



LOMA LINDA
UNIVERSITY

MEDICAL CENTER
EAST CAMPUS

PossAbilities & you

Summer 2011

www.teampossabilities.com

PossAbilities has moved:

Our new office location is:
25455 Barton Rd., Ste. 109A
Loma Linda, CA 92354

NEW U.S. Handcycling Federation Partnership

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PossAbilities

PRESENTED BY

SAN MANUEL
BAND OF MISSION INDIANS





Tracing Our Milestones and Looking Toward Our Future

It's hard to believe that nine years ago, Michael Jackson, former Loma Linda University Medical Center East Campus vice-president, started a small program called PossAbilities. At the time, the program had about three

members. In time, it soon became apparent that sports and sporting events were a great way for individuals with disabilities to remain fit and healthy, while maintaining a sense of dignity and accomplishment. It wasn't long before our membership began to grow, reaching about 558 by 2005. We have seen our program grow to the nearly 4,200 members we have today.

There are many exciting things happening in PossAbilities in 2011. For instance, PossAbilities is now the Presenting Sponsor for the U.S. Handcycling Federation (see page 2).

As our program continues to grow, we have taken the opportunity to redefine our Team PossAbilities concept to include all our members who participate in the sports programs for people with disabilities that we sponsor.

This year, we launched the Health Education Series by hosting a six-week informational clinic on spinal cord injuries, with more clinics to come. We also witnessed the birth of the first PossAbilities Support Group for Children with Limb Loss.

Thank you for continuing to support our program not only through your financial gifts, but also through your ongoing participation in all our events. This year marks my first year as PossAbilities manager, and I hope it will be a year in which I will have the opportunity to meet many of you and share good times together. May God bless us as we move forward.

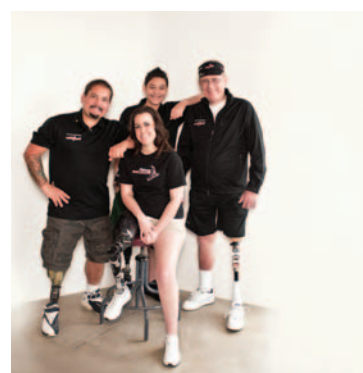
Pedro R. Payne, Ph.D.
Manager of PossAbilities
prpayne@llu.edu



To learn more about the PossAbilities program, snap a photo of this icon with your smartphone.

About the PossAbilities Program

PossAbilities is a community outreach program at Loma Linda University Medical Center 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.



On Our Cover

Members of PossAbilities and advocates for amputees. Bill Nessel (left), Alex Garcia (back), Jamie Woodford (center), Greg Crouse (right).



Team PossAbilities Invades the Tour de Palm Springs

The Tour de Palm Springs (TDPS) is an annual fundraiser for more than 100 charities in the Coachella Valley. Since 1999, the event has raised hundreds of thousands of dollars for local nonprofit groups. TDPS has become the largest bicycle ride of its kind in the Western U.S. This year's tour had an estimated 10,000 riders.

Several PossAbilities and Amputee Connections members rode this year in support of INCIGHT, a nonprofit organization that offers programs and an amputee support group to meet the needs of youths with disabilities in Palm Springs.

One of the team's goals was to integrate its disabled handcyclists and their abled-bodied counterparts into this event. Amputee Connections had 26 people at the event, including seven on handcycles, seven on two-wheelers and 12 in the pit crew tending the booths, including Bill Nessel the "Mustard Man."

Team PossAbilities made its appearance with matching kits and colorful riders, including Fermin Camarena on his bright green recumbent bike, Del Dunston on his green "Sleeper," Greg Crouse on his "Muscle" bike and Owen Daniel, the "Rolling Tattoo Billboard," all told five handcycles and four two wheelers. Also completing the 5-mile ride was Joe Barajas, a 77-year-old bilateral amputee at his first TDPS event.

Next year, we hope to make an even bigger footprint in the sand for our community and inspire others to join us. We hope to see you there. ●



Several Team PossAbilities handcyclists brought awareness of handcycling to the Palm Springs community.



SAVE THE DATE for the Tour de Palm Springs next year on February 11, 2012.

