



LOMA LINDA
UNIVERSITY

MEDICAL CENTER
EAST CAMPUS

PossAbilities & you

Summer 2010

www.teampossabilities.com



Action-Packed Day on Handcycles

The Redlands Bicycle Classic includes four days of racing with a time trial, a road race, and more. See page 2 to learn more about this exciting event.

State-of-the-Art Rehabilitation Pavilion Opens

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PossAbilities

PRESENTED BY

SAN MANUEL
BAND OF MISSION INDIANS

Another **Redlands Bicycle Classic** to Remember

For the third consecutive year PossAbilities was the title sponsor of the Redlands Bicycle Classic (RBC), one of America's best professional road stage races. In addition to the able-bodied race series, PossAbilities and the RBC committee have worked together to offer for the fourth year a handcycle race series. This series consists of four days of racing with a time trial, a road race, and two criterium.

The road race in Beaumont was extended to 21 miles this year to meet the criterium that allowed this race series to qualify on the national race

calendar for the U.S. Handcycling Federation. RBC Race Director, Dan Rendler, said the handcycling races are special to him. "We're very proud to have handcycling as part of the race, especially at the same time as the able-bodied event," he says, "Handcycling completes our race."

We were extremely honored to have Chairman James Ramos and Ed Delgado, senior community representative of San Manuel Band of Mission Indians, as our guests of honor present to watch the handcycle race and support PossAbilities Sunday afternoon.

"It's worth it when you see athletes with disabilities go out there," the chairman says.

Seventeen handcyclists participated during four days of competition. The overall winners were Delmon Dunston (H1), Kyle Massey (H2), Steve Hoffman (H3), and Erica Davis (Women). ●



Save the date
for the Redlands
Bicycle Classic in

2011! The races will be held
March 23 through March 27.

Greg Crouse, an honored veteran and wounded warrior, working hard to get to that finish line.



On Our Cover

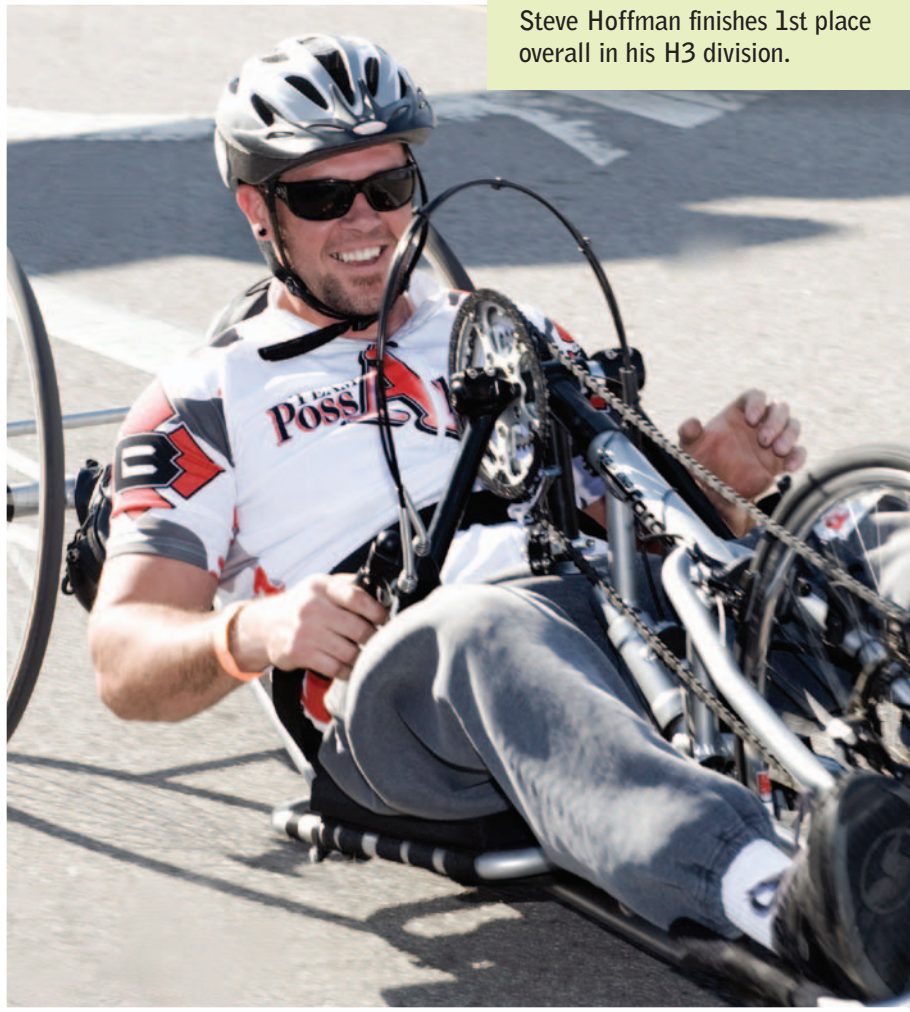
After years of being a devoted quad rugby player, Delmon Dunston ventures out to do his first handcycle race and wins it all!



A special thanks

to San Manuel Band of Mission Indians for powering this event with their continued sponsorship of PossAbilities.





Steve Hoffman finishes 1st place overall in his H3 division.

