



LOMA LINDA
UNIVERSITY
MEDICAL CENTER
EAST CAMPUS

PossAbilities & you

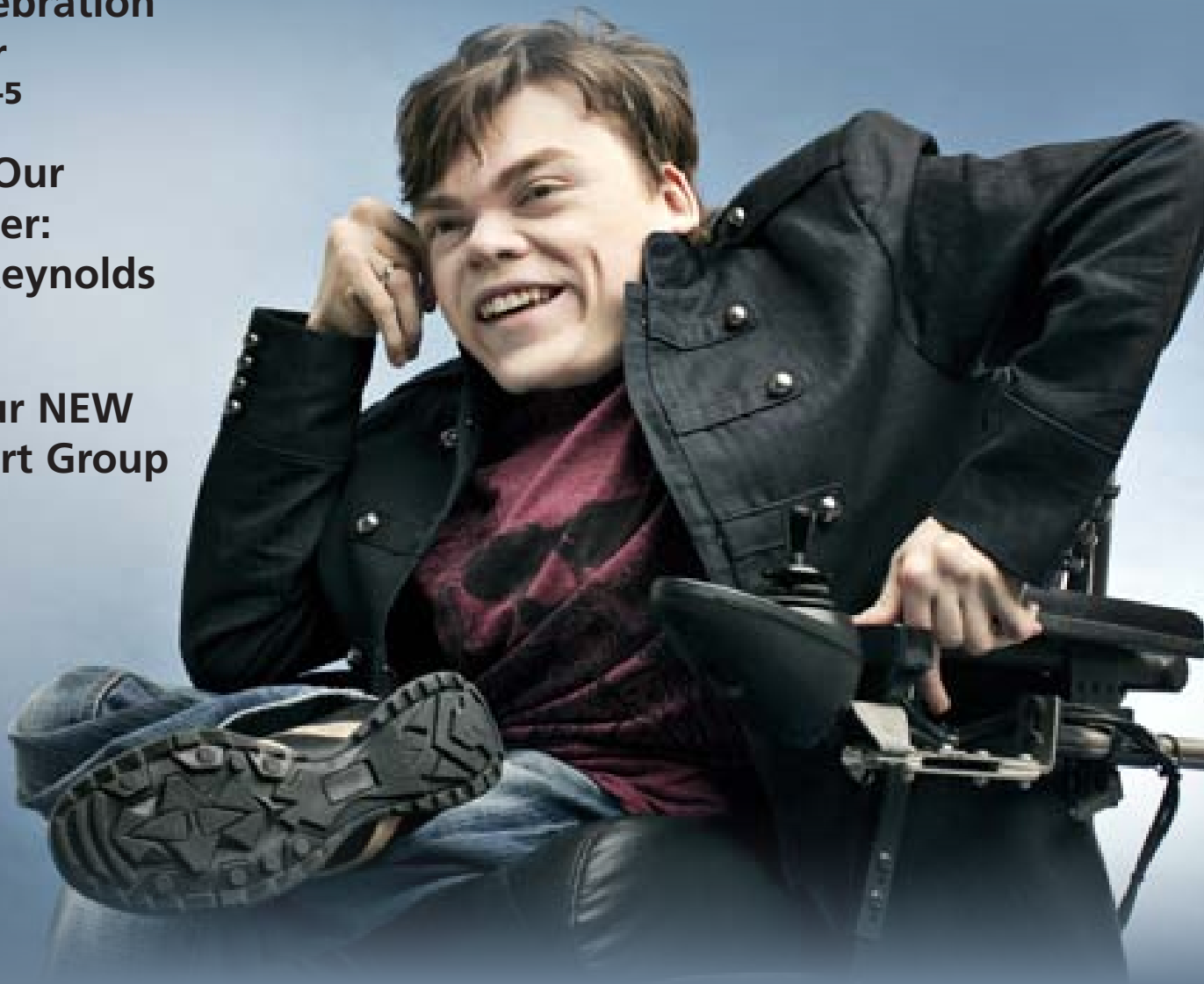
Spring 2012

www.teampossabilities.com

**Justin Hines
Entertained
at Celebration
Dinner
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**Meet Our
Member:
Julia Reynolds
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Support Group
page 10**



