



LOMA LINDA
UNIVERSITY
MEDICAL CENTER
EAST CAMPUS

PossAbilities & you

Fall 2009

www.teampossabilities.com



Action-Packed Day on the Ice

PossAbilities members, including beginners and pros, kids and adults, joined in a sled hockey clinic.

See page 2 for details.

Meet Member Joshua Dotson

Page 3

Miracle Man Walking

Page 4

FREE Sports Extravaganza

Page 5

PossAbilities

PRESENTED BY

SAN MANUEL
BAND OF MISSION INDIANS

Action-Packed Day on the Ice

On May 3, PossAbilities sponsored a sled hockey clinic at the Ontario Ice Skating Center. The clinic was presented by San Manuel Band of Mission Indians and was open to all ages and all abilities. These superstars led the efforts to corral more than 100 athletes and family members:

- Dave Conklin, Paralympic gold and bronze medalist in sled hockey
- Ray Free, captain of the Sacramento Lightning Sled Hockey Team
- Janice Van Dyck, western regional representative for the U.S. Sled Hockey Association

They ensured that participation was not hindered by any disability or physical challenge. More than 40 PossAbilities disabled members, including beginners and pros, kids and adults, joined in an action-packed day on the ice. The U.S. Sled Hockey Association provided the sleds and adjusted them to all. The Ice Box pro shop in Lakewood, CA, outfitted participants with safety equipment and provided off-ice instruction before the athletes took to the ice.

After an amazing day on the ice, during lunch all participants had the opportunity to share the highlights of their day. Special

thanks to Christie and Todd Jenkins for coordinating efforts to make the sled hockey clinic happen. This was just one more opportunity to focus on abilities—not disabilities. Grace Hill, support member, enjoyed the day with her husband; her disabled son, Ryan; and her able-bodied son, Greg. She says, “We never get an opportunity to do things together as a family without worrying about who won’t be able to enjoy it. We all had a blast!”

Thanks to all who came out, including our volunteers who were able to lend a helping hand. “Now this is what PossAbilities is all about!” says Adam Hart, volunteer and Team member. ●



Brothers Ryan (left) and Logan (right) Dunn



Sports clinics are one of many ways to volunteer when you become a Support Member of PossAbilities. Join today! Visit www.teampossabilities.com.

New Medi-Cal Guidebook

The California Medical Assistance Program (Medi-Cal) recently published a guidebook to help people with disabilities and older adults make more informed Medi-Cal choices. This is an excellent resource for persons with disabilities and service providers. To download the handbook, please visit www.dhcs.ca.gov/formsandpubs. You can also call the California Department of Health Care Services at 916-445-4171 for a printed copy.

On Our Cover

PossAbilities members participated in a sled hockey clinic coached by Dave Conklin (pictured left), Paralympic gold and bronze medalist. Carson Schumacher (pictured right).



Meet Joshua Dotson— Proud PossAbilities Member



On September 15, 1996, Joshua Dotson suffered a gunshot wound to the head. While he was in the hospital, the doctor told his parents that he had a 50 percent chance of living. Joshua was in a coma for six weeks and suffered some brain damage. After his release he was medically diagnosed as a para-hemi.

In 2000, after his commitment to home schooling for the remainder of his junior and high school education, Joshua got his high school diploma (along with a wallet-sized version). He discovered that doing his homework on the computer allowed for more use of his hands, which turned out to be a direct form of therapy. In 2007 Joshua became a patient of Loma Linda University Medical Center East Campus. It was through his rehab therapists that he learned of PossAbilities.

Joshua has suffered from severe depression from time to time since his injury, but he has found new hope and

joy through his family, getting hugs, daily workouts, video gaming, and PossAbilities events. As an online gamer, Joshua was inducted into the Outwar Hall of Fame in June 2008. His involvement with PossAbilities and his newfound friends have allowed him not only to participate in rock climbing at the Redlands Bicycle Classic and race in the PossAbilities and Tin Man Triathlons, but to volunteer his time to help manage the photo uploads of PossAbilities events on the Web. Thank you for your bright smile Joshua! You are a treasured member of PossAbilities! ●



Meet more upbeat, inspiring people like Joshua—sign up to become a PossAbilities member today! Please visit us online at www.teampossabilities.com.

