



LOMA LINDA
UNIVERSITY
MEDICAL CENTER
EAST CAMPUS

PossAbilities & you

Spring 2011

www.teampossabilities.com

Olympic Gold Medalist
Speaks at PossAbilities
Sports Luncheon
See page 2 for details.

Ironman World
Champion Inspires
at Celebration Dinner
Page 4


Save the Date for the
PossAbilities Triathlon
Page 8



PossAbilities

PRESENTED BY
SAN MANUEL
BAND OF MISSION INDIANS



 To make a donation to PossAbilities, visit us online at www.teampossabilities.com and click on donate.

Baseball Legend and Olympic Gold Medalist Jim Abbott Speaks at Loma Linda University Health Care **Sports Luncheon to Benefit PossAbilities**

On December 2, 2010, the administrators and faculty at Loma Linda University Health Care (LLUHC) organized the 2nd Annual Sports Luncheon and Trivia Extravaganza to raise funds for PossAbilities. The luncheon began seven years ago as a small get-together where administrators would gather to play a sports trivia game for fun. A few years ago they decided to turn it into a fundraising opportunity to benefit a non-profit organization of their choice that promotes the healing ministry of Christ. For the past two years the PossAbilities program was chosen as the organization of choice.

Baseball legend Jim Abbott was chosen to be the guest speaker at the luncheon. Jim was born September 19, 1967, in

Flint, Michigan without a right hand. He was an All-American hurler at Michigan, won the Sullivan Award in 1987, was the pitcher for the US Gold Medal Olympic Team in 1988, and threw a 4-0 no-hitter for the New York Yankees versus Cleveland on September 4, 1993. Jim played for 10 seasons on four different teams and ended his big-league playing career in 1999. He has worked with the Department of Labor's Office of Disability Employment Policy (ODEP) on several initiatives encouraging businesses to hire people with disabilities. Today, in addition to often being a guest pitching instructor during spring training for the Los Angeles Angels, Jim is a motivational speaker. "Sports have a way of bringing people together, and this certainly is true within PossAbilities, which provides athletic programs for a wide variety of disabled individuals," Mr. Abbott said. "I was honored to speak in support of this program and hope people will join me by supporting this cause." Jim Abbott captivated over 200 attendees with his story of success.

LLUHC raised a total of \$43,550 at the luncheon for PossAbilities. A special thank you to Dr. Fitzgerald, Nikki Gaitan, and Molly Riter for their hard work and success with this event! ●

On Our Cover

David Bailey and Abbey Umali are both members of PossAbilities. They spend time creating awareness about disabilities.



“Winter Wonderland” with Loma Linda University Children’s Hospital and PossAbilities

On December 12, the Loma Linda University Children’s Hospital’s (LLUCH) Spina Bifida Team and PossAbilities hosted a Christmas celebration called “Winter Wonderland” at East Campus Park. More than 46 patients and members of PossAbilities bundled up to participate in an evening of holiday cheer and laughter. A total of 220 family members, friends, and volunteers showed up to join in the fun. An astounding 20 tons of snow was brought in to create a snowbank on the grass in front of the new Zapara Rehabilitation Center at Loma Linda University Medical Center East Campus (LLUMCEC) where

children engaged in snowman building and snowball fights. Santa Claus was delivered to the party on an antique fire truck provided by the Loma Linda Fire Department as a horse-drawn sled, driven by Mrs. Claus, took partygoers on a ride around the park throughout the evening. The choir from San Bernardino Valley College performed in song to engage the crowd in celebration through music.

Thank you to the sponsors of this event: Mayflower Trucking Company, LLUCH, and San Manuel Band of Mission Indians. ●



2010 Grant and Scholarship Distribution Facts

Over \$22,000 distributed to 12 individual recipients ages 10 to 57.

- 3 athletic scholarships
- 1 educational scholarship
- 7 equipment grants
- 1 accessibility grant

Over \$51,000 distributed to 5 wheelchair and disabled sports teams.

- Rolling Bears
- Crown Rugby
- Lady Warriors
- Extreme Baseball
- Extreme Football

Over \$160,000 community event grants distributed for 22 community events.

Over \$234,000 was distributed for advocacy and promotion of the disabled community.



The 2011 grant application will be available from June 1, 2011, to September 30, 2011, at www.teampossabilities.com.

Ironman World Champion Inspires at the 7th Annual PossAbilities Celebration Dinner

Ironman world and motocross champion David Bailey, who has been pursuing his best racing after an accident left him paralyzed from the chest down, motivated the audience as the guest speaker at the 7th Annual PossAbilities Celebration Dinner on Sunday, December 5, at the Riverside Convention Center. "We are very proud of the accomplishments of PossAbilities and its members," says Michael Jackson, administrator of Loma Linda University East Campus. "This celebration recognizes all of their inspiring work to make a difference in the lives of people." The invitation-only event hosted over 600

people where the accomplishments of the PossAbilities members were highlighted and the development of the program was recognized. The Celebration Dinner was hosted by Gigi Garland of FOX Sports and Doug "DJ Frog" Vincent of K-FROG radio. Artist Tracy Holmes presented David Bailey with a portrait that she painted of him during his Ironman race in Kona, Hawaii as a gift. An original print of the portrait was also given to San Manuel Band of Mission Indians as a token of appreciation for their long-term support of the program and their sponsorship of the dinner. ●



Tracy Holmes takes the stage to present David Bailey with a self-portrait. (Left to right: Gigi Garland, David Bailey, and Tracy Holmes.)



