

Poss bilities Fall 2010 www.teampossabilities.com



Our Community Comes Together at the

8th Annual PossAbilities Triathlon, 5K,

Run/Walk/Roll, & Kids Tri

The roads blazed and the waters churned as 800 ablebodied and physically challenged athletes rushed through the starting line on Sunday, April 25 for the Loma Linda University Eighth Annual PossAbilities Triathlon.

Cheered on by their loved ones and supporters, the athletes set a blistering pace through the streets of Loma Linda and the pool at the Drayson Center. The PossAbilities Triathlon, presented by the San Manuel Band of Mission Indians, drew able-bodied and physically challenged athletes to a 3.1-mile run-walk-roll, an 11-mile bike ride, and a 150-yard swim. Children up to 14 years old competed in a quarter-mile run, a two-block bike ride, and a 50-yard swim.

"We are very pleased with the turnout and the high energy of the competitors in the Loma Linda University Eighth Annual PossAbilities Triathlon," said Michael Jackson,



Our wheelchair athletes lead out at the start of the triathlon.

On Our Cover

The Jenkins brothers are always excited to participate in any PossAbilities event that involves sports.



Save the date for next year's triathlon on April 17, 2011!

administrator of Loma Linda University Medical Center East Campus. "The triathlon truly succeeded in celebrating and highlighting the abilities of our physically challenged athletes," he said.

Top finishers and their times were:

- 5K: 1st—Brian Locher, 15:56:7; 2nd—Christian Hesch, 16:12:5; 3rd—Eli Rodriguez, 16:16:2
- Triathlon (Men): 1st—Chris Stehula, 47:00:8; 2nd—Ian Mikelson, 49:34:2; 3rd—Aaron Scheidies, 49:34:7
- Triathlon (Women): 1st—Christine Howard, 53:42:2; 2nd—Charisa Wernick, 55:24:9; 3rd—Patty Peoples, 57:30:9
- 5K Challenged: 1st—David Cazares, 25:10:8; 2nd—Joshua Dotson, 33:14:8; 3rd—Khoa Phah, 34:15:8
- Triathlon Challenged: 1st—Jason Fox, 1:02:17:3; 2nd— Gregory Crouse, 1:06:17:7; 3rd—Ian Merkel, 1:09:30:0

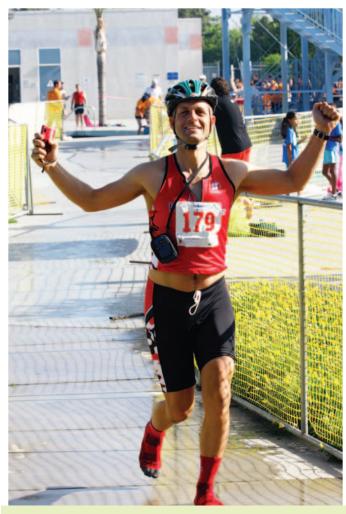


The triathlon incorporates the able and disabled members of our community into one body of people with the same goal—T0 WIN!!



Chris Stehula, overall triathlon winner, presents Abbey Umali, member of PossAbilities, with his 1st place medal.





Robert Sandholm, member of PossAbilities, comes flying across the finish line. Good job, Robert!

Thank You to Our Sponsors

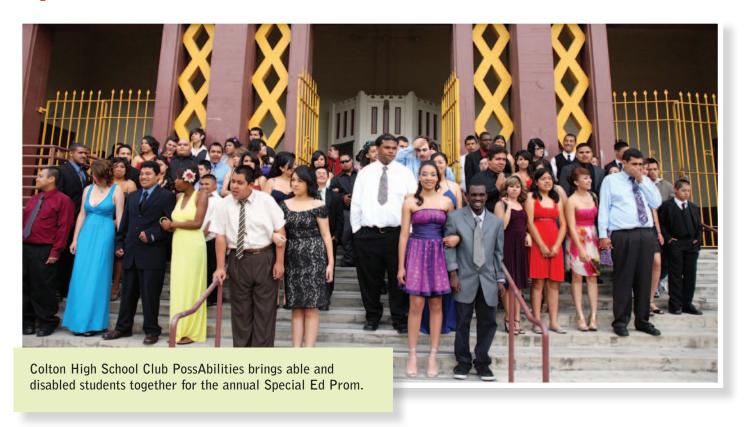
Thank you to Loma Linda Market for providing their new line of pizza and samples of their new gluten-free line of bakery goods. A big thanks also goes to Arrowhead/Nestle for providing water for more than 2,000 participants.





