

New Horizon News

Volume 12, Issue 4

April 2017

Traveling By JL, Kate Thompson, and Michael Chumas

Horry County
Disabilities and
Special Needs

JL, one of the new members of our group at HASCI New Horizons Center, was asked if he could come up with a few topics to use as ideas for the front page article of the newsletter. JL came up with about 20 really good ideas! Thank you, JL.

JL asked Kate Thompson to look at his ideas and choose the ones that she liked the best. It was difficult, especially when she had to limit her choices to 5 of his ideas. Finally she narrowed it down to her top 5 choices. Then, JL and Kate discussed those choices and settled on “traveling” as the topic for the newsletter.

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My question to them was, “Where would you like to travel?” I expected the answers to be far off destinations with exotic names. But, that wasn’t anyone’s immediate response.

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JL stated that he wanted to go to the Horry County Fair that’s coming up in April at the Myrtle Beach Speedway. Kate wanted to go to Pawley’s Island to a Ghost Walk and to see Alice’s grave. Michael Chumas, who came in a little later, said he wanted to go to Stone Mountain in Georgia.

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Their reasons for choosing these destinations were interesting as well. JL wants a giant turkey leg that they generally sell at the fairs. He said he would sit down and eat the whole thing as soon as he got it.

Kate has a fascination with ghost stories. She has heard the stories of the Gray Man and Alice for years and wants to know if there are other ghost stories in the Pawley’s area.

Michael has good memories of Stone Mountain and wants to see it again.

Kate, Michael and JL were asked to identify what they would need to plan for any of their trips. They came up with some very practical steps: Research the destination; make sure they had adequate funds; determine how they wanted to spend their money; and arrange transportation to and from the activity. For Michael’s destination of Stone Mountain, he added making reservations to spend the night.

When asked to dream big about a travel destination, everyone came up with the exotic locations I initially expected. There was a cruise on the Mediterranean Sea, a trip to Greece, and a trip to Australia. All amazing locations.

I think Michael, Kate and JL did an excellent job of coming up with ideas for places to visits and advice for making that trip possible.

However, what I took away from this conversation was that exotic locations do not make the trip special or exciting. It was a reminder to enjoy whatever trip we make whether it’s near or far away. That’s what makes the trip and the destination special. Because, you know, sometimes it is all about the turkey leg.



Brain Injury Support Group

BISG Meeting

March 16, 2017

12 noon at New Horizons

38 in attendance. Everyone enjoyed a large array of delicious potluck dishes. Cristabelle Braden (singer, songwriter, speaker on brain injury, and the founder of "Hope After Head Injury") and her band gave a spectacular performance and touched the audience with her words of inspiration. After her show, she asked the survivors of brain injury to gather with her on camera, singing the chorus of one of her songs, "We're Gonna Make It". She is on tour and taking clips from different performances to put together a music video. Next month's meeting will be at New Horizons.

Smiley

April is National Humor Month, so this is the perfect time to add a little humor into your daily routine. Founded in 1976 by author and humorist Larry Wilde, the original idea was to heighten public awareness of the therapeutic and restorative values of joy and laughter. Look for several harmless and fun pranks throughout this issue!

The BIASC will be hosting its 14th Annual Golf Tournament

Monday, April 24, 2016 at the Woodlands Golf & Country Club. Proceeds from this event will assist BIASC in providing help and support to persons with brain injury and their families, educate the public on the risks and impact of brain injury, and advocate for legislation and improved medical and community based services.

This year's tournament is in memory of Dr. Linda Veldheer.

Dr. Veldheer was the Director of the Head and Spinal Cord Injury Division of the SC Department of Disabilities and Special Needs. She was a strong advocate for individuals with brain injuries and their families. She also was a member and supporter of BIASC. She attended our events, conferences, provided valuable information to our committees, and was a mentor. Linda was not a golfer but always was represented by her husband, David Johnson, at this annual event. So, we look forward to honoring her at this year's tournament.

Come and enjoy a day full of golf, lunch provided by Zaxby's, dinner served by the course afterwards, door prizes, Hole in One contest, and a chance to putt for a cash prize of \$25,000!

Register or become a sponsor today
www.event.com/d/n5q75q

Brain Injury Support Group

April 20, 2017

12 noon

At the New Horizons Center

150 Waccamaw Medical Park Court
 Conway, SC

This meeting is a potluck, so please bring a dish to share



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

Handcycling
every Thursday nights at 6:30
in Cherry Grove

Archery
the first Friday of the month
6:30 at the Archery Center in
Conway.



ADAPTIVE CLIMBING

April 9, 2017 | 2:00-4:00pm
Climbing Wall at James Island
County Park

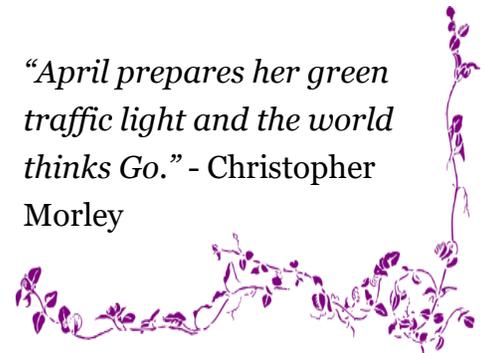
For more information, visit
CharlestonCountyParks.com or
call (843) 795-4386.

