

Multiple Sclerosis Awareness Month

“In multiple sclerosis (MS), damage to the myelin coating around the nerve fibers in the central nervous system (CNS) and to the nerve fibers themselves interferes with the transmission of nerve signals between the brain, spinal cord and the rest of the body. Disrupted nerve signals cause the symptoms of MS, which vary from one person to another and over time for any given individual, depending on where and when the damage occurs. The diagnosis of MS requires evidence of at least two areas of damage in the CNS, which have occurred at different times. MS symptoms are variable and unpredictable. No two people have exactly the same symptoms, and each person’s symptoms can change or fluctuate over time. One person might experience only one or two of the possible symptoms while another person experiences many more.

MS Symptoms may include:

- **Fatigue:** Occurs in about 80% of people, can significantly interfere with the ability to function at home and work, and may be the most prominent symptom in a person who otherwise has minimal activity limitations.
- **Walking (Gait) Difficulties:** Related to several factors including weakness, spasticity, loss of balance, sensory deficit and fatigue, and can be helped by physical therapy, assistive therapy and medications.
- **Numbness or Tingling:** Numbness of the face, body, or extremities (arms and legs) is often the first symptom experienced by those eventually diagnosed as having MS.
- **Spasticity:** Refers to feelings of stiffness and a wide range of involuntary muscle spasms; can occur in any limb, but it is much more common in the legs.
- **Weakness:** Weakness in MS, which results from deconditioning of unused muscles or damage to nerves that stimulate muscles, can be managed with rehabilitation strategies and the use of mobility aids and other assistive devices.
- **Vision Problems:** The first symptom of MS for many people. Onset of blurred vision, poor contrast or color vision, and pain on eye movement can be frightening — and should be evaluated promptly.
- **Dizziness and Vertigo:** People with MS may feel off balance or lightheaded, or — much less often — have the sensation that they or their surroundings are spinning (vertigo).
- **Bladder Problems:** Bladder dysfunction, which occurs in at least 80% of people with MS, can usually be managed quite successfully with medications, fluid management, and intermittent self-catheterization.
- **Sexual Problems:** Very common in the general population including people with MS. Sexual responses can be affected by damage in the central nervous system, as well by symptoms such as fatigue and spasticity, and by psychological factors.

- **Bowel Problems:** Constipation is a particular concern among people with MS, as is loss of control of the bowels. Bowel issues can typically be managed through diet, adequate fluid intake, physical activity and medication.
- **Pain:** Pain syndromes are common in MS. In one study, 55% of people with MS had "clinically significant pain" at some time, and almost half had chronic pain.
- **Cognitive Changes:** Refers to a range of high-level brain functions affected in more than 50% of people with MS, including the ability to process incoming information, learn and remember new information, organize and problem-solve, focus attention and accurately perceive the environment.”

To read more about these symptoms, as well as others, please go to

<https://www.nationalmssociety.org/Symptoms-Diagnosis/MS-Symptoms>

What medications and treatments are available? The National Multiple Sclerosis Society recommends that a person consider treatment with one of the FDA-approved "disease-modifying" drugs as soon as possible following a definite diagnosis of MS with active or relapsing disease. These medications help to reduce inflammation in the CNS, reduce the frequency and severity of MS attacks and the numbers of lesions in the CNS, and may slow the progression of disability.

In addition to these medications that address the disease process, there are many medications and other strategies to manage MS symptoms such as spasticity, pain, bladder problems, fatigue, sexual dysfunction, weakness, and cognitive problems. People should consult a knowledgeable MS care provider to develop a comprehensive plan to manage their MS.

March is Red Cross Month

During the month of March, and all year long, the American Red Cross is in our community helping save lives. You can help save a life too through **Blood Donation**. Your one donation could help save up to three lives. Blood helps save lives of patients in hospitals across our community. This March, we hope you will join us in celebrating Red Cross Month and help make a difference in your community by donating blood.

Platelet Donation

Call 1-800-RED-CROSS for platelet donation opportunities near you.