Overall Race Results by Division

H1 Men

Delmon Dunston

H2 Men

Kyle Massey

H3

Steve Hoffman

Women

Erica Davis

Leg Recumbent

Fermin Camarena

Carole King Memorial Award

Established in 2000, the award honors the memory of Carole King, a founding member of the Redlands Bicycle Classic organizing committee. Volunteerism and community involvement were two of her strongest beliefs. In her local newspaper column she encouraged readers to get involved and recognized those who did. The committee presents this award to the person who best exemplifies the principle of sportsmanship in cycling and athletic competition. This person inspires the committee to continue producing America's premier bicycle race, the Redlands Bicycle Classic. With great humility, Brian McCulloch, support member of PossAbilities, member of Team PossAbilities/Pull Through Racing, and marketing assistant for the Redlands Bicycle Classic committee, accepted the Carole King Memorial Award.

L to R: Dan Rendler, Brian McCulloch
Team PossAbilities raised \$5,000 to donate to PossAbilities. L to R:
Brian McCulloch, Cotie Williams, Jill Payne, Mark Love



Grand Opening of the Zapara Rehabilitation Pavilion

by Dennis E. Park, AA Executive Director

The East Campus Hospital, formerly known as the Loma Linda Community Hospital, underwent a transformation over the past decade to become, in both setting and practice, a place of hope, healing, and transformation. A variety of medical specialties and facilities at the East Campus supports patients who experience disease, illness, or trauma that affects their mobility. Most patients at Loma Linda's East Campus are here to recover from stroke, spinal cord injury, traumatic brain injury, orthopedic and neurological diseases, and mobility issues.

The hospital and grounds house the Rehabilitation, Orthopaedic, and Neurosciences Institute (RONI) and include the supporting physician practices and allied health professions under the name of Loma Linda University Medical Center East Campus. The hospital and supporting facilities provide a full continuum of care for the benefit of patients and their families.

The newest addition to the campus, the Tom and Vi Zapara Rehabilitation Pavilion, celebrated its grand opening on May 25, as a state-of-the-art facility that has been designed with every need and aspect of the patient experience in mind. The pavilion lies in the heart of the campus and will provide 24 private rooms to rehabilitate patients.

The Tom & Vi Zapara Rehabilitation Pavilion will open this summer.



Each room will have a patio and use state-of-the-art technology to provide a homelike environment. Patients will rest and recover in their room, receive inpatient therapy, and enjoy views of the mountains, park, and campus. Due to the generous support and a major gift from Tom and Vi Zapara, the new rehabilitation pavilion will be the newest facility of the East Campus—where hope lives, healing happens, and transformation is an everyday occurrence. ●



Call LLUMC
East Campus'
Community
Development and Outreach
Department at **909-558-6582**.



The guidebook "What Are My Medi-Cal Choices?" is now available online in 12 languages, cassette, CD, or braille. This guidebook can help seniors and people with disabilities choose the Medi-Cal that is right for them: Regular Medi-Cal or Medi-Cal Health Plans. For more information visit dhcs.ca.gov/MediCalChoices.



Meet Our Member, **Bill Nessel**

Bill Nessel, born in Chicago, had skills in welding, a career in life insurance sales, and was a business owner and printing pressman. In 1974, he joined the San Bernardino County Sheriff's Department as a reserve deputy doing mounted search and rescue in law enforcement. He was a reserve officer and managed to operate his printing businesses at the same time. It was there that he was a unit commander twice and a reserve deputy chief for three years. In 1997, he retired from the department, where he had ridden horses for 13 years. In the 10 years since retirement, he has operated four-wheel-drive ATVs.

In 2002, his whole world changed. He became a right-leg-above-the-knee amputee as a result of having been a smoker for 43 years. He had nine surgeries on his right leg and was in the hospital for six weeks. He almost didn't come home. He felt that instead of hitting a bump in life's road, he had hit a huge pothole. He was fortunate enough to find a local amputee support group where he attended meetings. Nessel says, "I can't express enough what a huge help that group became. I decided early on how life does go on and I should make the best of it." He feels he was spared for a reason—to help other amputees just as he had been helped.


Nessel is very involved in the disabled community. He is a proud member of PossAbilities, a volunteer at Loma Linda University Medical Center East Campus (LLUMCEC), a Certified Amputee Peer Visitor, a member of the Amputee Coalition of America (ACA), a member of Inland Empire Disabilities



Bill Nessel

Collaborative (IEDC), the vice president and spokesman for the Amputee Connection of Redlands, and currently a member of the planning committee for the ACA's annual convention this August in Irvine, Calif. Nessel is also known for making a mean jar of mustard!

We applaud Nessel for all his great work in our community! ●

 For more information about local amputee support groups, please check out the Support Groups Directory on page 6.

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

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.

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 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 or
1-800-STROKES (787-6537)
Free education and tools for patients and caregivers
www.strokesocal.org

American Brain Tumor Association
1-800-886-2282
www.abta.org

Amputee Rehabilitation Clinic

Each Monday 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.

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This year was truly inspiring. I watched a host of athletes of all abilities and ages break through the barriers and achieve greatness as they met the challenge and finished the race. Whether it was the pro athletes and our disabled athletes giving it their all or the children setting lifetime habits of incorporating fitness into their life, the triathlon this year was awesome. One of the best moments was when I saw Chris Stehula, first place winner of the men's triathlon, kneel down on the grass and give his first place medal to Abbey Umali, who finished the kids' triathlon without her braces by running hard across the finish line. That's what makes PossAbilities different. That's what makes it the inspiring event it is. Congratulations to all our participants!

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

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

