



National High Blood Pressure

May 1, 2018

Education Month

What is your Blood Pressure Reading?

Normal Blood Pressure Levels: Systolic < 120mmHg Diastolic > 80mmHg

At Risk Blood Pressure Levels: Systolic 120-139mmHg Diastolic 80-89mmHg

High Blood Pressure Levels: Systolic 140mmHg or higher Diastolic 90mmHg >+

The CDC has several informative articles at www.cdc.gov. Some of the information is below:

“Blood pressure is the force of blood pushing against the walls of the arteries that carry blood from your heart to other parts of your body. Blood pressure normally rises and falls throughout the day, but it can damage your heart and cause health problems if it stays high for a long time. High blood pressure is also called hypertension.”

“High blood pressure has no warning signs or symptoms, and many people do not know they have it. The only way to know if you have it is to measure your blood pressure. Then you can take steps to control it if it is too high.”

“High blood pressure can damage your health in many ways. It can seriously hurt important organs like your heart and brain.

“High blood pressure can harden your arteries, which decreases the flow of blood and oxygen to your heart and lead to heart disease. In addition, decreased blood flow to the heart can cause:

- Chest pain, also called angina.
- Heart failure, a condition when your heart can't pump enough blood and oxygen to your other organs.
- Heart attack, which occurs when the blood supply to your heart is blocked and heart muscle begins to die without enough oxygen. The longer the blood flow is blocked, the greater the damage to the heart.

High blood pressure can burst or block arteries that supply blood and oxygen to the brain, causing a stroke. Brain cells die during a stroke because they do not get enough oxygen. Stroke can cause serious disabilities in speech, movement, and other basic activities, and a stroke can kill you.

Adults with diabetes, high blood pressure, or both have a higher risk of developing chronic kidney disease than those without these diseases. Approximately 1 of 3 adults with diabetes and 1 of 5 adults with high blood pressure have chronic kidney disease.”

“By living a healthy lifestyle, you can help keep your blood pressure in a healthy range and lower your risk for heart disease and stroke. A healthy lifestyle includes: Eating a healthy diet; Maintaining a healthy weight; Getting enough physical activity; Not smoking and Limiting alcohol use.”

WOMEN are at RISK too!

“One common misconception is that high blood pressure (HBP or hypertension) rarely affects women. However, nearly half of all adults with high blood pressure are women. And at 65 and older, women are more likely than men to get high blood pressure. While high blood pressure isn't directly related to gender, throughout a woman's life, health issues like pregnancy, pregnancy prevention (birth control) and menopause can increase the risk of developing high blood pressure.

While you may have had normal blood pressure most of your life, your chances of developing high blood pressure increase considerably after menopause. See your doctor regularly to have your blood pressure monitored.”

<http://www.heart.org/HEARTORG/Conditions/HighBloodPressure>

Want to learn more, check out the following:

www.heart.org

www.mayoclinic.org/diseases-conditions/high-blood-pressure

www.cdc.gov/bloodpressure



www.supportnetwork.heart.org

THANK YOU FOR YOUR VOTE AND SUPPORT



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



National Nurses Week
May 6th – May 12th
Thank a nurse today!



In February, the ANA Board of Directors and President Regan formally acknowledged May 6, 1982 as "National Nurses Day." The action affirmed a joint resolution of the United States Congress designating May 6 as "National Recognition Day for Nurses."

SINGLE USE OF PLASTIC BAG PROHIBITION ORDINANCE #18-0863

Beginning June 1, 2018 single-use plastic bags
prohibited in the Town of Surfside Beach.



It is time to start enjoying more fresh fruits and vegetables. Be sure to sample the fresh asparagus, artichokes, green beans, strawberries and more. Not only will taking advantage of fresh produce help you stay healthy, it will also help save a little money. When crops are in season, prices come down because the product is more readily available. And you will get the best quality products, as everything is harvested at its peak. When you're out grocery shopping, fill your cart with some of these wonderful products of spring.

Enjoy the beautiful spring days – get out and **MOVE!**

You've probably heard this before "Eat less, move more" It's just another way of saying diet and exercise. And while it matters what you eat, regular physical activity is perhaps the most important thing you can do for your Health. Physical activity burns calories. Burn more than you eat each day and the pounds will come off.

Regular exercise can help:

- Control your weight.
- Lower your risk of heart disease.
- Lower your risk for Type 2 diabetes and metabolic syndrome.
- Lower your risk for some cancers.
- Strengthen your bones and muscles.
- Improve your mental health and mood.
- Increase your chances of living longer.

Exercising regularly may be tough at first. But starting with just 10 minutes at a time is fine. The key is to find the right exercise for you. It should be fun and it should match your capabilities. Work up to exercising three to six times a week for 20 to 60 minutes at a time. If you live by the beach that is a perfect way to get some exercise in and enjoy the beautiful view while you're walking.