PossAbilities

PRESENTED BY

SAN MANUEL
BAND OF MISSION INDIANS



Find us on
Facebook

PossAbilities at LLUMC

Benefits of Membership

- Social, recreational, and community activities
- Peer mentoring
- Educational learning
- Adaptive and wheelchair sports
- Support groups
- Competitive team activities
- Women's, youth, and family activities
- Holiday parties
- Grant and scholarship program
- *PossAbilities & You* newsletter
- Discount prescription program
- Discount to on campus cafeterias
- Discount to the Drayson Center. Call **909-558-4975**.

About PossAbilities

PossAbilities is a community outreach program of Loma Linda University Medical Center East Campus. Membership to PossAbilities is free and there are no age restrictions. PossAbilities provides resources and opportunities for persons with diverse physical disabilities. Membership gives you the opportunity to find new direction and hope through physical, social, educational, and spiritual interaction with your peers and the community. Visit our office, or our website online, to learn how PossAbilities can benefit you.

Staying Active

You will have many opportunities to get active and stay healthy while making new friends. If you are interested in wheelchair sports, recreational activities, support groups and more, we have the connections for you. You can even get a discounted gym membership to the Drayson Center as a member of PossAbilities. Take advantage of adaptive workout equipment at a world-class facility.

Belonging

We want you to feel connected. Whether you received care at Loma Linda University Medical Center or heard about us later, you can be a part of PossAbilities. Our goal is to provide you with the opportunities and tools you need to succeed and feel good about yourself.

Peer Support

Many persons with disabilities are looking for encouragement, emotional support, and a firsthand positive viewpoint from someone who has been there. Participate in the peer support program by volunteering your time to reach out to someone who needs it most.

Become a Support Member

Rehabilitation health care professionals, physicians, therapists, family members, and friends are all welcome to join PossAbilities as support members. Your time, resources, and financial contributions are vital to the ongoing success of PossAbilities. ●



On Our Cover

Singer-songwriter Justin Hines inspired the audience at the PossAbilities Celebration Dinner.

Office Location

PossAbilities
Professional Plaza
25455 Barton Road,
Suite 109A
Loma Linda, CA 92354

Phone

909-558-6384
909-558-6334 fax

Website

www.teampossabilities.com
www.possabilities.com



Learn more about featured PossAbilities members and becoming a member or volunteer. Just snap a photo of this icon with your smartphone.

calendar of events

January 9

Prayer Ministry (ongoing)

January 10

Stretching and Exercise Program (ongoing)

January 12

Sickle Cell Education Series (ongoing)

January 15

Women's Jewelry Workshop

January 18

Spinal Cord Injury Education Series I
(6-week series)

January 22

Rolling Bears Conference Tournament

January 26

Women's Arts and Crafts Workshop (ongoing)

February 2

Adaptive Ski Trip to Mammoth

February 11

Tour de Palm Springs

March 10

Brainstorming Walk 4 Thought

March 22-25

Redlands Bicycle Classic Handcycle
Race Series

April 6

Colton High Club PossAbilities Prom

April 29

10th Anniversary PossAbilities Triathlon

May 16

LLUCH Children's Day

June 1-August 31

Grant and Scholarship Application is open

June 18

Camp No Limits for Amputees

June 23

Handcycling National Championships

June 24

Tinman Triathlon

July 29

Kids Swim Party

August 5

Drayson SwimAbilities Program
(4-week program)

September 5

Spinal Cord Injury Education Series II
(6-week series)

September 15

IEDC Disability Expo

October 6

Disability Sports Festival

October 24

Senior Health Fair

October 31

Children's Hospital Fall Festival

December 2

Annual Celebration Dinner

December 9

Children's Christmas Party

*Dates shown are start dates.
Please contact the PossAbilities
office if you are interested in
learning more about our events.*

NEW! SICKLE CELL EDUCATION SERIES

Adult group meeting. Dinner will be provided.

