

New Horizon News

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August 2017

The Aging Brain

Horry County
Disabilities and
Special Needs



Inside this issue:

BI Support Group Minutes	Pg. 2
SCI Information Corner	Pg. 3
August Dates to Remember	Pg. 4
Rehab Supports Calendar	Pg. 5
IMPORTANT!!! Information About DDSN Meetings	Pg. 6

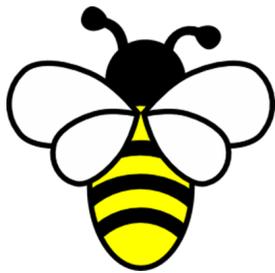
There's no denying that as we age chronologically, our brain ages right along with us. General slowing of function in the brain and spinal cord begins in middle adulthood and speeds up in to late adulthood. Our brain cells begin to die, and there is shrinkage of the prefrontal cortex. Our brains lose between 5-10% of weight from ages 20 to 90. It appears that a brain injury makes the aging process even harder, with an increased risk of developing Alzheimer's Disease, non-Alzheimer's Disease-related dementia, and brain deterioration. Diet and exercise can play an important role in helping to keep the brain healthy.

Numerous studies about food's affect on the brain have been analyzed. They have found that foods containing Omega-3 fatty acids (salmon, walnuts, and kiwi) seem to positively react with several molecules related to learning and memory. Other brain boosting foods include berries, avocados, green leafy vegetables, and celery. On the other hand the wrong foods — like sugar and trans fats — can leave you feeling mentally foggy, anxious, and depressed.

The brain needs oxygen to function. Even a small amount of exercise will help to improve your respiration ability, as your breathing rate increases and deepens, your lungs can absorb more oxygen. Life time risk for general dementia is cut in half if you participate in regular exercise. Aerobic exercise decreases risk of depression and anxiety. It releases the neurotransmitters (the feel good chemicals) serotonin, dopamine, and norepinephrine.

Lifestyle conditions can contribute to the ability of the brain to counteract neurological disorders. Because diet and exercise are an integral part of human life, applying them to help regeneration of neurons after injury or surgery would be a noninvasive and practical approach for enhancing recovery.

As always, talk to your doctor before beginning any new diet or exercise program.





Brain Injury Support Group

BISG Meeting

July 20, 2017

12 noon at New Horizons

In attendance: David, Richard and Diane Reimschuessel, James Brockington, Jason Lepurage, Tom Culbert, Jim Ryan, Pat Thompson, Tracy Stevens, Kate Thompson, Michael Chumas, Joe Sutherland, Ellen Leftwich, and Jennifer Fretoloso.

We started out with greetings to our first time visitors and catching up on news about our loved ones that are under the weather. After lunch we talked about our HIPPA rights and then ended the day with a few games of BINGO.

It was decided that next month's meeting will be an ICE CREAM SOCIAL! Bring some frozen goodies (and maybe some toppings) on August 17th to the New Horizons Center.



Tips To Help Prevent Falls

Falls are the leading cause of TBI in the United States. The risk of falling and sustaining another injury is increased for individuals with a TBI. Review the following precautions to help make your environment safe.

- Remove barriers, rugs, and tables
- Improve lighting
- Know effects of your medications
- Have vision checked regularly
- Use proper footwear
- Keep frequently used items within reach
- Install and utilize grab bars

Brain Injury Support Group

August 17, 2017

12 noon

at the

New Horizons

Center

150 Waccamaw Medical

Park Court

Conway, SC



This meeting will be an ice cream social so please bring some of your favorite frozen treats!

The Basics of a Healthy Diet

Fad diets come and go, but the essentials of a healthy diet remain:

- Eat a variety of foods including vegetables, fruits and grains
- Eat lean meats, poultry, fish, beans and low-fat dairy products
- Drink lots of water
- Go easy on the salt, sugar, alcohol, saturated fat and trans fat
- Eat unsaturated fats in moderation, strictly limit saturated and trans fats.



"Mini" Wheel to Surfs

Cherry Grove Pier

6/4/17 12-4

6/25/17 12-4

7/9/17 12-4

8/20/17 12-4

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



July 1 marked a significant victory for power wheelchair users.

"In a major win for wheelchair users, the Centers for Medicare and Medicaid Services has permanently exempted complex power wheelchairs and components from its restrictive competitive bidding process. United Spinal would like to thank everyone who has attended and supported the Roll on Capitol Hill. By keeping this issue alive with policy makers, you've helped secure access to the vital technology that makes healthy, independent living possible."

~ newmobility.com





Spinal Cord Injury Information Corner

My Year in Bed

I came across an article in the [PUSHLiving](#) magazine, and found it motivating. I have taken some quotes straight from the piece, a link to the full article, and the author's information page. I encourage you all to read it.