Grant recipients featured left to right: Josh Dotson, Kande Bain, Montreal Ervin, Mary Rachal, Julia Reynolds, Steve Hoffman, Jordan Wallen, Erick Castillo, Fermin Camarena, and Ezekiel Ramudzi.

Speakers Bureau

If you are a member of PossAbilities and are interested in peer visiting or speaking in the community on behalf of PossAbilities, please contact Loma Linda University Medical Center Volunteer Services Department at 909-558-4654.



Meet Our Member: David Bailey

David Bailey was born in San Diego, Calif., in 1961. When he was very young, his parents split, and after a couple of years living with his father, David went to live with his mother, who had remarried. Her new husband, Gary Bailey, was a pioneer of American Motocross and was known as the professor of motocross. David was a quick study and won the amateur national championship in 1978. He turned professional the following year and was picked up and sponsored by Honda.

David's career skyrocketed as he racked up six titles and five Team USA titles, including numerous other races such as the Superbowl of Motocross at the LA Coliseum and the US Grand Prix at Carlsbad on *ABC's Wide World of Sports*.

In 1986, David and his wife, Gina, were married and spent their honeymoon in Kona, Hawaii. It was there that David got his first taste of triathlon and the desire to do the Hawaii Ironman. Three months later, he crashed and broke his back, leaving him paralyzed from the chest down. After a couple years of depression, David, his wife, and son, Sean, moved from Virginia back to California. David began working as a designer and a TV commentator for

motocross. He also competed in marathons across the country.

Eventually he returned to Hawaii to race in the handcycle division of the Ironman in 1998 to 2000, finally winning that division in 2000. From there, David continued doing TV work and coached young riders, but soon developed a pressure sore that snowballed into a couple years of surgeries and misery. With much prayer, David experienced a miraculous recovery at Loma Linda University Medical Center.

David returned to Kona, Hawaii in 2009 and finished the Ironman, showing once again his tenacity, determination, and faith. David says, "Tough times are necessary to make you stronger." David is now healthy again and coaching others who have suffered similar injuries. He is one of the newest additions to the PossAbilities Speakers Bureau. ●



For more information about our Speakers Bureau go to www.teampossabilities.com.



PossAbilities SUPPORT GROUPS

THE AMPUTEE CONNECTION

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

Clinic for Patients with Amputations

Loma Linda University Medical
Center East Campus
Orthotics and Prosthetics
Department
Each Wednesday every month
at 1 p.m.
Ambulatory Services Building –
North Entrance
11406 Loma Linda Drive,
Room 407
Loma Linda, CA 92354

An appointment is required.
Please call **909-558-6272**.

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.

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**.

*For a complimentary Medicare
health plan and enrollment
consultation, call Sarah Welsh
at **909-520-8482**.*

About the PossAbilities Program

PossAbilities is a community outreach program at Loma Linda University
East Campus (LLUMCEC) whose goal is to offer individuals with permanent
disabilities a sense of community. PossAbilities' focus is to integrate its
members back into society as valuable members of the community. To learn
more about PossAbilities, visit us on the Web at 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
Free education and tools for patients and caregivers
www.strokesocal.org

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



For more information about joining PossAbilities go to www.teampossabilities.com or call 909-558-6384.

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.

Samantha Orcasitas
Editor

Cotie Williams
Editor

Jemellee Ambrose
Assistant Editor

© 2011. 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 28 and April 1.

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



cotie's corner

PossAbilities hosted a Spinal Cord Injury Education series in the first quarter of this New Year. During the course of six different evening sessions, a group of experts from Loma Linda University Medical Center (LLUMC) Rehabilitation Department shared information on the following topics: Understanding Spinal Cord Injuries, Nutrition, Bowel and Bladder Management, Psychological Aspects of Healing, Lifestyle and Fitness, and Q & A. Those in attendance were former patients of LLUMC and members of PossAbilities.

It is a priority for our organization to continue the healing ministry of Jesus Christ. Support, information, and resources can be invaluable to those suffering from life-changing injuries. As a result of positive evaluation, we hope to have another educational series in the near future. A special thanks to all who participated.

LOMA LINDA UNIVERSITY

PossAbilities

9th Annual TRIATHLON & 5K Run/Walk/Roll

Past Champion

Chris Stehula, Collegiate National Champion

Michelle Jones, Former Ironman world champion, Olympic Silver Medalist & ITU World
Jim Vance, Two-time amateur world champion in ITU and XTERRA

Samantha McGlone, Ironman 70.3 World Champion

PossAbilities provides
resources and
opportunities
for people with
diverse disabilities.

Sunday, April 17, 2011 Drayson Center, Loma Linda

Adult Triathlon 3.1 mile run • 11 mile bike • 150 yard swim • 5K Run/Walk/Roll
• Kid's Triathlon (including tricycles) • 1/2 mile run, 1/2 mile bike, and 1/2 mile swim

\$3,400 total purse for the Triathlon • \$350 total purse for the 5K Run/Walk/Roll

Defending Champions:

Male - Chris Stehula (Pro Triathlete)
Female - Christine Howard

Online registration powered by **active.com**

For more information or to volunteer, call 1-877-LLUMC-4U

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



LOMA LINDA UNIVERSITY