Loma Linda Market www.lomalindamarket.com

Colton High School Club PossAbilities **Special Ed Prom**



he students, staff, and members of Club PossAbilities at Colton High School worked together to create a wonderful on-campus prom during the school day for 40 of their students with disabilities. There were 40 couples who enjoyed catered food, a professional deejay, dancing, and limousine rides for their grand entrance onto the red carpet. Everyone had a great time at the Second Annual Special Ed Prom.



Road Cycling for Women

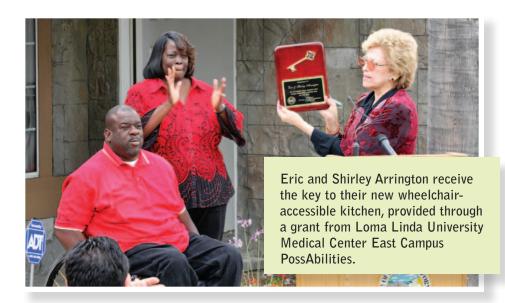
On May 15 and 16, PossAbilities Gary Fisher Subaru team orchestrated a women's cycling clinic in Redlands, Calif. The 100 participants received top-notch instructions on pace lines, group riding, and hill climbing, as well as breakout sessions focused on mechanics, yoga, nutrition, stretching, and race tactics.

Skill levels ranging from novice to competitive were welcomed at the clinic. The goal was to empower women as they developed cycling skills, tactics, confidence, and knowledge. Meeting like-minded women with similar skills and goals was a huge bonus. Wheelchair athlete Erica Davis spoke with the women about being a professional athlete and what PossAbilities means to her. Thank you to Rowena Harris for providing photography services for this event.

Accessibility Grant Provided by PossAbilities for the Arringtons

🏲 ric Arrington, a Loma Linda University Medical Center East Campus PossAbilities member and former Arena Football League player, received the key to his newly rehabilitated home, made possible by the city of Rialto, Home Depot, and PossAbilities. The updated home boasts features that improve access for Mr. Arrington, who is a paraplegic and gets around in a wheelchair. These features include a wheelchair-accessible kitchen. which was renovated thanks to a \$9,000 grant from PossAbilities, through a sponsorship by the San Manuel Band of Mission Indians.

"It's fantastic, for the simple reason that it's changed our lives," said Mr. Arrington, who, with his wife, Shirley, lived for 17 years in a one-bedroom apartment. "Now, it's easier to get



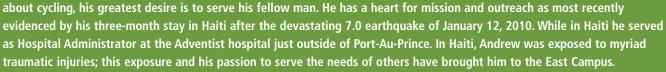
around and do things, such as going to the shower or washing the dishes in the sink." "It's a joy being here," Mrs. Arrington said. "We have an open space and a backyard and Eric has access to the whole house." A formal "key ceremony" was held to turn over the home to the Arringtons on May 27.

Meet Our New Manager, **Andrew Haglund**

We are pleased to announce that Andrew Haglund has accepted the position of Manager of East Campus Special Programs—PossAbilities and Just for Seniors. Andrew Haglund comes to East Campus after serving Loma Linda University in various capacities for nearly 20 years. While at LLU, he managed multiple departments, planned campus-wide events, and most recently served as a faculty member in the LLU School of Public Health.

He holds two degrees from University of Redlands, a B.S. in Business Information Systems and an M.S. in Geographic Information Systems. He is a lifelong resident of the Inland Empire where he has been actively engaged in the planning of community sporting events and management of grassroots athletic teams.

