



New Horizon News

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December 2017



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Happy
Holidays

Wishing you all
the peace and joy
in this Holiday Season.

Brain Injury Support Group

BISG Meeting

12 noon

11/16/17

King Kong Sushi
Carolina Forest

In attendance: David and Richard Reimschuessel, Niesha, Yvonne Salinger, Kate and Pat Thompson, Tracy Stevens, Tom Culbert, Gerri Sweeny, Ray Singleton, Ellen Leftwich, and Jennifer Frettoloso. The group had great conversation while enjoying new foods. Ellen reminded everyone about the donations needed for the Christmas Stockings for the nursing home residents. Please have all donations in by December 19th. (Contact Ellen or Jennifer for drop off/pickup) It was decided that next month's meeting be a Christmas potluck at the New Horizons Center. Bring a small unisex gift to participate in the gift exchange game!



Building Friendships

Once in a while it might be helpful to ask your "social group" of friends how good of a friend you are to them. See what improvements you can make if they have an issue that may slightly bother them. Learn how to hold your breath and just be patient. Whenever you have these discussions you will notice it to be very helpful to add room for an occasional laugh. This helps to relieve a good amount of tension and still solve problems in a more relaxed environment. Listen to yourself before you make any type of response. A lot of people just start putting out a number of words with no thought and before you know it, a loud argument is about to explode! (You might end up on a Jerry Springer episode!) So have a Happy and Healthy Holiday and move forward to a great New Year!

Jason Lepurage
Jasonfrog19@gmail.com

Brain Injury Support Group

December 21, 2017
12 noon

At New Horizons
150 Waccamaw Medical
Park Court
Conway, SC

Christmas Party Potluck
Please bring a dish to share!

The Brain Injury Support Group

It's that time of year again! The BISG is collecting items to fill Christmas stockings and gift baskets for the elderly residents at some local nursing homes. Any and all donations would be appreciated. Some suggestions for ideal gifts include:

- * Large print crossword puzzle books
- * Large print word search books
- * Stationery
- * Pens/pencils
- * Socks
- * Toiletries
- * Tissues
- * Decorative tissue holders
- * Deck of cards
- * Chapstick or lip gloss
- * Lotion
- * Postage stamps
- * Magazines
- * Brushes/combs
- * Nail polish
- * Lap blankets
- * Emery boards
- * Small seasonal décor

****No food or candy please****

~Contact Ellen or Jennifer for drop off/pickup~



Spinal Cord Injury Information Corner

SC Spinal Cord Injury Association

Sun, 3 Dec 2017, 5:00 PM EST
Riverbanks Zoo and Garden
500 Wildlife Parkway
Columbia, SC 29210

Zoo admission is \$11 for adults and \$9 for children ages 2-12. SC Spinal Cord Injury Association is joining AbleThrive's #ThriveWorldwide campaign to bring together people around the world on the same day to celebrate living life to the fullest with a disability.

Meet at the entrance to the zoo for a group video/photo at the start of the event. Open to everyone! Especially members of the SC Spinal Cord Injury Association and their friends and family. Join them at the Riverbanks Zoo, which is celebrating 30 years of Lights Before Christmas when Columbia's longest running holiday tradition kicks off this November. The Zoo will illuminate each evening with nearly one million twinkling lights and countless animated images. SC Spinal Cord Injury Association helps individuals with spinal cord injuries find a valuable resource for their needs, questions, and concerns. They also provide information, education, and support to family members and professionals who serve those with spinal cord injuries.

#ThriveWorldwide is a global campaign to celebrate living life to the fullest. This is one meetup out of 28 happening in 15 countries around the world on the International Day of People with Disabilities in an unprecedented stand of solidarity and community.

Learn more at
www.ablethrive.com

Holiday Groaners

Q. How do snowmen get around?

A. On their icicles.

Q. Why are Christmas trees such bad knitters?

A. They are always dropping their needles

Q. What kind of insect hates Christmas?

A. A humbug

Q. What do fish sing in the ocean during the winter?

A. Christmas Corals!

Q. What did the Gingerbread Man put on his bed?

A. A cookie sheet!



IT'S THE
MOST
WONDERFUL
TIME OF
THE YEAR

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

Open Basketball Practice: Wednesdays at 6:30pm

Closed Team Only Practice: Fridays at 6:30pm

Location: North Myrtle Beach Aquatic and Fitness Center

8 Wheelchairs for use with no charge!

DECEMBER

End of the Year's Cosmic Delights

It all starts on December 3rd at 10:46 am with the last full moon of the year. Traditionally named The Cold Moon as the nights get longer and winter really starts to set in. This coincides with the Moon's closest approach to Earth, making December's Cold Moon a Supermoon. A Supermoon looks around 12% to 14% larger than its counterpart, the Micromoon.

Next we have the Geminids Meteor Shower. The shooting stars of the Geminids will peak between the evening of December 13 and early morning hours of December 14, 2017. A Waning Crescent Moon will make viewing conditions good for the shooting stars. The shower owes its name to the constellation Gemini from where the meteors seem to emerge from in the sky. Then between December 21 and December 23 you have the winter solstice. This year the winter solstice falls on the 21st. It will be the shortest day of the year.

Have a happy December and then we can talk about New Year's!

Jason Lepurage
Jasonfrog19@gmail.com

Dates to Remember

- * 12/3 Advent begins
- * 12/7 Pearl Harbor Day
- * 12/8 Hanukkah begins
- * 12/21 Brain Injury Support Group Meeting
- * 12/21 Winter Solstice (First Day of Winter)
- * 12/24 Christmas Eve
- * 12/25 Christmas Day
- * 12/26 Kwanzaa
- * 12/31 New Year's Eve



New Horizon Center
250 Victory Lane
Conway, SC 29526

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

Roasted Red Pepper Hummus Recipe

Ingredients

- 2 large sweet red peppers
- 2 15 oz. cans garbanzo beans or chickpeas, rinsed and drained
- 1/3 cup lemon juice
- 3 tablespoons tahini
- 1 tablespoon olive oil
- 2 garlic cloves, peeled
- 1-1/4 teaspoons salt
- 1 teaspoon curry powder
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1/2 teaspoon pepper

Directions

Broil red peppers 4 in. from the heat until skins blister, about 5 minutes. With tongs, rotate peppers a quarter turn. Broil and rotate until all sides are blistered and blackened. Immediately place peppers in a bowl; cover and let stand for 15-20 minutes. Peel off and discard charred skin. Remove stems and seeds. Place the peppers in a food processor. Add beans, lemon juice, tahini, oil, garlic and seasonings; cover and process until blended. Transfer to a serving bowl. Serve with pita bread and crackers. Garnish with additional beans if desired. Yield: 3 cups.

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

**Horry County Disabilities
and Special Needs**