WHEN: Second Thursday of each month, 6:30–8:30 p.m.

WHERE: PossAbilities office
25455 Barton Rd., Ste. 109A
Loma Linda, CA 92354

For more information call
1-877-LLUMC-4U.

NEW! POSSABILITIES PRAYER MINISTRY

We invite you to join us in fellowship and prayer.

WHEN: First Monday of each month, 11 a.m.

WHY: Because prayer is powerful

WHERE: PossAbilities office
25455 Barton Rd., Ste. 109A
Loma Linda, CA 92354

WHO: You!

For more information contact Pedro
Payne at **909-558-6316.**

PossAbilities **Celebration Dinner** Featured Popular Canadian Superstar

Famed Canadian singer-songwriter Justin Hines inspired the audience as the featured speaker/entertainer at the Loma Linda University Medical Center 8th Annual PossAbilities Celebration Dinner. The dinner took place in the Ben H. Lewis Hall at the Riverside Convention Center in Riverside, CA. "We were excited to recognize all of the inspiring work and progress our members have made this year. We awarded more than \$73,000 in grants and scholarships," said Pedro R. Payne, manager of PossAbilities.

The event highlighted the accomplishments of the

PossAbilities members and the growth of the program. The PossAbilities Celebration Dinner is presented by title sponsor San Manuel Band of Mission Indians and hosted by Doug "DJ Frog" Vincent of K-FROG radio. Mr. Hines, a successful recording artist who has performed at both the Beijing and Vancouver Olympics, has Larsen syndrome, a joint dislocation condition that requires him to use a wheelchair. He is an advocate for people with disabilities through his Justin Hines Foundation. The crowd gave Justin a standing ovation after he ignited a sense of happiness. ●



23 members of PossAbilities received more than \$73,000 in education, equipment, and accessibility grants. Some recipients are featured above.





Justin Hines as featured on his album cover "Days to Recall"

Justin Hines Thrives Against the Odds

There's a moment in every artist's life when he knows that music is not only his path, but his destiny. Even though Justin Hines grew up singing in church, his realization came at the most unlikely of places—at a Toronto Raptors' basketball game in his hometown 15 years ago.

A then-14-year old Hines won a vocal competition to sing the National Anthem—both the Canadian and American—at the game. His world opened up before him. "In that moment, it all seemed possible," he recalls. "The performance eliminated any stage fright." Hines, who has performed professionally ever since, realized he could not only survive, but thrive.

Hines has thrived all his life against odds that would daunt someone with a

less indomitable spirit. Hines has Larsen Syndrome, a joint dislocation condition that confines him to a wheelchair. "I don't look at my situation as that big a deal," he says. "We all have things that challenge us. Some people's challenges are a little more visible. My challenge is very apparent, whereas others wear theirs on the inside."

Hines has performed across the globe, throughout Europe, the Middle East, China, and North America. He performed at the Beijing Olympics, supported by Sheila E. He sang at the Vancouver Olympics and the 2011 Pan Am Games in Mexico.

Although his condition has provided challenges, Hines sees the good his condition has brought him and the inspiration he can provide others. ●

**THANK YOU to
Our Community
Partners that
Helped Support
PossAbilities in
2011**

SAN MANUEL
BAND OF MISSION INDIANS

Advanced Drainage Systems

Blue River Denim, Inc.