2009 Amputee Coalition of America (ACA) National Conference— Atlanta, Georgia

Bill Nessel, a longtime member of PossAbilities, amputee peer visitor, and spokesperson for Amputee Connections of Redlands and Corona/Riverside, was sponsored by PossAbilities to attend the Annual Amputee Coalition of America (ACA) Conference in Atlanta, Ga. The conference brought together people with limb loss/limb difference, their families and health care professionals for four days of education, support, and networking. Bill attended several learning sessions:

- Gait Analysis Workshop
- Living with Diabetes and Limb Loss
- Bilateral A/K Workshop
- Medicare/Medicaid—Knowing Your Benefits

“All the sessions were a learning experience,” says Bill. “But the real learning is through the attendees themselves. You are able to talk ‘amputee’ until your voice gives out; it’s mind-boggling. You see every kind of amputee and are able to interact with them. I came away with a new respect for those who have even greater challenges than I do. I also made many new friends across the country.”

The ACA announced that 18 states have passed prosthetic parity laws and expect 10 more with the upcoming 2010 legislative sessions. “Because of the support of PossAbilities, I know I will be a better peer visitor,” says Bill.

For more information on Amputee Connections of Redlands, please visit www.theamputeeconnection.org or call 909-423-0562.



'Miracle Man Walking'

Accomplishes What Few Thought Possible

We have followed the path of member Antonio Steward since August 26, 2006, when he fell victim to gang violence. Three years ago, sirens blared as the ambulance rushed him to Loma Linda University Medical Center. His heart stopped beating on the way to the hospital and again in the emergency room. Thankfully, the EMTs and doctors brought him back. For 46 days he lay in a coma, balancing between life and death.

Since then he has undergone 56 surgeries, including the amputation of both legs above the knee. His dreams of becoming a professional baseball player were shattered. He could pitch the ball more than 90 mph, and baseball was his passion.

In September 2007 he took his first steps on prosthetics. He continues physical therapy at Loma Linda University Medical Center East Campus to learn to walk again. Unfortunately, other surgeries had interrupted his rehabilitation, but Antonio is back at it again in full force.

Antonio is an active member of PossAbilities. In addition to competing in the PossAbilities Triathlon and Redlands Bicycle Classic, he is also part of the PossAbilities Speakers' Bureau, encouraging others with his story.

On June 10, "Miracle Man Walking," as he is known, walked across a stage to receive his high school diploma during the 2009 Alta Loma High School graduation ceremony. Antonio has been studying with his home school teacher for the past year and a half. Through his courage, strength, and bright-eyed smile, Antonio, now age 20, is accomplishing what few thought possible. ●



Antonio Steward



Meet more inspiring people like Antonio—sign up to become a PossAbilities member today! Please visit www.teampossabilities.com.

Save the Date for the Annual Celebration Dinner

Mark your calendars for the Annual PossAbilities Celebration Dinner. Due to program growth, the dinner will be held at a new location this year.

Date: November 19, 2009

Time: 6:30 to 9 p.m.

Place: Riverside Convention Center

All active members of PossAbilities will receive an invitation via postal mail service. Admission tickets are required for entrance on the evening of the event and space is limited to the first 400 members that RSVP. Reservations are required. Contact PossAbilities for more information or RSVP to 909-558-6384.



Join a Great Team—**TEAM PossAbilities**

Team PossAbilities was developed to increase community awareness of the PossAbilities program and Loma Linda University Medical Center East Campus. Our team members participate in road cycling; mountain biking; triathlons; and wheelchair, walking, and running events. The team members are active on social, recreational, intermediate, and elite levels. In addition to increasing awareness of the PossAbilities program, our goal is to promote the benefits of a healthy and productive lifestyle through:

- Peer support
- Training
- Teamwork
- Competition

Students, faculty, staff, and community members are all part of Team PossAbilities.

Team PossAbilities members belong

to one of four categories:

Race Team: Race team individuals hold a current USA Cycling license. These riders train daily and race every weekend. They are a select group of 18 to 20 riders who train and travel to races together. They are also ambassadors of the program through their racing and training. These individuals include road cyclists, mountain bikers, and triathletes competing in sanctioned events at local, regional, and national levels. All are very connected to the community through cycling.

