



LOMA LINDA
UNIVERSITY

MEDICAL CENTER
EAST CAMPUS

PossAbilities & you

Spring 2010

www.teampossabilities.com

The 6th Annual Celebration Dinner

Page 2

Wheelchair Sports

Page 4

Nutrition: The Basics

Page 8

Meet our member
Alma Rodriguez
See page 5.

PossAbilities

PRESENTED BY

SAN MANUEL
BAND OF MISSION INDIANS



The 6th Annual Celebration Dinner

Loma Linda University Medical Center East Campus hosted the Sixth Annual PossAbilities Celebration Dinner Thursday, November 19, 2009, to celebrate the accomplishments of its members, recognize several recipients of grants and scholarships awarded in 2009, and honor the San Manuel Band of Mission Indians and other community partners for their support of the program. Some of the 2009 awards included:

- A home renovation grant
- Educational scholarships to support costs of books and tuition
- Adaptive equipment grants that allow those with disabilities access to activities in local and national events and activities

This year's program featured comedian Josh Blue as the guest speaker, who shared how having cerebral palsy has impacted his life and led him on his journey to becoming a professional entertainer. There were more than 520 people in attendance, including members of PossAbilities and their families, volunteers, and community sponsors, which topped the 280 in attendance in 2008. This was a fantastic turnout considering the new venue at the Riverside Convention Center. Individuals in attendance were:

- Michael Jackson, administrator of Loma Linda University Medical Center East Campus Hospital

- Ed Delgado, senior community outreach representative, San Manuel Band of Mission Indians
- Gary Melton, director of the Health Administration, Inland Empire Health Plan

The San Manuel Band of Mission Indians, strong supporters of PossAbilities since 2001, announced their commitment to sponsoring PossAbilities for 2010 in the amount of \$300,000. We are honored and blessed to have it join us again as the Title Sponsor for this next year. The evening was the best ever! A special thanks to Team PossAbilities for their help in orchestrating such a fantastic evening! ●



Josh Blue and Jimmy Grissom

On Our Cover

This year's program featured comedian Josh Blue as the guest speaker, who shared how having cerebral palsy has impacted his life as a professional entertainer.



Save the date for
the Seventh Annual
PossAbilities

Celebration Dinner **WHEN:**
Thursday, November 18, 2010



Was a Huge Success

Xtreme Team and members of PossAbilities



Eric Arrington visiting with new members of PossAbilities



Wheelchair Teams

The PossAbilities program finds great value in our members and has supported different wheelchair sports for several years. These teams provide opportunities for our members to stay active and involved in the community and have a channel to integrate back into society after life-altering injuries with those who have had similar experiences. The following wheelchair teams are the recipients of the wheelchair sports grants for 2010. ●



Rolling Bears—Championship Division wheelchair basketball team
L to R: (front) Andrew Stockle, assistant coach; Guy Perry; Eric Eblen; Edward Ramirez; Jerald Jefferson
L to R: (back) Steven Hoffman; William Small Jr.; Scott Gray; Rob Hanly; David Cazares; Thomas Stockle, head coach
Not pictured: Julio Ayala



The Lady Warriors—women's wheelchair basketball team



PossAbilities Crown Rugby—quad rugby wheelchair team



Rolling Bears—Division 3 wheelchair basketball team
L to R: (front) Andrew Stockle, assistant coach; Sergio Contreras; Rocio Palacios; Valentin Palestino; Montrel Ervin
L to R: (back) Misael Romero; Jordan Wallen; Jesus Daniel Cuellar; David Cazares, head coach; Erick Castillo; Daniel Palacios; Jaime Reyes
Not pictured: Bob Snedaker, Yasir Abdelhadi, Javier Cornelio, Israel Lopez, Alberto Rodriguez III



For practice, game schedules, or more

information on joining the teams, please use the contact information below:

Rolling Bears—
 Cotie Williams
 909-558-6384 or
 cowilliams@llu.edu

Lady Warriors—
 Hector Rodriguez
 323-578-1576 or
 renehotrod@hotmail.com

Crown Rugby—
 Cotie Williams
 909-558-6384 or
 cowilliams@llu.edu

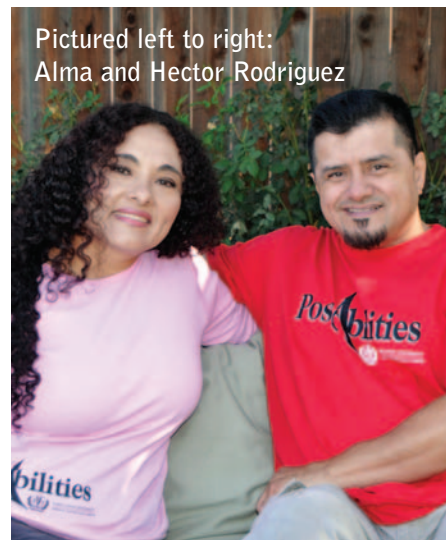


Alma Rodriguez Enjoys Challenge of Individuality

Alma Rodriguez was diagnosed with polio when she was 6 months old. She is now a mother of two, an 11-year-old girl and a 7-year-old boy, and has been happily married for 13 years. Her disability has not placed limits on what she has achieved in life. Alma is currently a team representative and player for the Lady Warriors women's wheelchair basketball team. She has been involved in wheelchair basketball for the past 20 years and participates in several national championships with various teams. She has represented the U.S. in numerous international teams and in three Paralympics Games including Barcelona, Spain; Sydney, Australia;