PossAbilities Partners with U.S. Handcycling Federation (USHF)

The 2011 U.S. Handcycling Series (USHCS) presented by PossAbilities was announced on January 21, 2011, which features 55 individual races at 26 events in 14 states. The series enters its 12th season as North America's only integrated cycling series, putting athletes with and without disabilities together at premier cycling competitions. The USHCS is open to all handcyclists, and focuses on creating domestic racing opportunities for new athletes, as well as elite racers. "There really is something for everyone, and it is awesome to see so many first-time events on the calendar ... it helps us meet our mission to introduce new athletes to bike racing, as well as prepare up-and-coming athletes for international competition," said Ian Lawless, U.S. Handcycling Executive Director.



This partnership has allowed us the opportunity to raise awareness for our programs here in the Inland Empire. We are thrilled to expand our relationship with U.S. Handcycling. For more information, please visit U.S. Handcycling on the web at www.ushandcycling.org or contact Ian Lawless at 720-239-1360 or via email: ian@ushf.org.



Ripping Up the Roads at the



The Redlands Bicycle Classic has become more than an internationally recognized professional cycling race; it is an event that leads by promoting the core values of health, diversity, and respect for the environment. This event's commitment to these core values has been no more evident than with the association with and partnership of the Loma Linda University PossAbilities program.

Loma Linda University PossAbilities marked its five-year sponsorship anniversary with the Redlands Bicycle Classic by taking on an even bigger role than title sponsor. PossAbilities brought in a handcycle director, Cotie Williams, to be a part of the all-volunteer Redlands Bicycle Classic organizing committee. This role includes promotion and coordination of all things handcycling, and for this year's race this was no small task given the four-day scope of the Redlands Bicycle Classic.

This year's handcycle race consisted of four stages and was run, as it has been in the past, as a featured event at each of the Redlands Bicycle Classic's four venues: the PossAbilities Hill

Climb Time Trial, a 3.1-mile climbing course contested solo against the clock; the PossAbilities Road Race, a 21-mile testing course with fast corners, long straights, and plenty of wind to keep the racers fighting to keep top speed; the PossAbilities Downtown Long Course Criterium, a nine-turn, incredibly technical and fast course that will test each rider to the limits of his or her ability; and the PossAbilities Short Course Criterium, held on a similar downtown Redlands course, but with a shorter five-turn layout that keeps the racers in the spectators' eyes, but still packs plenty of arm-busting punch!

As the second round of the U.S. Handcycle Series (also presented by PossAbilities), the 2011 Redlands Bicycle Classic was an amazing event, contested by over 30 handcyclists on the same roads that the men's and women's professional peloton has been hammering for nearly 30 years. It's an event and a partnership that builds community through the promotion of an active lifestyle, whether it is on two wheels or three! ●



If you are interested in participating in group rides, training, or handcycling for exercise, please e-mail your interest to Cotie Williams at cowilliams@llu.edu or call **909-558-6384**.

Race Results—

Overall Winners

Men

H1 – Anthony Pedeferri
H2 – Will Lachenauer
H3 – Alvin Malave

Women

H2/3 - Carrie Finale





Over 30 handcyclists from across the world joined in the 4-day race series.



Dave Owens of Utah participated in his first race after learning about PossAbilities online and teaming up with the Utah Handcycling team.



Fernando Aranha of Brazil meditating before a race. Aranha went on to successfully clinch 1st place overall in the Sunday Criterium.



Dan Davies, former resident of Beaumont, CA, took 2nd place in his category in Friday's road race.

9th Annual **PossAbilities** Triathlon, 5K, Run/Walk/Roll and Kid's Triathlon

Athletes of nearly all ages ran, biked, and swam on Sunday, April 19, for the 9th Annual PossAbilities Triathlon. Many first-time participants who had recently sustained life-altering injuries were among the 812 physically challenged and able-bodied athletes that competed side by side. Children younger than 14 also participated in the Kid's Triathlon. All participants received a finisher medal at the awards ceremony and a pancake breakfast. Snow cones helped everyone cool off from the warm afternoon.



Challenged athletes of all ages came together for a photo opportunity after their participation in the races.



Jared Wareham rides his bicycle with the support of his parents during the cycling leg of the triathlon.



