



New Horizon News

Volume 12, Issue 5

May 2017

Two Sides

Horry County
Disabilities and
Special Needs

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“If you ask me if he has a chance, yes, he has a chance.” Those words, and their inflection, are seared in my brain. They were spoken by a cardiac surgeon after a nine-hour operation to save my 47-year-old husband from an aortic dissection [a tear in the inner layer of the body's largest blood vessel]. That's all he was given: a chance. Just one. Two hours before, a physician's assistant was sent out to “prepare” me. He explained that my husband was bleeding massively and that they were doing everything they could.

In the days that followed, my family and I would learn that my husband had had several strokes and developed pneumonia and sepsis during surgery. He had no apparent movement on his left side and would most likely have severe vision loss. On one of his reports, his neurologist had written “prognosis for meaningful recovery is poor.”

After 18 days in a cardiothoracic surgery intensive care unit and a few weeks at an in-patient rehabilitation hospital, my husband came home on Christmas Eve 2015. He then went through three months of outpatient therapy. Today, my husband can talk and walk using a cane. He does have vision loss and is unable to work or drive, but compared to his prognosis, his recovery is truly a miracle, something I would often point out to him.

It's only recently that I've started to see this “miracle” from his point of view. He was unconscious when the doctors were saying things like, “If he lives, he may not be neurologically intact.” He has no memory of the dissection. All he remembers is that he was perfectly fine at work one day and the next he couldn't feed himself or sit up without help.

Having heard the dire comments from the doctors, I was elated when my husband stood on his own or was able to see the left side of his dinner plate. He, on the other hand, was underwhelmed and frustrated. At first, I was confused and upset by his negative reactions.

Now, almost a year later, I've learned to resist saying, “Look on the bright side,” when his moments of sadness take over. Instead, I acknowledge his emotions and allow room for them. He has every right to be angry and frustrated about how our lives have changed. I realize it's possible to be thankful you're alive and still grieve for your former life.

His illness has affected me deeply, but I am not living in his body. I don't struggle to see while walking. I am not thrown off balance by my altered vision.

Those are his personal battles.

Neither of us asked for these new and distinct perspectives. Given the choice, we would have gladly given up these lessons, but life doesn't give you a choice. It just happens. The key is to be open to what those new challenges may teach you about yourself and those you love the most.

~Michele Ocejó

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Brain Injury Support Group

BISG Meeting

April 20, 2017

12 noon at New Horizons

In attendance: Michael Lynch, Jason Lepurage, Kate Thompson, Carol and Phillip Pollock, Tracy Stevens, Jim Ryan, Ray Singleton, Michael Chumas, Mary Brennan, Ellen Leftwich, and Jennifer Fretoloso.

The meeting started with greetings and catching up. Ellen informed everyone of the loss of one of our Case Managers, Angela Golden. She passed away suddenly on April 3rd due to complications of flu and pneumonia. The group honored her with a moment of silence.

After lunch Ellen shared some interesting articles from Stroke Smart on salt and clearing brain fog. During talks of next month's meetings, it was discussed to have it at the Riverwalk in Conway.

Brain Injury Support Group

May 18, 2017

At the Riverwalk in Conway

Ellen will send out more information regarding specifics, so keep an eye on your email. Or call us if you have any questions or you don't receive our emails.

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

The Saltiest Foods May Surprise You

Sodium is an essential mineral that helps the body maintain fluid balance, according to the American Heart Association. Too much in the diet increases the risk for high blood pressure, which in turn boosts the risk for heart attack and stroke.

Table salt contains about 40 percent sodium. One teaspoon of table salt has 2,300 milligrams (mg) of sodium, which is the maximum amount recommended by health experts.

The new CDC report found that in 2013-2014, Americans consumed about 3,400 mg of salt daily. That far exceeds the recommended amount, and is more than double the American Heart Association's "ideal" intake of 1,500 mg daily.

And, clearly, all that salt doesn't come from the salt shaker. Most comes from packaged, processed and restaurant foods, the report said.

The CDC researchers found that 44 percent of the salt people eat comes from just 10 foods. These include bread made with yeast, pizza, sandwiches, cold cuts and cured meats, soups, burritos and tacos, salted snacks, chicken, cheese, eggs and omelets. Seventy percent of salt in the diet is from 25 foods, the report said. Some of the foods included in the top 25 are bacon, salad dressing, French fries and cereal, the researchers found.