CPR Classes

American Red Cross first aid, CPR and AED programs are designed to give you the confidence to respond in emergency situations with the skills that can help to save a life. Learn more »

Plasma Donation

If you are a donor with Type AB blood: In addition to donating platelets, your blood type makes you an ideal candidate for donating plasma. Plasma products are used by burn, trauma and cancer patients.

Please call **1-800-RED CROSS** or visit redcrossblood.org/make-donation to find a blood donation opportunity near you and to schedule your appointment.



Aging into Medicare...we can help

You may apply for Medicare 3 months before the month you turn 65, includes the month you turn 65, and ends 3 months after the month you turn 65. If you do not sign up during these times you face being charged with penalties.

We offer: Medicare Supplement Insurance Plans (Medigap) which may help pay some of the health care costs that Original Medicare doesn't cover, like copayments, coinsurance, and deductibles

We also offer: Medicare Prescription Drug Plans (Part D).

Give us a call for an appointment and a Medicare 101 discussion. We do not charge a fee for this service.

Call 843-449-1997

MS NAVIGATORS

If you have MS or are a care giver to a loved one with MS...**don't go it alone**. Contact the **MS Navigators** — highly skilled, compassionate professionals — connect you to the information, resources and support needed to move your life forward. These supportive partners help navigate the challenges of MS unique to your situation...

...providing:

- Information and education to help people with MS and their support teams powerfully advocate for what you need, when and how you need it
- Emotional support resources for people with MS as well as family and care partners, including support groups and ways to connect with others living with MS
- Help through the complexities of finding a healthcare provider, benefits, insurance and access to coverage, and employment
- Resources to face financial challenges and plan for the future
- Wellness strategies that can make an impact on quality of life with MS including diet, exercise, emotional well-being and connection to local wellness resources
- Assessment for personalized case management through the Edward M. Dowd Personal Advocate Program
- Crisis intervention in times of need

Contact the National MS Society today. They are there to help you navigate the challenges of MS with a personalized response to your unique needs, up-to date information, referrals and other practical resources.

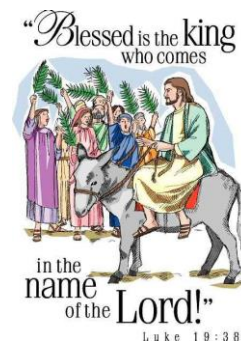
Phone: 1-800-344-4867 (Contact them during standard business hours, Monday through Friday)

Email: contactusnmss@nmss.org

Facebook: [facebook.com/NavigatorMS](https://www.facebook.com/NavigatorMS)

Web: www.nationalmssociety.org/Resources-Support/Find-Support/Ask-an-MS-Navigator

Palm Sunday





Joint Replacement Pre-Operative Class - Knees

809 82nd Pkwy Myrtle Beach, SC 29572 Meeting to be held in Café Room C from 11:30AM – 12:30PM

You can attend on one of these dates in March 5th, 12th, 19th, or 26th

This one-hour surgical class reviews the process for joint replacement surgery at Grand Strand Medical Center. The goal of the class is to better prepare the patient and caregiver for the surgical course including preparing the home prior to surgery, what to expect the day of surgery and post-operative recovery. The class is led by registered nurses and each participant will receive a booklet of information to keep for review. The course will include a joint replacement video, a tour of the orthopedic department and refreshments. Registration is required.

Joint Replacement Pre-Operative Class - Hips

809 82nd Pkwy Myrtle Beach, SC 29572 Meeting to be held in Café Room C from 1:00PM – 2:00PM

You can attend on one of these dates in March 5th, 12th, 19th, 26th

this one-hour surgical class reviews the process for joint replacement surgery at Grand Strand Medical Center. The goal of the class is to better prepare the patient and caregiver for the surgical course including preparing the home prior to surgery, what to expect the day of surgery and post-operative recovery. The class is led by registered nurses and each participant will receive a booklet of information to keep for review. The course will include a joint replacement video, a tour of the orthopedic department and refreshments. Registration is required.

Stroke Support Group

Time: 2:00PM – 4:00PM Date: March 13th

2000 Coastal Grand Cir Suite 520 Myrtle Beach, SC 29577

Join us for a meeting with other stroke survivors or caregivers, who understand what you are going through, to help you throughout your recovery. Registration is required.