Albert Moncada, new amputee, completes his 1st 5K race.
Photo by Rich Cruse.

New Limb Loss Group Gathers at the PossAbilities Triathlon

Thank you to all the families and friends who came out to support the new Pediatric Limb Loss Support Group at the PossAbilities event – the first and only pediatric and family support group for limb loss in Southern California. More than eight families came to meet one another. Thank you to PossAbilities, Amputee Connection of Redlands, Incight, and YMCA Redlands for supporting our group. Another meeting is planned for late autumn. Details are to come. If you are interested in more information about the group, please contact Bill Nessel at 909-423-0562 or Cotie Williams at 909-558-6384.

SAVE THE DATE:

3rd Annual PossAbilities
Children's Swim Party

July 12, 2011

10 a.m. to 1 p.m.

To make reservations
call Tina at 909-864-7424
or Cotie Williams at 909-558-6664.

Triathlon and 5K Race Results

Tri Male

Chris Stehula 45:39.6
Peter Clode 45:56.6
Karl Bordine 47:24.7

Tri Female

Julie Ertel 52:08
Charisa Wernick 52:51
Patty Peoples 56:55

Tri Challenged Male

Fermin Camarena 1:04:39
Gregory Tyler 1:05:34
Alvin Malave 1:12:08

Tri Challenged Female

Unida Lesicko 1:21:23
Danielle McLaughlin 1:24:04
Beth Sanden 1:44:06

5K Male

Cesar Robles 16:56.7
Wayne Cottrell 19:06.6
Joel Mundall 19:41.3

5K Female

Paulina Munoz 22:18.1
Wendy Arroyos 22:21.5
Irene Yeoh 24:22.4

5K Challenged Male

Jesus Cuellar 22:49.4
Montreal Ervin 23:01.0
David Cazares 23:03.9

5K Challenged Female

Marina Armendarez 45:34.7

Thank You to Our Sponsors

Presenting Sponsor

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COFFEE & TEA CO.

Redlands
Bicycle Classic

ARROWHEAD
Mountain Spring Water



The Story Behind the Hall of Heroes

Since the inception of the program almost 10 years ago, each year a member or support member of PossAbilities is chosen as an inductee to the "Hall of Heroes," which is located in the hallways in the Outpatient Rehab Center (ORC) at Loma Linda University Medical Center East Campus (LLUMCEC). The Hall of Heroes displays pictures and stories of our "heroes." It was created as a way to share stories with our patients or people who have overcome insurmountable odds and have made an incredible impact on those around them. Come visit the Hall of Heroes to find stories about the following inductees:

- Emmanuel Ofosu Yeboah
- Rudy Garcia-Tolson
- Willie Stewart
- Gina Cooper
- Joe Tinker
- Chris Melin
- Malek Mohammed
- Delmon Dunston
- Eric Arrington
- Abbey Umali
- Michael Jackson



Michael Jackson Announces His Retirement

Michael Jackson came to Loma Linda University Medical Center East Campus (LLUMCEC) in 2001 with the vision of creating a place where patients, families and staff could find hope, healing and transformation.

The goal was to bring rehabilitation, orthopaedics and neurosciences to one campus where patients could easily access care in an environment that made them feel at home.

As Michael learned more about the needs of our patients and their families, he started to think about ways to care for them beyond their stay in the hospital. Michael knew that disabilities are isolating. The individuals we serve often become disenfranchised and lose connections they once had to their communities. Michael wanted LLUMCEC to reconnect patients to their communities.

Michael shared his idea to help our patients with a small team, and together, they crafted the vision of PossAbilities, a program that started at the bedside with peer visits and support groups. The community caught the vision and became involved

with our PossAbilities Triathlon and Annual Celebration Dinner.

PossAbilities became a pioneer in our region for creating opportunities for people who thrive, despite their disabilities, and a meaningful program for community partners to support.

PossAbilities is nearly 10 years old now and has connected countless members with one another to create hope for the disabled. Michael has been a champion for PossAbilities, but most of all, for the people it serves. Michael believes in the potential of each member with all his heart.