Pour some brown paint into a Styrofoam cup, and then tip cup over onto wax paper. Let the mess sit there until it dries, and then remove the wax paper. You now have a 'coffee cup spill' you can leave on your prankster's desk that will definitely give him a startle.

The Wheel to Surf Event
May 13 in North Myrtle Beach at 21st Avenue South, must contact Brock Johnson 843-333-0489 to reserve a spot for participants.

For more information on other adaptive programs:
Contact Mike Fink at:
843-655-0037

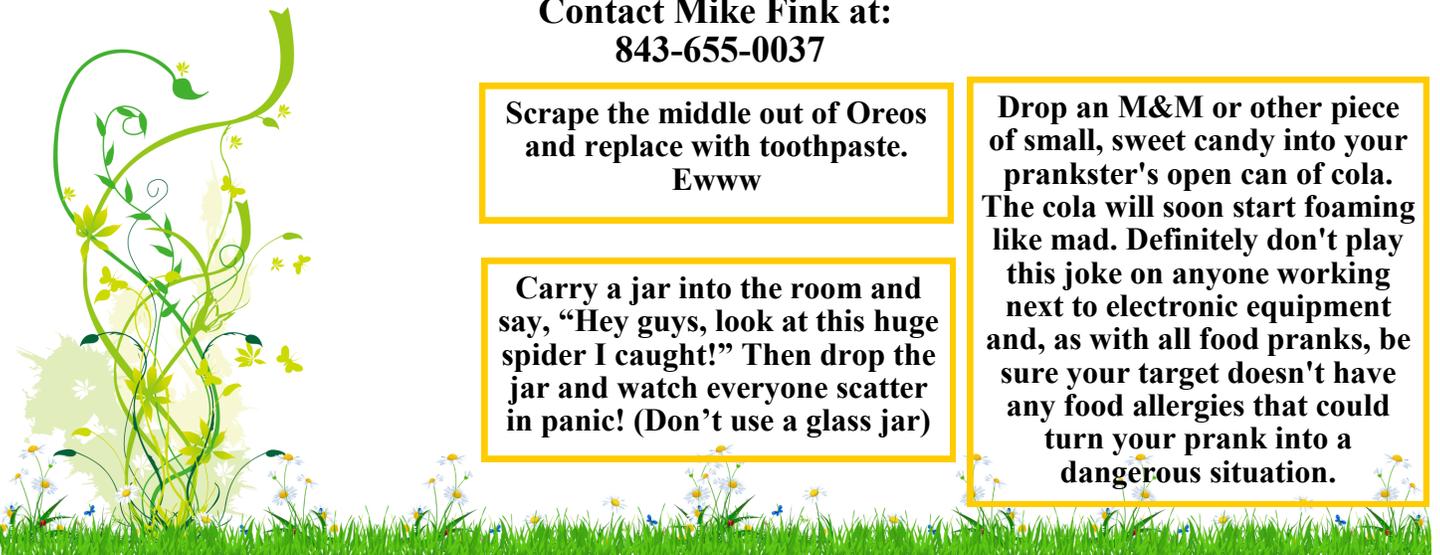
"April prepares her green traffic light and the world thinks Go." - Christopher Morley



Scrape the middle out of Oreos and replace with toothpaste.
Ewww

Carry a jar into the room and say, "Hey guys, look at this huge spider I caught!" Then drop the jar and watch everyone scatter in panic! (Don't use a glass jar)

Drop an M&M or other piece of small, sweet candy into your prankster's open can of cola. The cola will soon start foaming like mad. Definitely don't play this joke on anyone working next to electronic equipment and, as with all food pranks, be sure your target doesn't have any food allergies that could turn your prank into a dangerous situation.





Celebrating Easter

Easter, which celebrates Jesus Christ's resurrection from the dead, is Christianity's most important holiday. It has been called a moveable feast because it doesn't fall on a set date every year, as most holidays do. Instead, Christian churches in the West celebrate Easter on the first Sunday following the full moon after the vernal equinox on March 21. Therefore, Easter is observed anywhere between March 22 and April 25 every year. Orthodox Christians use the Julian calendar to calculate when Easter will occur and typically celebrate the holiday a week or two after the Western churches, which follow the Gregorian calendar.

Horry County Disabilities and Special Needs

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

Dates to Remember

- 4/1 April Fool's Day
- 4/9 Palm Sunday
- 4/10 Passover
- 4/14 Good Friday (agency closed)
- 4/16 Easter
- 4/17 Agency Closed
- 4/20 BISG meeting
- 4/22 Earth Day
- 4/22 HCDSN 7th Annual Motorcycle Ride Fundraiser
- 4/24 BIASC 14th Annual Golf Tournament
- 4/28 Arbor Day

Buy a new bar of soap and paint it with clear nail polish all over. Let it dry, and then replace the soap of the person you want to prank.



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Easter Origins

The exact origins of this religious feast day's name are unknown. Some sources trace Easter to the Latin term hebdomada alba, or white week, an ancient reference to Easter week and the white clothing donned by people who were baptized during that time. Through a translation error, the term later appeared as esostarum in Old High German, which eventually became Easter in English. In Spanish, Easter is known as Pascua; in French, Paques. These words are derived from the Greek and Latin Pascha or Pasch, for Passover. Jesus' crucifixion and resurrection occurred after he went to Jerusalem to celebrate Passover (or Pesach in Hebrew), the Jewish festival commemorating the ancient Israelites' exodus from slavery in Egypt. Pascha eventually came to mean Easter.