Club Riders: Club riders may also hold a USA Cycling license, but they are either not racing on a regular basis or racing in lower categories than the Race Team. Club riders also include individuals who do not race but train on a regular basis and will participate in organized,

nonsanctioned rides. They represent the program by wearing the PossAbilities kit when they train.

Recreational Riders: Recreational riders may not necessarily ride on a regular basis and may ride individually or in small groups. They represent the program by wearing the kit when they ride.

Ambassadors: Anyone wearing a kit and representing the program is an Ambassador of PossAbilities. ●



Please call the PossAbilities office at **909-558-6384** to purchase a team jersey today!



Team PossAbilities members

FREE Sports Festival for All Abilities and Ages

PossAbilities is sponsoring the Third Annual DisAbility Sports Festival, which will take place on October 3, from 8 a.m. to 4 p.m., at Cal State University San Bernardino. The DisAbility Sports Festival's primary purpose is to promote physical activity and sports for people with disabilities and to raise awareness of disabled sports and physical activity in the Inland Empire. For more information, e-mail sportfes@csusb.edu or call 909-537-5352.



PossAbilities SUPPORT GROUPS

FREE WHEELERS

SPINAL CORD INJURY CLUB

First Monday of the month,
5 to 7 p.m.

Inland Empire Health Plan (IEHP)

303 East Vanderbilt Way

San Bernardino, CA 92408

Family is welcome. Food will be provided.

RSVP to Dennis at 909-890-3438, or

909-890-1623 (TTY), or e-mail

Kaney-D@iehp.org.

THE AMPUTEE CONNECTIONS

For program information or to request a visit
by one of our volunteers, call:

Bert—Norco 951-735-7963

Tom—Cherry Valley 951-845-6543

Bill—Grand Terrace/LLUMC 909-423-0562

www.theamputeeconnection.org

Redlands Support Group

Third Sunday of the month, 2 to 4 p.m.

Wiesser Education Pavilion, Redlands

Community Hospital

350 Terracina Blvd.

Redlands, CA 92373

Corona/Riverside Support Group

Third Saturday of the month, 10 a.m. to noon

Riverside Medical Clinic

7117 Brockton Ave.

Riverside, CA 92506

HITSS: HEAD INJURY AND TRAUMA

SPINAL SUPPORT GROUP

ADULT AND PEDIATRICS GROUP

MEETING

Fourth Monday of the month, 6 to 7:30 p.m.

Ambulatory Services Building, Conference

Room 129A (the old library)

11406 Loma Linda Drive

Loma Linda, CA 92354

Enter the south driveway and go to the end

of the building. Survivors or family members

welcome. Call 1-800-986-HITSS or

1-800-986-4487, ext. 42401.

MENDED HEARTS: CHAPTER 34

A support group for all heart patients and
their families

Last Friday of the month, 11 a.m.

Loma Linda University Medical Center

Cafeteria, Room A

11234 Anderson St.

Loma Linda, CA 92354

For more information, call 909-558-8180.

MOMS' NIGHT OUT

Third Thursday of the month, 6 p.m.

Mimi's Café

395 East Hospitality Lane

San Bernardino, CA 92408

Support group for moms of children with
special needs to have social time with other
moms going through similar challenges.

Enjoy a good hot meal, share lots of chitchat,
and laugh a lot. We welcome girlfriends,

grandmothers, aunts, and any women who
give you support. This is a social time for

moms. Everyone pays for her own meal. No
children please! For more information, call

Tina Schumacher at 909-864-7424.

**Attitude Is
Everything!**

Contact the Amputee
Connection today.

www.theamputeeconnection.org

Join a Winning Team ... Team PossAbilities!



Reap the benefits of a healthy lifestyle through Team PossAbilities. Our team members participate in road cycling; mountain biking; triathlons; and wheelchair, walking, and running events. The team members are active on social, recreational, intermediate, and elite levels. In addition to increasing awareness for the PossAbilities program, our goal is to promote the benefits of a healthy and productive lifestyle through peer support, training, teamwork, and competition. Students, faculty, staff, and community members are all part of Team PossAbilities. Visit www.teampossabilities.com or call 909-558-6384 to join.