WEIGHING

If you're trying to get in shape or lead a healthier lifestyle. It's important that you benchmark and track your progress. I found a app for my phone that is called My FitnessPal and it is a free app and easy to use, it tells you how many calories a day you should be eating and tracks how much you lose, what you eat, how much water you drank that day. Check it out!



Employers...Did you know???

IRS News Releases & Statements

[IRS issues guidance on business interest expense limitations](#)

IR-2018-82, April 2, 2018 — The Treasury Department and the IRS today issued Notice 2018-28, which provides guidance for computing the business interest expense limitation under recent tax legislation enacted on Dec. 22, 2017.

[IRS Issues Guidance on Withholding on the Transfer of Partnership Interests by Foreign Persons](#)

IR-2018-81, April 2, 2018 — The Treasury Department and the IRS today issued guidance regarding the withholding on the transfer of non-publicly traded partnership interests under the recently enacted Tax Cuts and Jobs Act.

[IRS urges ‘Paycheck Checkup’ for key groups; tax withholding may need adjustment](#)

IR-2018-80, April 2, 2018 — The IRS today encouraged several key groups of taxpayers to perform a “paycheck checkup” to check if they are having the right amount of tax withholding following recent tax-law changes.

[IRS Issues Additional Guidance on Transition Tax on Foreign Earnings](#)

IR-2018-79, April 2, 2018 - The Treasury Department and the Internal Revenue Service today provided additional guidance (Notice 2018-26) for computing the “transition tax” on the untaxed foreign earnings of foreign subsidiaries of U.S. companies under the Tax Cuts and Jobs Act enacted on Dec. 22, 2017.

[IRS encourages ‘Paycheck Checkup’ for taxpayers to check their withholding; special week focuses on changes](#)

IR-2018-73, March 26, 2018 — Launching a special week of activities, the IRS today continued its effort to encourage taxpayers to do a “paycheck checkup” to make sure they have the right amount of tax taken out of their paychecks for their personal situation.

[IRS provides additional details on section 965, transition tax; Deadlines approach for some 2017 filers](#)

IR-2018-53, March 13, 2018 -- The Internal Revenue Service today provided additional information to help taxpayers meet their filing and payment requirements for the section 965 transition tax.

[IRS Plans to Issue Regulations Clarifying Limitations on Carried Interest](#)

IR-2018-37, March 1, 2018 — The IRS announced today that S corporations are subject to the extended three year holding period for applicable partnership interests and that regulations will be issued soon.

[Updated Withholding Calculator, Form W-4 Released; Calculator Helps Taxpayers Review Withholding Following New Tax Law](#)

IR-2018-36, Feb. 28, 2018 — The IRS today released an updated Withholding Calculator on IRS.gov and a new version of Form W-4 to help taxpayers check their 2018 tax withholding following passage of the Tax Cuts and Jobs Act in December.

[Interest on Home Equity Loans Often Still Deductible Under New Law](#)

IR-2018-32, Feb. 21, 2018 — The IRS today advised taxpayers that in many cases they can continue to deduct interest paid on home equity loans.

[IRS Issues Guidance on Changes in Accounting Periods Related to the Transition Tax](#)

IR-2018-25, Feb. 13, 2018 — The Treasury Department and the IRS today announced modifications to the procedures for changing the accounting period of foreign corporations owned by U.S. shareholders that are subject to the transition tax under the Tax Cuts and Jobs Act.

[IRS Announces 2018 Pension Plan Limitations Not Affected by Tax Cuts and Jobs Act of 2017](#)

IR-2018-19, Feb. 6, 2018 - The Internal Revenue Service today announced that the Tax Cuts and Jobs Act of 2017 does not affect the tax year 2018 dollar limitations for retirement plans announced in IR 2017-177 and detailed in Notice 2017-64.

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

CONTACT INFORMATION

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Check us out on FACEBOOK!!!

On the Web: www.clientfirstinc.com

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.

NEW MEDICARE CARD MAILING STRATEGY

The Centers for Medicare & Medicaid Services (CMS) is required to remove Social Security Numbers from all Medicare cards by April 2019. A new, unique Medicare Number is replacing the SSN-based Health Insurance Claim Number on each new Medicare card. Starting April 2018, CMS is mailing new Medicare cards to all people with Medicare on a flow basis, based on geographic location and other factors.

You can find additional information on Medicare.gov/NewCard.

*****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.

When you receive your new medicare card

Feel free to stop by our office so we can laminate it for you. **FREE!!!!**



Happenings around Town:

Boys & Girls Club of the Grand Strand 2018 All Aboard for Kids Auction

Presented by
RipTydz Oceanfront Grille & Rooftop Bar
1210 N. Ocean Blvd., Myrtle Beach, SC

When: Tuesday - May 1, 2018
Time: 6 PM - 9 PM

Highlights: \$50 per person includes Admission, Food, and Beverages. The evening also includes silent auction, live auction and live music. Business-Casual Attire.

