:

- ◆ At least one no-step pathway into the house
- ◆ Ample and level maneuvering room, 5 feet by 5 feet, in entryway
- ◆ 36-inch-wide entry doors with lever-style handle
- ◆ Zero-threshold doorways
- ◆ Covered entrance to protect from inclement weather
- ◆ Easy-open door locks, such as keyless locks with remote or keypad codes
- ◆ Railings on porches
- ◆ Slip-resistant walkways and entryways
- ◆ Handrails on both sides of stairs, interior and exterior
- ◆ Contrasting color at front edge of steps, to provide visual orientation, or non-slip adhesive strips
- ◆ Electrical outlets 18 inches off the floor
- ◆ Space for a chair under sink or cooktop for seated users
- ◆ Easy-access storage, such as pull-out pantry or adjustable-height shelving
- ◆ Laundry sink and countertop no more than 34 inches above floor with knee space below for seated users
- ◆ Closet with multi-level or pull-down shelving and clothes rod
- ◆ Hand-held, adjustable-height showerhead with easily operable controls
- ◆ Grab bars or wall-blocking for future installation in tub, shower and near toilet
- ◆ Towel bars, soap and toothbrush holders 48 inches off floor
- ◆ Integral transfer seat in tub and built-in bench or shower chair in shower

Additionally, the Reeve Foundation maintains fact sheets on home modifications with additional resources from trusted Reeve Foundation sources.

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



December



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~

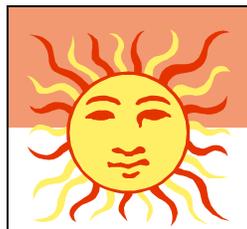


Dates to Remember

- 12-7 Pearl Harbor Day
- 12-21 Winter Solstice (First Day of Winter)
- 12-24 Christmas Eve
- 12-24 Hanukkah Begins at Sundown
- 12-25 Christmas Day
- 12-26 Kwanzaa
- 12-31 New Year's Eve

The agency will be closed
12-24-16 until 1-3-17

Peace, Health, and Joy to all during the holidays. Stay safe and we'll see you next year!



New Horizon Center
250 Victory Lane
Conway, SC 29526

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

Corny Corner

What do you call a boomerang that doesn't work?
A stick.

I find it ironic that the colors red, white, and blue stand for freedom until they are flashing behind you.

When an employment application asks who is to be notified in case of emergency, I always write, "A very good doctor".

Funny how they say we need to talk when they really mean you need to listen.

A friend of mine tried to annoy me with bird puns, but I soon realized that toucan play at that game.

Life is all about perspective. The sinking of the Titanic was a miracle to the lobsters in the ship's kitchen.

Horry County Disabilities and Special Needs

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