Ali Ingersoll broke her neck while diving into water that was shallower than she thought during a trip to the Bahamas. The accident left her a C-6 quadriplegic, which means she was paralyzed from the chest down. While in bed for a year, recovering from a pressure sore, she started online dating (successfully), writing, and in-depth studying of all topics she found interesting. Through inner strength, determination and a sense of humor, she is living a happy and meaningful life. Definitely a must read!

My Year in Bed: Sanity Saving Antidotes + How My Life Changed for the Better

By Ali Ingersoll on July 6, 2017

"After my injury I dealt with a multitude of medical challenges, but none that tested my strength of will as spending nearly a year in bed due to a stage 4 pressure sore on my tailbone from 2015 to 2016."



"As one can imagine an experience like this can probably and does probably drive many to depression, insanity, anxiety, etc. Naturally, I did go through various stages, but I simply knew deep down that I had to find a way to keep myself stimulated if I was going to survive and move on with my life."

"I made a decision early on not to let this pressure sore defeat me... As it progressed from a stage 3 to a stage 4 I was acutely aware that these things could take up to one year to heal."

"While I never wish what I went through on any person in the entire world, if I had not gone through what I did several things would not have transpired in my life:
I might have never met the love of my life online
I might have never started the Quirky Quad Diaries
Learned the patience and empathy to devote my time to help people, which I love to do"

Read the full article at:

<http://pushliving.com/my-year-in-bed-sanity-saving-antidotes-how-my-life-changed-for-the-better/>

And more about Ali (and her other columns) at:

<http://pushliving.com/author/ali/>

Stages of Pressure Sores

STAGE 1

A red mark on the skin that does not turn white when you press it = no blood flow to the area.

STAGE 2

The skin opens up slightly.

STAGE 3

The wound is now down to the subcutaneous fat level.

STAGE 4

The wound is now down to the bone and the bone is generally exposed.



Tips to prevent bed sores

Change positions frequently.

It is a good idea to reposition your body at least every couple of hours. If you are unable to switch positions on your own, ask a family member or caregiver to help.

Keep skin clean and dry. The cleaner and drier your skin is, the less likely it will develop bed sores.

Use pillows. Put pillows between parts of your body that press against each other.

Exercise.

Performing a few range of motion exercises in bed can help reduce the risk of bed sores.

(remember to always consult your doctor before beginning any exercise program)





AUGUST



3 Main Rules of Laughter

When you are writing something and your goal is to make your audience laugh until they are in tears, you need to remember the following three rules.

- 1) Always put some of your writing in (parentheses). This will help to show your audience that you can get your main point across without always having to be a serious "stick in the mud"!
- 2) Add in different types of sarcasm. This will even help you to come up with new jokes. It won't even matter whether the upcoming jokes make any sense or not.
- 3) Always feel free (with your clothes on) to make ridiculous mistakes.

Be careful with that fine line where you accidentally insult someone, or have them laughing so hard that they will not be able to tell whether they just spilled their soda or shot it out of their nose. So laugh all you can, and let me get your feedback!

Thanks!
Jason Lepurage
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Dates to Remember

- **8/1 DDSN FY 2018-2019 Budget Request Stakeholder Forum**
(Coastal Center in Conway)
- **8/3 National Watermelon Day** 
- **8/17 Brain Injury Support Group Meeting**

A lovely little girl was holding two apples with both hands. Her mom came in and softly asked her little daughter with a smile: my sweetie, could you give your mom one of your two apples? The girl looked up at her mom for a few seconds, then she suddenly took a bite on one apple, and then quickly on the other. The mom felt the smile on her face freeze. She tried hard not to reveal her disappointment. Then the little girl handed one of her bitten apples to her mom, and said: mommy, here you are. This is the sweeter one.

No matter who you are, how experienced you are, and how knowledgeable you think you are, always delay judgment. Give others the privilege to explain themselves. What you see may not be the reality. Never conclude for others.



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Bumblebees

Bumblebees are large, fuzzy insects with short, stubby wings. They are very important pollinators. Without them, food wouldn't grow. There are over 255 species of bumblebees. Bumblebees usually build their nests close to the ground. A dominant female called the queen rules the colony. She hibernates during the winter months underground and starts a new colony in the spring. The queen is the mother of all the bees in a colony. After waking from hibernation, the queen finds food and looks for a good location for a nest. The queen sits on the eggs for about two weeks to keep them warm. When the eggs hatch, the queen feeds pollen to the baby bees, called larvae. At two weeks old, the larvae spin cocoons around themselves and stay there until they develop into adult bees. Born in late summer are male bees and future queen bees. Both leave the nest as soon as they are mature. The males from other nests mate with future queens and then die. During the late fall, the entire colony dies, except for the queen. After mating, the future queens fatten themselves up and hibernate throughout the winter. Compared to wasps, bumblebees are quite gentle and docile. They generally are not inclined to sting unless their nests are disturbed. Bumblebees don't die when they sting. They dwell in ground nests and die when autumn rolls around.

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

**Horry County Disabilities
and Special Needs**