Resource Guide

AMPUTEES

Amputee Coalition of America (ACA)
1-888-267-5669 or TTY 1-865-525-4512
www.amputee-coalition.org

Amputee Rehabilitation Support Group

Third Monday of each month, 10 to 11 a.m.
Call David Moore at 909-427-7148 for more information.

ARTHRITIS

Arthritis Foundation
951-320-1540 or 1-800-954-2873
www.arthritis.org

Juvenile Arthritis Alliance (JA Alliance)
951-320-1540 or 1-800-954-2873
www.arthritis.org/ja-alliance-main

BLINDNESS

Blindness Support Services, Inc.
951-341-9244

Information, referral, housing support, counseling, braille tape transcription, speakers' bureau, transportation assistance, and prevocational training
www.blindnesssupport.com

Braille Institute

714-821-5000
www.brailleinstitute.org

National Federation of the Blind

410-659-9314
Resources include publications, aids and appliances, conventions, employment, and training
www.nfb.org

American Foundation for the Blind

1-800-232-5463
Addresses critical issues facing people with visual disabilities, including employment, independent living, literacy, and technology
www.afb.org

BRAIN INJURY

Brain Injury Association of America, National Brain Injury Information Center
1-800-444-NHIF (6443)
Creating a better future through brain injury prevention, research, education, and advocacy
www.biausa.org

CEREBRAL PALSY

United Cerebral Palsy
1-800-USA-5UCP (872-5827)
national@ucp.org
www.ucp.org

MUSCULAR DYSTROPHY

Muscular Dystrophy Association
951-369-0720
www.mda.org

MULTIPLE SCLEROSIS

National Multiple Sclerosis Society/ Southern California Chapter
310-479-4436 or
1-800-FIGHT-MS (344-4867)
Provides resources regarding clinical centers, equipment loan, therapies, aquatics, social services, education, lending library, speakers' bureau, peer counseling, respite care, advocacy, self-help groups, and employment services

SPINAL CORD INJURY (SCI)

California Paralyzed Veterans Association
562-826-5713 or 1-800-497-0565
Provides resources for veterans
www.calpva.org

STROKE

Stroke Association of Southern California
310-575-1699 or
1-800-STROKES (787-6537)
Free education and tools for patients and caregivers
www.stroke.org

American Brain Tumor Association

1-800-886-2282
www.abta.org

About the PossAbilities Program

PossAbilities is an outreach program whose goal is to offer disabled individuals a sense of community and provide activities and practical help. To find out more about PossAbilities, call our office at 909-558-6384 or visit us on the Web at www.teampossabilities.com.

PossAbilities & You is published by Loma Linda University Medical Center East Campus to provide general health information. It is not intended to provide personal medical advice, which should be obtained directly from a physician.

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willie's corner



Willie's Corner is about participation, training tips, and just being involved in all aspects in life.

PossAbilities teamed with the San Bernardino Sunset Rotary as the presenting sponsor of the 23rd Annual Tin Man Triathlon, 5K, and Kids' Triathlon on June 28 at Cal State University San Bernardino. The event brought together more than 800 disabled and able-bodied athletes. Up 30 percent in participation, this was record-breaking attendance in the 23-year history of the event.

There were athletes of all ability levels: seasoned veterans, those competing in their first race, and people coming out to have fun. In addition to more than 700 athletes competing in the triathlon and 5K, 100 young athletes participated in the first-ever Tin Man Kids' Triathlon. These future world champions showed heart and left it all on the course. They demonstrated that it wasn't about winning or losing, but the opportunity to participate that mattered. That is what PossAbilities is about. Good job!

Inland Empire Disabilities Collaborative **CONFERENCE 2009**

Saturday, October 10, 2009 10 am – 3:30 pm
California Baptist University, Riverside, CA

Keynote Speaker: Paul K. Longmore, Ph.D Professor of History and Director of the Institute on Disability at San Francisco State University

Workshops on: Health • Housing • Education • Legal
• Employment • Assistive Technology • Transportation

(909) 890-2789 voice

(909) 890-1623 for TTY users

www.iedisabilitiescollaborative.org

Registration forms will be available on the website.
There is no cost for this event.
Lunch will be provided.

The IEDC is sponsored by Inland Empire Health Plan and PossAbilities of Loma Linda University Medical Center East Campus.



LOMA LINDA UNIVERSITY
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Inland Empire Health Plan