For tickets:
email: marketing@bgclubs.org or 843-712-1977

May 13th MOTHER'S DAY

Castano's Italian Steakhouse

4926 Hwy 17 S, North Myrtle Beach, SC 29582

Castano's Italian Steakhouse at Barefoot Landing will be open from 4-9 p.m. this Mother's Day. They'll offer their full menu and two specials. Castano's will give each mom a special gift before they leave. Call for reservations 843-361-2000

Rivertown Music and Beer Festival

May 5, 2018

- **Address:** 910 B 5th Ave, Conway, SC
- **Time:** 11:00 AM to 7:00 PM

For more info: www.conwayalive.com

M.O.A.A. Grand Strand Golf Tournament

Thursday, May 24th

Registration and lunch begin at 12:00 p.m. The tournament kicks off with a shotgun start at 2:00 p.m. at Heritage Golf Course in Pawleys Island

For more info. davemoaa@gmail.com
Or call 843-207-1763



Memorial Day Veterans March, Monday, May 28th at 9:00am

Veterans come together to March side by side
along Ocean Blvd. Beginning at 16th Ave North



**Myrtle Beach Pelicans' Military Appreciation
baseball game, 7:05 p.m., Saturday, May 12**

**The game honors military veterans (gates open at
5:00 p.m.), at TicketReturn.Com Field.
For more info. Call 843-918-6000**

37th Annual World Famous Blue Crab
Festival
May 19 & 20, 2018 9:00am to 6:00pm

We encourage you to be a part of this tradition, and join us for our 37th Annual World Famous Blue Crab Festival, on the Waterfront in Little River on May 19th and 20th, 2018.

Located on the beautiful Grand Strand; the Blue Crab Festival is one of the largest festivals in the Southeast with attendance of more than 50,000.

PICK YOUR OWN STRAWBERRIES

IT IS FUN AND IF YOU HAVE KIDS OR GRANDKIDS THEY WILL LOVE IT! What better way to enjoy a healthy and delicious treat

Tyler's Produce
4800 Highway 378, Conway, SC
For hours, please call 843-397-6363
Strawberries are in season April – June

13TH ANNUAL MAYFEST ON MAIN

Saturday, May 12th, 2018
10 a.m. – 6 p.m.
Main Street, North Myrtle Beach, SC

Kickoff your summer in North Myrtle Beach during the month of May. The 13th annual Mayfest on Main® festival will feature some of the best live musical acts, art, craft and food vendors, a community stage and a children's area. Bring a beach chair to this family event to enjoy a day on Main Street, Saturday, May 12, 2018. Browse local shops while strolling the street for one of a kind beach memories. The festival begins at 10:00 a.m. and continues until 6:00 p.m. You are sure to have a day full of fun with the family.

Surfside Beach Farmer's Market

May 1, 2018 - Oct 30, 2018

- **Venue:** Passive Park
- **Address:** Surfside Drive and North Willow Drive, Surfside Beach, SC
- **Time:** 10:00 AM to 3:00 PM

Blessing of the Inlet

May 5, 2018

- **Venue:** Belin Memorial United Methodist Church
- **Address:** 4182 Hwy. 17 Business, Murrells Inlet, SC 29576
- **Time:** 9:00 AM to 3:00 PM

The Blessing of the Inlet at Belin Memorial United Methodist Church, Highway 17-Business, Murrells Inlet, will celebrate its 22nd anniversary as one of the Inlet's most revered festivals.

The Blessing of the Inlet was first started 22 years ago to create a festival filled with worship, food, fun, and fellowship that was highlighted by a 'Blessing' ceremony, celebrating our Lord's continued blessings in the Inlet Community. And the Blessing of the Inlet was to generate funds for many missions, charities, and nonprofit organizations.

The festival has grown to include a day of entertainment, more than 100 arts and crafts vendors, various Murrells Inlet restaurants and local food purveyors, children's play area with inflatables, pony rides and fun events. This year the festival will also include competitive game activities for adults and youth. All festival attendees are encouraged to stop by the events and 'cheer on' the contestants.

This festival is highlighted by the Blessing of the Inlet ceremony which starts at 11:30 AM

Myrtle Beach Bike Week 2018

Spring Beach Rally
May 11th-20th 2018

Spring Beach Rally 2018, also called "Myrtle Beach Bike Week 2018" or "Harley Bike Week 2018" is a week-long Motorcycle Rally that started in 1939 and attracted as many as 500,000 visitors to the area every May. In 2017 the attendance was over 500,000 bikers. As the rally continues now in 2018 we invite all bikers to our event which takes place May 11th-20th 2018. This event has made great strides and efforts on coming back and to become one of the more popular spring rallies in the United States next to Sturgis BikeWeek 2018 & Daytona 2018 There is allot to do and see in this area and it boasts allot of biker friendly businesses that welcome bikers to the community.

So plan your trip today and come enjoy the week with other bikers, meet new friends or hook up with old friends.