AARP Smart Driver Course

Time: 10:00AM – 2:30PM Date: March 14th

2000 Coastal Grand Cir Suite 520 Myrtle Beach, SC 29577

The AARP Smart Driver course teaches valuable defensive driving skills and provides a refresher in the rules of the road. This course was designed for mature drivers; however all drivers 25+ can participate. SC law mandates that if a person attends the 4-hour AARP Driver Safety course, they will get a discount off their auto insurance in SC (all other states need to check with their auto insurance agency), for three years. The instructional materials fee is \$15 for AARP members and \$20 for non-members and will be collected by the instructor on the day of the class (only cash or check payable to AARP). No lunch is provided, please bring a snack. Registration is required.

Diabetes Support Group

Time 3:00PM – 4:00PM Date: March 21st

2000 Coastal Grand Cir Suite 520 Myrtle Beach, SC 29577

Please join us as our Diabetes Educator will discuss tips on how you can set practical goals to manage your diabetes. Registration is required.

Grief Support Group

Time: 1:30PM -2:30PM Date: March 27th

2000 Coastal Grand Cir Suite 520 Myrtle Beach, SC 29577

The loss of a family or friend is difficult to process. Please join us for a free grief support group. Registration is required.

Art Therapy

Time 10:00AM – 1:00PM Date: March 28th

2000 Coastal Grand Cir Suite 520 Myrtle Beach, SC 29577

Please join us for a FREE art therapy class led by a Master of Arts instructor that could help your recovery from a severe trauma, such as stroke. This class is not medically proven to treat, diagnose or prevent any disease or disability. Adults only. Registration is required.

You may go online to <https://grandstrandmed.com> to register or find out more information.

Grand Strand Medical Center 809 82nd Pkwy Myrtle Beach, SC 29572
Telephone: [\(843\) 692-1000](tel:(843)692-1000)



EMPLOYERS

Myrtle Beach Chamber Seminars for March:

Do's & Don'ts of Drug Testing in the Workplace

"Dazed and Confused" - Do's & Don'ts of Drug Testing in the Workplace

Thursday, March 01, 2018 8:30 AM - 9:30 AM EST

Myrtle Beach Area Chamber of Commerce Boardroom (Boardroom located on second floor.)

1200 N. Oak St. Myrtle Beach, SC 29577

Phone: (843) 626-7444, Fax: (843) 448-3010

Free class. Complimentary breakfast provided by Bojangles'.

This one hour breakfast session presented by Carolina Testing reviews common misconceptions employers and employees have about drug testing and drug-free workplace programs. Attendees can expect a fast paced, witty and lively session to kick off their morning.

2018 Marketing Plan: Kick Off Your Year!

It's 2018! I'm ready to start my year and focus on marketing but where do I start?

Thursday, March 08, 2018 8:30 AM - 10:30 AM EST

Myrtle Beach Area Chamber of Commerce Boardroom (The boardroom is located on the second floor.)

1200 N. Oak St. Myrtle Beach, SC 29577

Phone: (843) 626-7444, Fax: (843) 448-3010

\$20 per person. Complimentary breakfast provided by Bojangles'.

This seminar will take you through the steps to begin planning your 2018. Through a series of exercises and breakout sessions, we will work together to start your marketing plan. For all of those who register, Lindsay will provide one marketing/advertising/collaboration idea for you to implement. Presented by Lindsay Anvik, See Endless

America's New Tax Law

McNair Law Firm Business Series: America's New Tax Law: What it means to Business Owners

Friday, March 16, 2018 12:00 Noon - 1:00 PM EST

Myrtle Beach Area Chamber of Commerce Boardroom (Boardroom located on second floor.)

1200 N. Oak St. Myrtle Beach, SC 29577

Phone: (843) 626-7444, Fax: (843) 448-3010

Free class. Complimentary lunch provided by McNair Law Firm.