and Beijing, China. She also plays with several men's teams and plays with the Fast Breaking Lakers men's wheelchair basketball team. As a player of the Lady Warriors, Alma is a mentor to those who may think they cannot accomplish their goals due to their disability. She says, "It is personally gratifying and most importantly, I can feel exceptional to be able to contribute to my community." Alma recently became active in hand cycling and has participated in numerous 5K and minitriathlons. She says, "I enjoy the challenge of individuality." Alma's goal is to compete in the upcoming LA Marathon and the PossAbilities Triathlon. ●

Pictured left to right:
Alma and Hector Rodriguez



See back cover for more information about the Eighth Annual PossAbilities Triathlon.

Conference Is a Partnership Success



An early morning mist covered the campus of California Baptist University on October 10 as spirited volunteers completed final preparations for the Inland Empire Disabilities Collaborative (IEDC) Advocacy Conference. The campus quad was meticulously arranged with exhibit booths, banners, and balloons, which welcomed conference participants to a day of educational presentations from an array of professionals in the disabilities field. The purpose of the conference was to provide information and resources to promote equal opportunity, universal access, and full participation of people with disabilities in all aspects of life.

The day began with a keynote address from Dr. Jeff McNair, director of the Disability Studies program at Cal Baptist University. Dr. McNair's presentation discussed principles based upon Social Role Valorization. Participants listened intently to Dr. McNair's challenging topic while enjoying continental breakfast

within the contemporary architecture of the commons café.

Under sunny skies, more than 180 enthusiastic conference-goers strode through the campus quad visiting sponsor booths before heading off to the various workshop sessions. Later, participants enjoyed a buffet luncheon as Colleen Meland, IEDC cochair, spoke about the history of the IEDC, also acknowledging the partnerships of the many IEDC Conference sponsors and members. Ben Jauregui of Inland Empire Health Plan and Hoai Luong of PossAbilities Program of Loma Linda University emceed the conference closing, which included a random drawing of gifts generously donated by conference sponsors. The participant evaluations were overwhelmingly positive and sponsors, volunteers, and staff all agreed—the IEDC Advocacy Conference was a great success!

For more information about the IEDC Conference and upcoming Resources Expo in October 2010, visit www.iedisabilitiescollaborative.org.

PossAbilities SUPPORT GROUPS

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@iehpa.org.

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

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**.

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

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

MULTIPLE SCLEROSIS

National Multiple Sclerosis Society/ Southern California Chapter
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

Amputee Rehabilitation Clinic

Each Monday of 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.

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.

Renee Erikson
Editor

Cotie Williams
Editor

Jemellee Ambrose
Assistant Editor

© 2010. All rights reserved.
Printed in the U.S.A.



Printed on Recyclable Paper

6056M

LOMA LINDA UNIVERSITY
MEDICAL CENTER
11234 Anderson St.
Loma Linda, CA 92354-2804

Postmaster: Please deliver between March 15 and 19.

Nonprofit Org
U.S. Postage
PAID
Loma Linda University
Medical Center

willie's corner



I would like to introduce you to Eric Eblen, a member of PossAbilities and student at the School of Nutrition at Loma Linda University. Eric sustained a life-altering injury and is a paraplegic. He would like to share some tips on health and nutrition.

Nutrition: The Basics

For both the disabled and able-bodied people, providing adequate nutrients for our bodies can be difficult. As a T-7 paraplegic, father, athlete, and student of the nutrition and dietetics department of Loma Linda University, I have a better understanding of the importance of a well-balanced diet and the challenges in providing one. Learning what foods are high in nutrient content is half the battle.

A diet consisting of 60 percent carbohydrates, 25 percent fats, 15 percent protein, and plenty of water is generally considered well-balanced. Foods should include:

- Whole grains
- Soy and dairy, which are high in calcium and iron
- Deep green and yellow vegetables and fruits

To learn more, visit www.mypyramid.gov and www.fitday.com.

LOMA LINDA UNIVERSITY

PossAbilities

8th Annual
TRIATHLON

Presented by

SAN MANUEL
BAND OF MISSION INDIANS

PossAbilities provides
resources and
opportunities
for people with
diverse disabilities.

Sunday, April 25, 2010
Drayson Center, Loma Linda

Triathlon 3.1 mile run • 11 mile bike • 150 yard swim
5K Run/Walk/Roll • Kiddie Triathlon (including tricycles)

\$6,000 total purse for the Triathlon • \$500 total purse for the 5K Run/Walk/Roll

For more information, call 909-558-6384

Registration Starts at 5:30 a.m. • Race Begins at 7:00 a.m.



LOMA LINDA UNIVERSITY
MEDICAL CENTER EAST CAMPUS