Road Cycling for Women
The PossAbilities Women’s Cycling Team put on a two-day road cycling clinic. See page 4 for details.

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Fun and Laughter for the Whole Family: Mom’s Night Out Swim Party

On July 26 PossAbilities hosted the Second Annual Mom’s Night Out Swim Party at the Drayson Center pool. More than 100 members, families, children, and adults showed up for a day of fun. With more than 40 disabilities present, the challenges of the day were hidden beneath a spirit of fun and laughter. Fun was had in the pool and on the waterslide. Everyone was having such a blast, pizza lunch was postponed. The lifeguards, staff, and visitors of the Drayson were able to experience firsthand the smiles and blessings that were shining through all day long.

Social outings are an important component of the PossAbilities program. This type of event provides such an awesome opportunity for families and children to network and socialize in a fun and comfortable setting. By sharing times together like this, it improves the quality of life for all of those involved by creating support for each other in our local community.

Mom’s Night Out

Mom’s Night Out is a 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, please call Tina Schumacher at 909-864-7424.

On Our Cover

Stacy Hull races around on her bike during the hand cycle clinic. See page 3 to learn more about this exciting event.
Great Fun, Increased Awareness: DisAbilities Sports Festival

For the third year, PossAbilities was a proud supporter and sponsor of the Disability Sports Festival that took place at Cal State University San Bernardino on October 3. The primary purpose of the Disability Sports Festival is to promote physical activity and sports for people of all ages with any disability and to raise awareness of disabled sports and physical activity in the Inland Empire. At this year’s event, participation almost doubled from 220 participants in 2008 to 400 participants in 2009. More than 300 volunteers come out to support this event in every way possible. Attendance is expected to grow next year.

There were 15 different sports, including:
- Basketball (wheelchair and stand-up)
- Tennis (wheelchair and stand-up)
- Wall climbing (all abilities)
- Swimming (all abilities)
- Judo (all abilities)
- Track and field
- Motor development obstacle course
- Goalball (blind sport for all to try)
- Cycling/hand cycling (tandem, single, and hand bikes for all abilities)

The festival provides a great opportunity to meet new potential members of PossAbilities and their families. With each new year comes great fun, much growth, and more awareness. Our PossAbilities members and their families had such a great time! Great job Dr. Moffet!

Joshua Dotson is pictured riding a hand cycle, which was one of four different activities he participated in at the Festival.
On July 24–25, the PossAbilities Women’s Cycling Team, along with the support of Team PossAbilities and Redlands Cyclery USA, put on a two-day road cycling clinic for women! With more than 65 participants from the Inland Empire and beyond, and 50 volunteers, the clinic was a huge success! The women enjoyed food and goodies donated by local businesses, and they received top-notch instruction from elite women cyclists. Clinic directors Gina Kavesh, Tricia Sandstrom, and Izette Swan traveled down from Seattle, Wash., to lead the clinic. In addition, assistance was provided by female coaches, elite level cyclists, and experienced racers so that women of all cycling levels from beginner to racer were able to learn something new. The clinic included seven hours of on-the-bike instruction, meals, and cycling-specific seminars. The icing on the cake was a surprise visit by Amber Neben, a longtime Redlands Bicycle Classic participant and 2008 World Time Trial Champion.

The clinic was a huge PossAbilities team effort. From the beginning of the planning stages, the women’s team worked hard to make the inaugural event an experience that would serve to provide increased knowledge, skill, and inspiration to local women cyclists. The PossAbilities Men’s Cycling Team was an integral part of the clinic’s success as well. The men dedicated their time during the clinic weekend to tirelessly provide backup support. They did everything from setup and cleanup at the three clinic venues, to providing SAG support during the rides and doing on-the-spot tune-ups and tire pressure checks. The women were well taken care of.

“I really liked that you had an option for every level of cyclist from just beginning to racing. Very encouraging for those just getting into the sport; was great to see. Nice prizes and giveaways.”

“Thank you for having the vision to have this. I think you guys inspired a lot of women to continue to ride. I know you inspired me.”

Save the Date!
8th Annual PossAbilities Triathlon
5K Run/Walk/Roll & Kids Triathlon

When: Sunday, April 25, 2010
Registration starts at 5:30 a.m. and the race begins at 7 a.m.
Where: Drayson Center, Loma Linda

Meet our Member: Jerry Byerman

On September 12, 2004, at Starwest Motocross (MX) Park in Perris, California, Jerry Byerman, a member of PossAbilities, was involved in an accident on his Honda 50cc dirt bike. He was initially taken to Riverside County Regional Medical Center in Moreno Valley and was later transferred to Loma Linda University Medical Center for physical therapy. As a result of his injuries he became a C4-5 incomplete quadriplegic.

Before his accident, he raced motorcycles in both the desert and on MX tracks. During his hospital stay Jerry met Dan Barnett who was his occupational therapist. Dan is a paraplegic who races off-road vehicles. They talked often about options of Jerry racing again. Most people didn't think it would be possible since he didn't have finger dexterity. Jerry told himself that he wasn't going to give up.

After he left the hospital he kept in touch with Dan. He continued to tell Dan how he wanted to race but there wasn't a place for him. Jerry was so determined that he took it upon himself to become a class ambassador for the off-road vehicle Stadium Lite/Pilot/Redline Revolts. He figured out a way to operate his vehicle with hand controls.

Jerry participated in his first race in February of 2009 at Soboba GP where he took first place. Since then, he has raced seven times. He has finished with 1st place one time, 2nd place three times, and 3rd place three times. He now races a Redline Revolt at the Glen Helen short course series in Devore, California where he holds 2nd place in points. Jerry's goal is to win the championship in his division and within the next year move up to a faster class. He is absolutely fearless!

PossAbilities cosponsors Jerry along with Redline in his racing endeavors, which has enabled him to get back out there and race again. When Jerry is not on the dirt, he enjoys spending time with his 5-year-old son Landon and his girlfriend Kelly. Landon loves going to his dad's races, watching monster trucks, and spending time with his dad. Jerry has hopes of returning to school to further his education.

Jerry and his girlfriend Kelly

Malek Update

Malek Mohammed returned to Kabul, Afghanistan, in April of this year after an extended stay in Loma Linda. He underwent several surgeries at Loma Linda University Medical Center (LLUMC) after losing his legs from land mine explosions. After completing several months of successful rehabilitation at LLUMC East Campus, Malek returned to his hometown. We receive regular updates from Malek about his current adventures. He is attending a private school not far from his home where he lives with his parents, five brothers, and three sisters. He swims and lifts weights regularly and even has a job at an upscale hotel. He shares that the weather is extremely hot in Kabul, but he is looking forward to Christmas. Malek's dream is to return to the United States again. He says, "Please say hi for me to everybody and tell them my legs are feeling OK." For those who wish to follow Malek, he can be found on Facebook.
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

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

Anytime we have the opportunity to join together as a community and a group of people with those who have suffered tragic injuries and life-changing diseases, it is a time to celebrate. On October 6 we did just that. The annual PossAbilities photo shoot was an amazing day to share ideas, catch up on the latest, and talk about life. Moments like these give us new hope and determine the direction that we are headed in our ongoing support of our friends and loved ones. There were moments of conversation, joking, and laughing, along with stories of difficulties and courage that connected more than 60 members of PossAbilities, staff, and volunteers. This day was loaded with hope and encouragement, support, and love. Days like these are full of priceless memories that paint a clear picture of what the “possAbilities” are for the future. Thanks to all who came out!

Willie “One-Arm Willie” Stewart is a Paralympics silver medalist, kayaker, and Olympic torchbearer.