Cyclery USA

TREK

Per4Max

**San Bernardino Sunset
Rotary Club**

LLUHC Administration

LLUMC Urgent Care

**Clark's Nutrition and
Natural Foods Market**

Partners for Better Health

Redlands Bicycle Classic

Carl E. Wynn Foundation

U.S. Olympic Committee





LLU Children's Hospital & PossAbilities Celebrated Christmas with a **Winter Wonderland**

Excerpts by Mike Cruz, Staff Writer for *San Bernardino County Sun*

Santa Claus paid an early visit to scores of children and their families at Loma Linda University Medical Center East Campus in December as part of its Winter Wonderland Christmas Celebration. Snowballs were flying as the children, and a couple of adults, played in the 20 tons of snow that blanketed a lawn on the medical center's East Campus. Santa Claus arrived in a fire engine from the Loma Linda Fire Department, and each child got to chat with him, have a picture taken, and receive a gift. Meanwhile, Mrs. Claus gave horse-drawn sleigh rides around the parking lot.

Some of the kids even got to sit inside a real NASCAR race car that was converted into a simulator with the 3D iRacing video game. Robert Hicks, of Norco, a Spina Bifida patient at LLU Children's Hospital when he was younger, said the car is fitted with full hand controls to make it easier for the kids to play. ●

The event was hosted by the LLU Children's Hospital Spina Bifida Team and LLU PossAbilities. It was sponsored by **Total Transportation Logistics**, **LLU Children's Hospital**, **PossAbilities**, and the **San Manuel Band of Mission Indians**. It left children smiling after an enjoyable day of sleigh rides, snow, Santa Claus, candy, and gifts.



To volunteer at the Children's Christmas Party or similar events, please contact Cotie Williams at **909-558-6384**.





NEW UPDATE from Our Member Malek Mohammed

A few years ago Malek Mohammed returned to his homeland of Afghanistan upon completion of his rehabilitation at Loma Linda University Medical Center East Campus. He left us with two new legs and an undeniable spirit of determination. We are happy to report that Malek is thriving and pushing through his last year of high school. He has always been an athlete, so he spends his extra time playing soccer and swimming. His family is the most important thing in his life. He still has dreams of returning to the U.S. to visit who he calls his "American family". Please continue to keep Malek in your prayers.



A Thank-You Letter to Team PossAbilities

To all of you who registered, rode, or just came out to support Incight at the 14th Annual Tour de Palm Springs, I want to extend to you my sincerest appreciation and gratitude. I am still high from what I witnessed—a community of cyclists who came together to inspire awe and to raise awareness of the talent within the community of people with disabilities. You live life to the fullest, put yourselves out there, and are willing to move beyond your boundaries. CVSPIN Tour de Palm Springs now has a population of cyclists who have taken their event to a whole new level. Your presence, by sheer numbers, was undeniable. Your skill, commitment, and conviction to living life to the fullest is priceless. I want to thank each and every one of you for making this an amazing event for Incight and handcyclists everywhere. I look forward to seeing you all next year.

Kindest regards –
Judy A. May
Program Development, Incight

An advertisement for the Helium stand-up wheelchair. The main image shows a man in a red shirt and blue jeans standing in a wheelchair, smiling, while a woman stands next to him. The text "SERVE IT UP" is overlaid on the image. Below the main image, there is a smaller image of the Helium wheelchair and a row of silhouettes of people using different types of wheelchairs. The text "With the Helium—the lightest weight stand-up wheelchair in the world—you can rise from a sitting to a standing position in just a matter of seconds. The Helium features ergonomic handles and gas struts for ease of use as well as neoprene-foam knee pads and an adjustable chest belt to ensure comfort and safety. Independence is yours with the Helium. GET VERTICAL." is present. At the bottom, the Lifesand Permobil Group logo is shown, along with the Helium logo, the phone number 800.736.0925, and the website permobil.com/USA/Products/Lifesand.

SERVE IT UP

With the Helium—the lightest weight stand-up wheelchair in the world—you can rise from a sitting to a standing position in just a matter of seconds. The Helium features ergonomic handles and gas struts for ease of use as well as neoprene-foam knee pads and an adjustable chest belt to ensure comfort and safety. Independence is yours with the Helium. **GET VERTICAL.**

LIFESAND PERMOBIL GROUP

HELIUM 800.736.0925
permobil.com/USA/Products/Lifesand



Meet Our Member: **Julia Reynolds**

Julia Reynolds, 14, was born with a short right arm. She is now a freshman at North High School in Riverside and a member of the North's volleyball team, making lots of powerful serves and saves. She leads her team with a fearless spirit. When the girls on the team say, "We're going to lose," Julia says, "Say we're going to win! We can be wrong later."

