



New Horizon News

Volume 12, Issue 7

July 2017

Chucktown Redfish Roundup

Horry County Disabilities and Special Needs

This article was sent to me by Steve Avinger. It is from Tuesday Talk with Alex. <https://tuesdaytalkwithalex.wordpress.com/> If you check out the website, you will see Captain Steve and his lovely wife, Jessica in a short video about adaptive fishing. You will also find pictures of the people mentioned in the article.

Two hundred people participated in Adaptive Expeditions' inaugural Chucktown Redfish Roundup at Colonial Lake in Charleston, S.C. June 24. The event was the first universally-accessible saltwater fishing tournament held in the United States.

Inside this issue:

BI Support Group Minutes	Pg. 2	The Redfish Roundup was held at the 10-acre manmade lake that's in downtown Charleston so that it was inclusive for everyone. The perimeter of the lake was lined with anglers with and without disabilities, families and children.
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**It's HOT
out there!**



**Stay cool,
protected and
hydrated!**

I particularly enjoyed looking at the different inventive ways people adapted their fishing rods using grips and attachments for their wheelchairs. Charlie, who has Cerebral Palsy, and his parents has his fishing rod mounted to his wheelchair. Mark Riffle, from Columbia, S.C., has a device attached to his left arm to hold the fishing rod and he can reel in with his right hand.

Steve and Jessica Avinger traveled down from Conway, S.C. to participate in the tournament. Steve uses the Strong-Arm attachment on his right arm and he can reel with his left hand. The Strong-Arm can be purchased at a variety of retailers online. Take a look at the [video](#) below.

We are already planning for next year's Chucktown Redfish Roundup and I'll be sure to share the date here on my blog and my social media pages.

In addition to fishing, Adaptive Expeditions hosts several activities including kayaking and sailing trips, tennis clinics and hand cycling excursions in the Charleston area. For more information, visit <http://www.adaptiveexpeditions.org>

Brain Injury Support Group

BISG Meeting

June 15, 2017

12 noon at New Horizons

In attendance: Richard and Diane Reimschuessel, Kevin Strickland, Jason Lepurage, Tom Culbert, Joe Santiago, Pam, Kate and Pat Thompson, Ray Singleton, Ellen Leftwich, and Jennifer Frettoloso.

The meeting started with greetings and catching up. There was much chatter and information/resource sharing going around the table. After our potluck lunch, Ellen talked about the BIASC Conference coming up in July. She gave out some information about registration. Next month's meeting is on July 20th at 12 noon. We will be meeting at the New Horizon's Center. Please bring a potluck dish to share.

Memory After Brain Injury

(An excerpt from *Memory after a brain injury*, McKay Moore Sohlberg, Ph.D.)

There are different types of memory and they rely on different systems within the brain. The brain does not process all information in the same way. Different types of brain injuries can affect memory in different ways. For example, persons with memory difficulties caused by a lack of oxygen to the brain because of a near drowning or heart attack are likely to quickly forget what they are told or have done. The brain has trouble storing new information. On the other hand, a person with damage to the frontal lobes of the brain from a car accident may be able to learn new information but cannot retrieve it without prompting. This person may have difficulty organizing information in memory and have more difficulty retrieving information that was previously stored in their memory.

Episodic memory

This involves memory for events that are tied to a time and place. Examples are difficulty remembering what one did the previous day or not recalling a visit from a friend.

Semantic memory

This involves facts that a person learns over time. Learning phone numbers used on a daily basis or learning the state capitals or planets in the solar system are examples of semantic memory. This type of memory is often less affected in people with brain injuries than episodic memory.

Procedural memory

This is memory for well-established sequences of activity that often involve motor movement. The person does not have to consciously recall information as the activity is done automatically. Examples are riding a bicycle, or opening a computer program. This type of memory is often quite strong in people with brain injury and helps them in rehabilitation.

Retrograde memory

This is memory for events in a person's life that occurred before the brain injury, such as a graduation, wedding or trip. Most people can remember things that occurred before their brain injury better than they can remember things that happened after their brain injury.

Memory Processing

The process of forming and storing memories is complicated. Two parts are essential - memory registration and memory recall.

Memory Registration

Simply means that information gets into your brain. This is not always easy for survivors of a brain injury....The information has to get into your brain before you can pull it out or recall it.