Processed foods not only raise blood pressure, but may also increase the risk for cancer, one nutritionist said. Processed meats such as bologna, ham, bacon and sausage, and hot dogs have been classified as carcinogens by the World Health Organization. Lowering salt in your diet is as simple and as difficult as cooking at home and using fresh ingredients, as often as possible. It may take some time to re-pattern your shopping and eating habits, but your health is worth it.

The report was published in the CDC's Morbidity and Mortality Weekly Report.

Posted by Steven Reinberg, HealthDay Reporter Apr 10 2017



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

Check this out!!

The **Glassouse** basically turns your head into a mouse or trackpad. If you can't use your arms, this means you can finally navigate a computer screen, tablet or cell phone easily, on your own. The Glassouse is a set of glasses that allows you to control the mouse cursor on a computer screen simply by moving your head. It connects through Bluetooth to a computer, TV, or tablet and uses MEMs sensors to calculate how it moves through space. It has a 9-axis gyroscope: so when you turn your head to the left, the glasses know exactly how much you are moving. Same for going right, up, down, forward, backward and more.

If looking at your laptop screen, the Glassouse can tell the laptop via Bluetooth exactly how you are turning your head and the cursor will move along with you. It is also compatible with many devices including Windows, OS X and Linux computers as well as Android and Apple handheld devices.

Read more at:
www.newmobility.com/2017/04/glassouse/

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.

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**



Shepherd Center Events

Derby Day
 May 6, 2017

2:00 pm - 8:00 pm

Join Shepherd Center for Derby Day! It's a party replete with fancy hats, seersucker suits, mint juleps and lots of fun. This is the annual Derby Day party – Atlanta's biggest Kentucky Derby-themed fundraising event and a Shepherd Center tradition since 1983.

GUESTS WILL ENJOY:

Food and beverages | Live and silent auctions | Live music | Lawn and casino games | Live broadcast of the Kentucky Derby on big screen TVs
DIRECTIONS AND PARKING INFORMATION

Parking for sponsors will be available in the lot in front of the house. The "Red Lot" (just north of the house entrance on Powers Ferry Road) will be open as well. Overflow parking will be at E. Rivers Elementary School at the corner of Powers Ferry and Jett Road. (Uber or Lyft strongly encouraged.)

Adventure Skills Workshop

May 19, 2017 - May 21, 2017
9:30 am - 12:30 pm

Camp ASCCA, Lake Martin
 Jackson's Gap, Alabama

This three-day, nationally recognized outdoor workshop includes adaptive waterskiing, scuba diving, fishing, kayaking, jet skiing, fourwheeling, swimming, target shooting, wall climbing and more. Cost: \$225, includes meals, lodging and instruction. Registration is required.

Register online at: secure.shepherd.org/asw.nsf/aswsigninup
 If you require special assistance, please contact:

Sabrina Evans at 404-350-7375 or
sabrina_evans@shepherd.org



Did You Know?

Cinco de Mayo—or the fifth of May—is a holiday commemorating the date of the Mexican army’s 1862 victory over France at the Battle of Puebla during the Franco-Mexican War (1861-1867). A relatively minor holiday in Mexico, in the United States Cinco de Mayo has evolved into a celebration of Mexican culture and heritage, particularly in areas with large Mexican-American populations.



Dates to Remember

- ◆ 5/1 May Day
- ◆ 5/5 Cinco De Mayo
- ◆ 5/12 Spring Fling at HCDSN Board Office
- ◆ 5/14 Mother’s Day
- ◆ 5/20 Armed Forces Day
- ◆ 5/27 Ramadan
- ◆ 5/29 Memorial Day



May is National Stroke Awareness Month

Stroke is the fifth leading cause of death in the United States and is a major cause of adult disability. About **800,000** people in the United States have a stroke each year. One American dies from a stroke every 4 minutes, on average. Stroke is a medical emergency. You may be able to prevent stroke or reduce your risk through healthy lifestyle changes. These can include avoiding smoking and drinking too much alcohol, eating a balanced diet and getting regular exercise.

Signs of Stroke

- F**ace Drooping
- A**rm Weakness
- S**peech Difficulty
- T**ime to call 9-1-1!

If someone has these symptoms, even if only temporary, call 9-1-1 and get them to the hospital immediately!

“Blessing of the Inlet”

Saturday, May 6, 2016
9:00 AM to 4:00 PM

Belin Memorial United Methodist Church, Murrells Inlet

This festival is highlighted by the “Blessing of the Inlet” Ceremony that begins at 11:30 AM in front of Belin church (creek side). There is no admission or charge for parking, and the event will be held rain or shine. For more information: www.blessingoftheinlet.com

Horry County Disabilities and Special Needs



New Horizon Center
250 Victory Lane
Conway, SC 29526

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

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