At the end of 2017, President Trump signed into law a sweeping and comprehensive overhaul of the U.S. tax system. The Tax Cuts and Jobs Act includes significant changes for business owners. We invite you to attend a special seminar, led by McNair's Tax Practice Group Leader, Erik Doerring, who will discuss these changes and how they will affect you and your business.

Topics will include: * Corporate tax changes/reductions * Individual tax changes * the new 20% deduction for pass-through businesses * Potential business restructuring to take advantage of the new tax cuts. Join us as we break down this complicated new law using case studies and examples so you can understand the real impact on your bottom line.

Social Media is Just like Retail

Wednesday, March 28, 2018 8:30 AM - 9:30 AM EST

Myrtle Beach Area Chamber of Commerce Boardroom (Boardroom is located on second floor.)

1200 N. Oak St. Myrtle Beach, SC 29577

Phone: (843) 626-7444, Fax: (843) 448-3010

\$25 per person. Complimentary breakfast provided by Bojangles'.

Social media is a lot like retail. It requires several things to ensure success: creativity, hard work, patience, consistency and being able to make things look beautiful. Sound familiar? These are things you do on a daily basis while running your facility. This seminar puts concepts in social media into retail terminology so it's easy to apply to one's own business. Using real seminar attendee examples, I give a personalized look at how you can help your business grow through social media. Covering the most time and cost effective platforms, this seminar explores the best ways to tackle social media, gain more fans and increase your sales. Presented by Lindsay Anvik, See Endless

Please call the Chamber for more information and to register.

Phone: (843) 626-7444

Let us know how we are doing by giving us a review.

(We are hoping you were well pleased) ☺

Please leave your review on [Facebook](#) and/or [Google Business/Google Maps](#)



March 11

Client First, Inc. of South Carolina Offers

Individual/Family Health Insurance	Children's Plans – at birth
	Major Medical Health Programs
	High Deductible Health Plan (HDHP)
	Essential Provider Organization Plan (EPO)
	Preferred Provider Organization Plans (PPO)
	ACA Compliant
	Point of Service Plans (POS)
Senior Benefits	Short Term Major Medical Plans (STMM)
	Disability
Aging into Medicare?	Medicare Supplements
	Medicare Advantage Plans (MAPD)
	Medicare Part D Prescription Plans (PDP)
Individual/Family and Senior Supplemental Insurance	Senior Life Insurance Policies
	*Happy to assist in applying for Social Security Retirement Benefits
Life Insurance	*Happy to assist in applying for Medicare A and B
	Accidental
	Cancer
	Dental
	Hospital Indemnity
	Specified Health Event Protection
	Vision
	Long Term Care
	Short Term Home Health
	Term Life
Group and Employee Benefits	Universal Life
	Whole Life
	Health Insurance Plans
	Dental
Travel Insurance	Vision
	Life
	Supplemental
Video Doctor	Medical
Video Doctor	24/7 Doctor on Call Program

*****JUST A REMINDER *****

We are always adding to our product line...for individuals and for groups. Contact us today at 843.449.1997 to see how we can meet your needs.

CONTACT INFORMATION

Mailing Address: PO Box 16499 Surfside Beach, SC 29587

Physical Address: 1500 Highway 17 Bus N, The Courtyard, Suite 208 Surfside Beach, SC 29575

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Wanda Soto: Agent wanda@clientfirstinc.com
 Patti Angulo: Office Manager patti@clientfirstinc.com
 Karen Buzby: Customer Service office@clientfirstinc.com

Check us out on FACEBOOK!!!
On the Web: www.clientfirstinc.com



If you're sick or injured, the costs can really pile up.

Ask us about our Supplemental Health Products!

We now carry **SHORT-TERM HOME HEALTH CARE Insurance!**

Why should you have Short Term Home Health Care Insurance?

- Would you rather recuperate at home?
- Benefits are paid directly to you which can help cover deductibles and co-payments on your health insurance policy.
- Prior hospitalization stay is not required.
- You can combine your Short-term Home Health Care Benefits with coverage for hospital stays and accidents to enhance your coverage.

Did you know????

The real "sweet spot" for buying **LIFE INSURANCE** coverage is in your 30s or 40s, when you qualify for good rates! Call us to make an appointment to talk about your life insurance needs.