Andrew started racing bicycles at the age of 12 and has competed in numerous road, mtb, track, and cyclocross events over the last 25 years. While he is passionate



Andrew is the newest member to join the PossAbilities and Just for Seniors leadership team and is thrilled to be part of such a life-changing program. Please join us in welcoming Andrew to his new position!



Poss bilities support groups

THE AMPUTEE CONNECTIONS

For program information or to request a visit by one of our volunteers, call: Bert-Norco 951-735-7963 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

BRAINSTORMING 4 US

Brain injury support group for all ages. Held at the Sterling Inn Commons, 17738 Francesca Road, Victorville, CA 92395. For more information, call 760-244-1600 or e-mail info@brainstorming4us.com. For more information, visit www.brainstorming4us.com.

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.

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 other 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.

Join a Winning Team ... Team PossAbilities!



For more information about joining the team go to www.teampossabilities.com or call 909-558-6384.



Resource Guide

AMPUTEES

Amputee Coalition of America (ACA)

1-888-267-5669 or TTY 1-865-525-4512 www.amputee-coalition.org

ARTHRITIS

Arthritis Foundation

1-800-283-7800 www.arthritis.org

Juvenile Arthritis Alliance (JA Alliance)

1-800-283-7800 www.arthritis.org/ja-alliance-main.php

BLINDNESS

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

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

BRAIN INJURY

Brain Injury Association of America, **National Brain Injury Information Center**

1-800-444-6443

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) e-mail: national@ucp.org www.ucp.org

MULTIPLE SCLEROSIS

National Multiple Sclerosis Society/ Southern California Chapter

1-800-FIGHT-MS (344-4867)

Provides resources regarding clinical centers, equipment loans, therapies, aquatics, social services, education, lending library, speakers' bureau, peer counseling, respite care, advocacy, self-help groups, and employment services

MUSCULAR DYSTROPHY

Muscular Dystrophy Association

1-800-572-1717 www.mda.org

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

Free education and tools for patients and caregivers

www.strokesocal.org

American Brain Tumor Association

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

Amputee Rehabilitation

Each Wednesday every month, 3 to 4 p.m. Held in Room 407, North Entrance 11406 Loma Linda Drive Loma Linda, CA 92354 For more information. please call **909-558-6272**.

An appointment is required.

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.

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Loma Linda University Medical Center



Poss Abilities & 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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Inland Empire **Disabilities Collaborative**

Disability Resources EXPO

Saturday, October 23, 2010 from 8 a.m. - 3 p.m. Riverside **Convention** Center 3443 Orange Street, Riverside, CA 92501

Exhibits on:

Loma Linda University

Loma Linda, CA 92354-2804

MEDICAL CENTER

11234 Anderson St.

Health • Housing • Education • Transportation
Legal • Employment • Assistive Technology

For more **information**, visit our website at: **www.iedisabilitiescollaborative.org** or call (909) 890-5833 or (909) 890-1623 TTY

The IEDC is sponsored by Inland Empire Health Plan, Loma Linda University PossAbilities, and Rolling Start, Inc.







willie's corner

Thank You to Willie

PossAbilities members and staff are often asked about One Arm Willie. We know why—he's been a part of PossAbilities for years! Willie moved to Idaho with his wife Lindsay, daughter Sosie, and new addition, Breck, a few years ago. Willie has continued to contribute to PossAbilities since 2008 by hosting our Triathlon, Celebration Dinner, and our part in the Redlands Bicycle Classic. Though Willie is busy with new adventures, we appreciate him for the incredible work he did for PossAbilities during his time with us.

Willie was integral in the creation, awareness-building and growth of PossAbilities and Loma Linda University Medical Center East Campus for many years. His vision, passion, and energy will leave a lifelong impact on the members he served. We are incredibly grateful for the time Willie and his family committed to making a difference for our members and our community.

As is true with his bigger-than-life personality, he recently added another astonishing victory to a long list of many. He posted the top overall finish at the New York Paratriathlon Nationals Olympic-distance TRI-4 race with a time of 2:16:14. Congratulations, Willie!