Tips for improving memory registration...

Create a schedule for daily tasks and repeat them in the same order every day. This helps you remember until you can do them automatically.

Use an alarm for appointment reminders and times to take medications.

Keep track of medications by using pillboxes marked with days of the week.

Work on one thing at a time and you will have better memory retention.

Use visual cues to help you remember where things are. For instance... Label cabinets and drawers. Put up sticky notes

or photos where you'll be sure to see them before you leave the house as Memory recall

Simply put, this involves retrieving information from the brain that is already stored in your memory. Remember - if it doesn't get in, it can't come out!

Tips for improving memory recall...

Check your planner/organizer or calendar and "To Do" Lists first thing in the morning.

Pick specific places for important items like medications, car keys, wallet/purse, etc. Always put them away in the same place, so you know where to find them.

Jog your memory by checking your lists before beginning tasks.

2017 Life with Brain Injury Conference

When

Friday, July 21, 2017
8:00 AM - 4:45 PM

Where

DoubleTree Hotel and
Conference Center
2100 Bush River Road
(Bush River Road @ I-20)
Columbia,
South Carolina 29210

Dress Code

Business Casual

Registration Deadline

Friday, July 14, 2017

***Please contact the BIASC Office (803.731.9823 or 1.877.TBI.FACT) if you are unsure of the status of your membership.**

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.

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

Shepherd Center Events

Peachtree Road Race Wheelchair Division

July 4, 2017

Whether you're a spectator or a racer, this annual event has become a favorite Fourth of July tradition for many Atlantans. Showcasing more than 75 elite wheelchair athletes from around the world, the Peachtree Road Race Wheelchair Division is one of the largest, most competitive 10K wheelchair races in the country.

**For more information:
 contact Sabrina Evans at
 404-350-7375.**

Registration and qualifying time are required.



"Mini" Wheel to Surfs
 Cherry Grove Pier
 7/9/17 12-4
 8/20/17 12-4

On Facebook, search for Wheel to Surf to message them with questions.

The Voice

By Shel Silverstein

There is a voice inside of you
 That whispers all day long,
 "I feel that this is right for me,
 I know that this is wrong"
 No teacher, preacher, parent, friend
 Or wise man can decide
 What's right for you – just listen to
 The voice that speaks inside.



JULY

Beat the Heat!

A new time of year is here! Heat, humidity, and fire ants have all arrived. It is called **summertime!** I was raised in the state of Florida, so I just might have a few ways to help you beat the heat and still be able to get out! Spend some time at a local gym. Most have a great AC unit and some even have an indoor swimming area. This will also be very helpful to meet new friends and discuss things you may have in common. Plan a trip to the mall and get started on your Christmas shopping early. This will help to avoid the large crowds of people when that time of year arrives. For the fire ants in your lawn, just catch a few doodle bugs in an empty yet clean cup and drop them on the ant mounds. The doodle bugs will be in heaven chomping on the ants! Spend time going out in the evening. It is a lot cooler, the moon is a lot brighter and it is great time of day for you guys to get out with that special lady and add some summer romance to your life. Have a great summer!
Jason Lepurage

Dates to Remember

- * 7/4 Independence Day
- * 7/20 Brain Injury Support Group Meeting
- * 7/21 Life With Brain Injury Conference

Yellow Pig Day

We will be celebrating as the kickoff to spirit week with the rehab supports group. Check out our calendar.

You're probably wondering, "What the heck is Yellow Pig Day?" This unique celebration dates back to the 1960s when two math students at Princeton were given an assignment to analyze the properties of the number 17. Thinking about the number 17 for so long drove them a bit nuts, (as you can imagine), so they came up with the idea of a mythical yellow pig. The yellow pig had seventeen toes, seventeen teeth, seventeen eyelashes, etc.

Today, mathematicians in colleges and universities all across the country celebrate Yellow Pig Day by eating Yellow Pig Cake and singing Yellow Pig Carols (seriously, we couldn't make this stuff up). And of course, the festivities always take place on the 17th day of July.

This is not a holiday for weak imaginations, so let yours run wild! In honor of Yellow Pig Day, host a Yellow Pig Parade, exchange Yellow Pig Gifts, or come up with your own wacky way to celebrate. Enjoy!



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

**Horry County Disabilities
and Special Needs**