On May 5, 2011, a retirement celebration to honor Michael Jackson, Senior Vice President, was held at the Tom and Vi Zapara Rehabilitation Pavilion. As Michael Jackson ventures new paths, we would like to thank him for his guidance, leadership, and service to LLUAHSC, LLUMC, and the East Campus.

As Michael moves into the next phase of his own life, his retirement, we include him as an honorary member to our Hall of Heroes. He has been our hero as the founder of PossAbilities.



Meet our Member: **Jamie Woodford**

Jamie had always been a strong person, up for any challenge, and one day almost three years ago she was forced to put that strength to the test. On July 30, 2008, Jamie was involved in a motorcycle accident resulting in a 30-day stay in the hospital and three surgeries. Although severely broken, her leg was saved, only to be held together by plates and screws. After a passing year, Jamie's leg still had not healed, so she decided to have her left leg amputated. She became an above the knee amputee on October 14, 2009. Her spirit remained strong, and just two weeks later she was back to working long shifts as a college instructor. Less than two months later, she took her first steps using a prosthetic leg after spending a year and a half on crutches. Jamie is now certified as a peer visitor by the Amputee Coalition of America, and is active in the amputee community. She is currently a full-time nursing student in Beaumont, CA. She hopes that with experience and education she will be better able to help others with disabilities. ●



Thanks to the generous support of San Manuel Band of Mission Indians, PossAbilities has a new wheelchair accessible van.



Need a Same Day Doctor's Visit?

The Loma Linda University Medical Center Urgent Care at East Campus is a walk-in clinic designed to treat minor injuries and illnesses when you need to see a doctor right away. Our hospital-based Urgent Care is staffed with Family Practice Physicians and Practitioners.

The Urgent Care provides non-emergency medical care for symptoms and conditions like:

- abdominal discomfort
- asthma
- bee stings
- exacerbation of chronic back pain
- fever, cough, sore throat, cold, flu
- minor cuts and burns
- nausea, vomiting, diarrhea
- rashes or skin infections
- sinus or ear infections
- sprains or broken bones
- sports injuries
- urinary tract infections

25333 Barton Road, Loma Linda, CA 92354

909-558-6641

Open 7 days a week all year long
9:00 am – 8:00 pm



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
Wednesdays 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.

FAMILY SUPPORT GROUP FOR CHILDREN WITH LIMB LOSS

For more information, please contact Bill
Nessel at **909-423-0562** or the PossAbilities
office at **909-558-6384**.

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.

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**.

Stroke and Brain Injury Spouse/ Partner Support Group

First Wednesday of the month,
6 to 7:30 p.m.
Loma Linda University
Outpatient Rehabilitation Center
11406 Loma Linda Drive, Suite
110 (South entrance of building)
Loma Linda, CA 92354
For more information, call
909-558-4000, ext. 66577.



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

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

MULTIPLE SCLEROSIS

National Multiple Sclerosis Society/
Southern California Chapter
1-800-FIGHT-MS (344-4867)
Loma Linda University Medical Center
Physician Referral Line
877-558-6248

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



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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.

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cotie's corner

Just recently I had the opportunity to collaborate with some friends from Wheels for the World (WFTW). WFTW collects, restores, and transports used wheelchairs to those in need around the world. Please join us in supporting WFTW in a PossAbilities wheelchair drive coming soon. To learn more about WFTW go to www.joniandfriends.org. See below for more details.



PossAbilities Wheelchair Drive

When: Thursday, July 21, 2011

Where: PossAbilities office
Professional Plaza
25455 Barton Rd., Suite 109A
Loma Linda, CA 92354

Drop off any new or used wheelchair between 10 a.m. and 6 p.m. A tax donation receipt will be provided by WFTW. For more information call **909-558-6384**.

Sunday, June 26, 2011 • CSUSB

TINMAN

Triathlon & 5K

PLUS Kids Triathlon & Tricycle Race

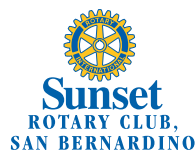


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Join us for Sunset Rotary's 25th Tinman Triathlon or 5K, one of the premier events in California.



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Register early at Active.com, search Tinman

For information, call 909/237-9368

RotaryTinman.org • info@RotaryTinman.org