



LOMA LINDA
UNIVERSITY

MEDICAL CENTER
EAST CAMPUS

PossAbilities & you

Winter 2010

www.teampossabilities.com

Road Cycling for Women

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

Mom's Night Out Swim Party

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PossAbilities

PRESENTED BY

SAN MANUEL
BAND OF MISSION INDIANS



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. ●



 For upcoming activities for children and families check out our Web site at www.teampossabilities.com.

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



Joshua Dotson is pictured riding a hand cycle, which was one of four different activities he participated in at the 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)
- Kayaking (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! ●



PossAbilities Women's Road Cycling Clinic

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

For more information, call 909-558-6384. Online registration opens on January 15 at <http://8thannualpossabilitiestriathlon.kintera.org>.

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.

PossAbilities SUPPORT GROUPS

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

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.

**Attitude Is
Everything!**

Contact the Amputee
Connection today.

www.theamputeeconnection.org

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.



Resource Guide

AMPUTEES

Amputee Coalition of America (ACA)
1-888-267-5669 or TTY 1-865-525-4512
www.amputee-coalition.org

Amputee Rehabilitation Support Group

Third Monday of each month, 10 to 11 a.m.
Call 909-558-6384 for more information.

ARTHRITIS

Arthritis Foundation
1-800-954-2873
www.arthritis.org

Juvenile Arthritis Alliance (JA Alliance)
1-800-954-2873
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

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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willie's corner



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.

SAVE THE DATE for the PossAbilities Children's Christmas Workshop

on December 22, 2009

Located at the PossAbilities
Office in the
Ambulatory Services Building
West Entrance
11406 Loma Linda Dr., Rm. 147E
Loma Linda, CA 92354

Enjoy music, laughter and refreshments
while making Christmas ornaments.

please RSVP by calling 909-558-6384.

Merry Christmas