



LOMA LINDA  
UNIVERSITY

MEDICAL CENTER  
EAST CAMPUS

# PossAbilities & you

Fall 2010

[www.teampossabilities.com](http://www.teampossabilities.com)

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PossAbilities

PRESENTED BY

SAN MANUEL  
BAND OF MISSION INDIANS

# Our Community Comes Together at the 8th Annual PossAbilities Triathlon, 5K, Run/Walk/Roll, & Kids Tri

**T**he roads blazed and the waters churned as 800 able-bodied 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,

*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 ●



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.



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







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



More than 200 kids from ages 2 to 14 years came out to participate in this year's triathlon.



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**

The Healthy Alternative

[www.lomalindamarket.com](http://www.lomalindamarket.com)

# Colton High School Club PossAbilities

## Special Ed Prom



Colton High School Club PossAbilities brings able and disabled students together for the annual Special Ed Prom.

**T**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

**E**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. ●



Eric and Shirley Arrington receive the key to their new wheelchair-accessible kitchen, provided through a grant from Loma Linda University Medical Center East Campus PossAbilities.

## 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 about cycling, his greatest desire is to serve his fellow man. He has a heart for mission and outreach as most recently evidenced by his three-month stay in Haiti after the devastating 7.0 earthquake of January 12, 2010. While in Haiti he served as Hospital Administrator at the Adventist hospital just outside of Port-Au-Prince. In Haiti, Andrew was exposed to myriad traumatic injuries; this exposure and his passion to serve the needs of others have brought him to the East Campus.

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!



# PossAbilities 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](http://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](mailto:info@brainstorming4us.com).

For more information, visit

[www.brainstorming4us.com](http://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](mailto: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](http://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](http://www.amputee-coalition.org)

## ARTHRITIS

**Arthritis Foundation**  
1-800-283-7800  
[www.arthritis.org](http://www.arthritis.org)

**Juvenile Arthritis Alliance (JA Alliance)**  
1-800-283-7800  
[www.arthritis.org/ja-alliance-main.php](http://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](http://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](http://www.blindnesssupport.com)

**Braille Institute**  
714-821-5000  
[www.brailleinstitute.org](http://www.brailleinstitute.org)

**National Federation of the Blind**  
410-659-9314

Resources include publications, aids and appliances, conventions, employment, and training  
[www.nfb.org](http://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](http://www.biausa.org)

## CEREBRAL PALSY

**United Cerebral Palsy**  
1-800-USA-5UCP (872-5827)  
e-mail: [national@ucp.org](mailto:national@ucp.org)  
[www.ucp.org](http://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](http://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](http://www.calpva.org)

## STROKE

**Stroke Association of Southern California**  
310-575-1699  
Free education and tools for patients and caregivers  
[www.strokesocal.org](http://www.strokesocal.org)

**American Brain Tumor Association**  
1-800-886-2282  
[www.abta.org](http://www.abta.org)

## Amputee Rehabilitation Clinic

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](http://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



### 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!

## 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:

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

For more **information**, visit our website at:

**[www.iedisabilitiescollaborative.org](http://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.



**Rolling Start, Inc.**  
Center for Independent Living  
Serving San Bernardino, Inyo and Mono Counties