Touching on a Sensitive Topic: If your spouse has passed away recently, please call us. Their passing may have changed your insurance coverage in some way and we would like to help.

Happenings around Town:

Terrain Racing

March 3, 2018

Venue: Myrtle Beach Speedway
Address: 455 Hospitality Lane Myrtle Beach, SC 29579
Time: 8:00 AM to 3:00 PM
Phone: <http://terrainracing.com/contactus>

REGISTER NOW! Crawl over obstacles and through mud pits at Myrtle Beach Speedway. Conquer over 20 obstacles with friends for the race of your life!

The Myrtle Beach State Park Amazing Race

March 3, 2018

Venue: Myrtle Beach State Park
Address: 4401 S. Kings Hwy. Myrtle Beach, SC 29575
Time: 9:00 AM to 2:00 PM
Phone: (843) 238-0874

Race around Myrtle Beach State Park in the annual "Amazing Race" contest that covers 4.5 miles. Enjoy a day of friendly competition using your wits, athleticism, and problem-solving skills to answer questions about nature, complete challenges, and solve puzzles. This year is all about sea turtles!

Hotel California: A Salute to The Eagles

March 11, 2018

Venue: The Carolina Opry Theater
Address: Myrtle Beach, SC 29572
Time: 6:00 PM
Phone: (843) 913-4000

For more than two decades, Hotel California has touched the hearts of fans all over the world by faithfully and accurately reproducing the Grammy award winning sounds of The Eagles. This dynamic, highly-acclaimed show incorporates their very own world-renowned vocal harmonies and authentic instrumentation in a modern and exciting stage spectacle.

Myrtle Beach Marathon

March 3, 2018

Address: Corner of Grissom Parkway and 21st Avenue North Myrtle Beach, SC
Time: 6:30 AM
<https://mbmarathon.com/>

Location and Time Start time: 6:30 AM (6:25 AM for Wheelchair and Crankchair) on Saturday, March 3, 2018 The Myrtle Beach Marathon will start just South of the intersection of Grissom Parkway and 21st Ave. N, Myrtle Beach, SC. The Finish Line will be in the parking lot of TicketReturn.com Field at Pelicans Ballpark.

3rd Annual Saltwater Highland Games,

Formerly known as The Myrtle Beach Highland Games, will be held at the North Myrtle Beach Park & Sports Complex March 23-25, 2018.

For more information and the schedule of events:

<http://www.myrtlebeachhighlandgames.com/>
The Saltwater Highland Games & Heritage Festival is a 501(c) 3 non-profit organization dedicated to furthering the Celtic Heritage through music, athletics and customs of the Scottish Heritage and the continuance of the Gaelic culture.

Always held the weekend following St. Patrick's Day, the Festival is full of activities that offer something for everyone and include Athletic Competitions, Clan Village, Celtic Marketplace, Scottish Whisky Tastings, Kid's Glen, Live Music & Entertainment, and many other exciting events.

Join us in seeing the men and women compete in feats of strength - all while wearing a kilt! Events include Turning the Caber, Sheaf Toss, Braemar Stone Throw, Clachneart (Open Stone), Heavy Weight Throw, Light Weight Throw, Heavy Hammer Throw, and the Weight over Bar Toss. You may even get to witness a World Record throw!

8th Annual Myrtle Beach Irish Fest

March 17, 2018

Venue: Valor Park - The Market Common
Address: 1150 Farrow Parkway Myrtle Beach, SC 29577
Time: 11:00 AM to 7:00 PM
Phone: (843) 267-7443

8th Annual Myrtle Beach Irish Fest at The Market Common featuring live Irish Music, 40 plus vendors, kid's activities and more

ST. PATRICK'S DAY PARADE AND FESTIVAL

Saturday, March 17, 2018

30th Annual St. Patrick's Day Parade & Festival
Main Street, North Myrtle Beach, SC 29582

Parade: 9 a.m.
Festival: 11 a.m. – 4 p.m.
Free Admission | Free Parking

Can-Am Days are March 10-18, 2018!