Julia is a born leader. She loves her friends, performing in theater, singing, drawing, and riding her special bike, thanks to PossAbilities. In the future, Julia plans to work for Disney as an animator or Disney Imagineer. ●

The Girl with One Arm

By Julia Reynolds

For some all they ever want is to fit in, to look and be like everybody else. For me I think they are crazy.

My name is Julia, I am 14 years old, and from day one I was different, because I was born with one arm. And have loved every second of it! I love when kids ask me how it happened, or how surprised people are when they see that I play volleyball, climb trees, hike or do anything else really. What I love the most is the face of confusion and wonder on people when I say that I wouldn't have it any other way. I believe being different and unique is the best thing you can be in this world, and I try to represent this every day. My arm helps me see a little differently, I think. It helps me not judge others as much, and it keeps me positive.

The girl with one arm, that's what they call me, those who don't know me at school but have seen me around. But my friends just call me Julie, and after a while forget about my arm, but not completely. I wouldn't want them to forget completely, because it is a part of who I am. Without it I couldn't be Julie.



Would you like to share your story and accomplishments with others? If so, submit your bio and a picture to cowilliams@llu.edu.

Your life story could have an impact on others. Find the courage to share your story today!

Support Groups

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

Redlands Support Group

Third Sunday of the month, 2 to 4 p.m.
Weisser 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
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 email info@brainstorming4us.com.
For more information, visit
www.brainstorming4us.com.

THE LIMB CONNECTIONS

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 6:30 p.m.
Inland Empire Health Plan (IEHP)
303 East Vanderbilt Way
San Bernardino, CA 92408
Family is welcome.
RSVP to Dennis at **909-890-3438**,
or **909-890-1623** (TTY), or email
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**
(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**.

STROKE AND BRAIN INJURY SPOUSE/ PARTNER SUPPORT GROUP

First Tuesday of each month,
5 to 6:30 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.

Memory Disorders Caregiver's Support Group

First Tuesday of each month,
3 to 4:30 p.m.
Loma Linda University
Outpatient Rehab
11406 Loma Linda Dr., Suite 110
(south entrance of building)
Loma Linda, CA 92354

Please call for information or to
make reservations:
Anna Wong, PhD
909-558-4000, ext. 66577



Resource Guide

AMPUTEE COALITION (AC)

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, referrals, 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)

email: 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)

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

Learn more about featured PossAbilities members and becoming a member or volunteer. Just snap a photo of this icon with your smartphone.



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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Pedro's Place Spring Is Here!



What a wonderful time of year!

Just as the earth blooms with excitement, so do we at PossAbilities!

We're excited because of the many wonderful

events we have coming up.

This spring we are celebrating our 10th Anniversary PossAbilities Triathlon! Ten years of hosting this wonderful event for our local athletes, their family members, and their friends.

We are also happy to announce a few new program components to PossAbilities. This includes our new Prayer Ministry, our Women's Jewelry Workshops, our new Arts Program, our Stretching and Exercise workshop, and our monthly Sickle Cell Education Series. So let's make 2012 a year to remember!

Find out more about all our exciting new programs on our newly redesigned website. Or, call us at 909-558-6384.

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

If you wish to be removed from the mailing list for this publication, please call 909-558-6664 or email cwilliams@llu.edu.

SAVE the DATE

04•29•12

5K, Run/Walk/Roll
& Kids Triathlon

10th Anniversary Triathlon

www.active.com
search PossAbilities

Online registration will open
January 1, 2012 at

active.com

LOMA LINDA
UNIVERSITY

PossAbilities

10th Anniversary
TRIATHLON

Presented By

SAN MANUEL
BAND OF MISSION INDIANS