

New Horizon News

Volume 12, Issue 2

February 2017

Horry County
Disabilities and
Special Needs

March is Brain Injury Awareness Month

Webster states that “awareness” is: 1) the knowledge or perception of a situation or fact; and 2) concern about and well-informed interest in a particular situation or development. Synonyms for awareness include; consciousness, recognition, realization, understanding, and grasp.

There are dozens of “awareness” days each month. Some are silly and fun. Most awareness days are there because of the genuine need for education and attention.

Brain Injury Awareness falls in the latter category.

Brain Injury affects everyone and everyone knows someone who has or had a brain injury. Some may not recognize that they know someone with a brain injury. Strokes, brain aneurysms, and brain tumors can cause a brain injury. Concussion causes a brain injury. Shaking a baby causes a brain injury. Whiplash can cause a concussion. Repeated blows to the head (soccer, football, wrestling) can and does cause brain injury.

Brain Injury can happen to anyone at anytime. The effects of brain injury vary. Brain injuries that are considered minor, like concussions, can cause lifelong consequences. Memory and judgement can be permanently impaired. Some other symptoms of brain injury include: slowness in thinking, acting, speaking or reading; trouble with concentration; trouble organizing daily tasks; being tired; headaches; loss of smell or taste; depression or mood swings; and, easily stressed out.

The point of Brain Injury Awareness Month is not only to make you aware of the signs and symptoms of brain injury, but to also make you aware of how to prevent brain injury from happening in the first place.

Because of Brain Injury Awareness, coaches and teachers are now better at recognizing when a concussion has occurred and getting a child to immediate medical help. Parents are getting information on how to help their child recover from a concussion. And, adults suffering a concussion are now treating them as the serious condition that they are.

Because of Brain Injury Awareness, many people are working with teens and young adults to prevent car crashes due to alcohol and distracted driving.

Because of Brain Injury Awareness, more children and adults are wearing protective gear when riding bikes or playing sports or using ATV’s.

Approximately 5.3 million people live with brain injury in the United States alone. Each of these individuals, their families, and their caregivers, hope that you do not become part of that statistic.

Inside this issue:

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

Brain Injury Support Group

BISG Meeting

January 18, 2017

12 noon at New Horizons

In attendance: Joe and Donna Santiago, Tracy and Wanda Stevens, Tom Culbert, Gerri Sweeny, Kate and Pat Thompson, Ray Singleton, Ellen Leftwich, and Jennifer Frettoloso.

We started the New Year meeting off by catching up and enjoying conversation over lunch. Some of the conversation was related to frustrations and experiences with Medicare, Medicaid and applying for disability. It was a great opportunity for members to learn from each other. Ellen reminded everyone that March is Brain Injury Awareness Month. She also announced that she had arranged for a speaker to come to the March meeting. Her name is Cristabelle Braden. She is an active advocate for and survivor of a brain injury. We will expect a larger crowd than usual for that day. We also discussed Disability Advocacy Day on March 1st in Columbia. The group was then presented with an article that talked about Mindfulness. The handout gave examples of ways to focus on the present, do one thing at a time, and savor each moment that we live. It was decided that next month's meeting be potluck at New Horizons. Hope to see you there!

MARCH IS BRAIN INJURY AWARENESS MONTH

More than 2.5 million people in the United States sustain traumatic brain injuries (TBI) in the U.S. each year, and 1 million more experience strokes and other acquired brain injuries. At least 5.3 million Americans live with TBI-related disabilities at a cost of more than \$76 billion each year. People living with brain injuries want the same things we all want: a good job, someone to love, a nice home, and fun in their lives. They want to be defined by who they are as people, not by their injuries.

They are not alone.

Each year, the Brain Injury Association of South Carolina assists individuals and families who experience the life changing and sometimes devastating effects of brain injury. More information on Brain Injury Awareness Month, as well as advocacy and informational materials to help raise awareness about brain injuries, is on the Brain Injury Association of South Carolina website.

<http://www.biausa.org>

Canvas & Cocktails...

A fundraiser for the HCDSN Art Program.

WHEN:

Friday, February 24th, 2017
5:30pm – 8pm

WHERE:

William H. Miller Studios & Fine Art
714 Main Street Myrtle Beach,
SC 29577

Waccamaw Regional Foundation presents a unique opportunity to partner with our AMAZING organization in order to make a difference in our community. This Fundraiser will allow the community and its' leaders to view and support the Arts Program at Horry County Disabilities and Special Needs. Art has been shown to help develop hand eye coordination, fine & gross motor skills, patience & creativity. It is also a healthy outlet to cope with stress.

Brain Injury Support Group

February 16, 2017

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!*

BRAIN INJURY ASSOCIATION OF SOUTH CAROLINA

6TH ANNUAL SHUCK-A-RAMA

SATURDAY, FEBRUARY 11 | 5-8 PM

THE BARREL OF CHARLESTON
1859 Folly Rd, Charleston, SC 29412

Live Music
Oysters and Food
Beer & Wine

\$40 | **\$45** | **\$50**
until 1/31 | until 2/9 | at the door

WWW.CVENT.COM/D/TVQRDF

Spinal Cord Injury Information Corner

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

COASTAL ADAPTIVE SPORTS

Wheelchair Basketball
North Myrtle Beach
Aquatic and Fitness Center
Every Wednesday at 6:30pm
Experience Basketball from a whole different perspective
For more information on other adaptive programs:
Contact Mike Fink at:
843-655-0037
Or visit the Facebook Group:
Coastal Adaptive Sports

Georgia Tech Researchers Devise Powerchair Controls Guided by Your Tongue

For people with disabilities, controlling wheelchairs can be challenging. However, scientists are working on solutions, at least as far as mobility goes. The latest system, developed by scientists at the Georgia Institute of Technology, uses a tongue piercing, along with an iPod app, allowing those people to control their wheelchairs with just a flick of their tongue.

The person in the wheelchair has to submit to a tongue piercing that contains a small titanium barbell. A headset with sensors is also required, which responds to a magnet inside the piercing. When users flick their tongue against the piercing, an iPod app gets information from the headset's sensors and figures out which way the user wants the wheelchair to move.

This method of powerchair control is meant to be an alternative to the "sip and puff" tactic that is common today.

Save the Date!
Wednesday, March 22, 2017

2017
**SC Assistive
Technology
EXPO**

8:30 a.m. to 3:30 p.m.
Columbia Metropolitan Convention Center
1101 Lincoln Street, Columbia, SC
29201

Exhibits and Workshops showcasing Assistive Technology for people of all ages.

Free Admission and Open to the Public

SAVE THE DATE...
Our Annual Motorcycle

Ride will be held on
Saturday, April 22, 2017
8:30am. Stay tuned for details!!



"If we had no winter, the spring would not be so pleasant."

- Anne Bradstreet

February

Mardi Gras Facts

ALWAYS THE TUESDAY BEFORE ASH WEDNESDAY

Mardi Gras means "Fat Tuesday" in French. With Ash Wednesday marking the beginning of Lent, a 40 day period of fasting before Easter, Mardi Gras is the "last hurrah" of sorts, with participants indulging in their favorite fatty foods and drinks before giving them up.

MARKS THE END OF CARNIVAL SEASON

Countries around the world celebrate Mardi Gras as the last day of Carnival season, which starts after Christmas, on January 6th, (known as 'Twelfth Night').

ALSO KNOWN AS "PANCAKE DAY"

In Ireland, England, Australia, New Zealand, and Canada, people celebrate Mardi Gras by eating pancakes and participating in pancake themed activities.

THE OFFICIAL COLORS ARE PURPLE, GOLD, AND GREEN

Purple signifies justice, gold means power, and green stands for faith.

KING'S CAKE IS EATEN ALL THROUGHOUT CARNIVAL SEASON

In the US, it is traditionally purple, green, and gold, with a trinket baby Jesus inside. Whoever gets the baby Jesus is said to have good luck all year!

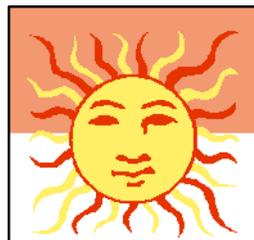
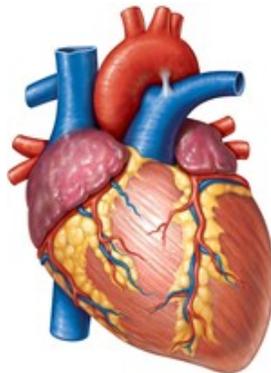
MASKS ARE REQUIRED BY LAW FOR FLOAT RIDERS

Yep, it's illegal to ride on a float without a mask! The original purpose of the mask was to get rid of social constraints for the day, allowing people to mingle with whomever they chose.



Dates to Remember

- 2nd Groundhog Day
- 5th Superbowl Sunday
- 14th Valentine's Day
- 16th Brain Injury Support Group Meeting
- 20th President's Day
- 24th Canvas & Cocktails...
- 28th Mardi Gras



New Horizon Center
250 Victory Lane
Conway, SC 29526

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

Heart Facts

- ⇒ Your adult heart beats about 100,000 times each day.
- ⇒ Heart disease isn't only the number one killer of men, it's also the top killer for women.
- ⇒ Make a fist. Generally, a healthy heart is about the size of the person's fist.
- ⇒ Your activity level is the greatest potential risk factor for heart disease. People with low fitness levels have double the risk of heart disease as their more active counterparts
- ⇒ Depression increases your risk for a heart attack.
- ⇒ Excessive amounts of sitting have been linked to an increased risk of heart disease.
- ⇒ Your heart is one giant pump. Every minute, your heart pumps about five quarts of blood through a system of blood vessels that's over 60,000 miles long. That translates to about 2,000 gallons of blood every day.

**Horry County Disabilities
and Special Needs**

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