



LOMA LINDA  
UNIVERSITY

MEDICAL CENTER  
EAST CAMPUS

# PossAbilities & you

Winter 2012

[www.teampossabilities.com](http://www.teampossabilities.com)

**Team PossAbilities at the  
San Diego Tri Challenge**  
pages 6-7

**Meet Our Member:  
Carrie Finale**  
Page 9

**Save the Date for the  
PossAbilities Triathlon**  
Page 12

**PossAbilities  
Wins a Team  
USA Grant.**

See page 5.

PossAbilities

PRESENTED BY

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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

**P**ossAbilities 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 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

Andre Barbieri pictured before swimming his first race as an amputee at the San Diego Tri challenge in La Jolla, CA.

### 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](http://www.teampossabilities.com)  
[www.possabilities.com](http://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.



# Third Annual Mom's Night Out Swim Party



For the third year, PossAbilities held the Annual Mom's Night Out Swim Party at the Drayson Center. On July 10, more than 80 members of PossAbilities—families, children, and adults—showed up for a day of fun. Many disabilities were present, but the day was truly about the abilities of all and the excitement of a refreshing dip in the pool. Joy and laughter were abundant as the children and their families enjoyed swimming, sliding down the waterslide, and enjoying lunch and entertainment together. This year we were blessed with a special

appearance by the YMCA Circus performers of Redlands. They performed acrobatic moves that gave us chills.

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. Sharing times together like this improves the quality of life for all involved, and creates support for each other in our local community. ●

## DO YOU HAVE A CHILD WITH A DISABILITY? JOIN US FOR MOM'S 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.





## Third Annual Sled Hockey Clinic

In conjunction with the Southern California Sled Hockey Association and USA Hockey, PossAbilities held its Third Annual Sled Hockey Clinic on September 4 at Ice Town in Riverside. The free three-hour event taught disabled kids and adults about this fun sport that was recently brought to Southern California for the first time. Around 70 people, abled and disabled alike, took to the ice to try the sleds and learn about the sport's strategy and skills.

This year's clinicians came from various backgrounds. Rico Roman and Jen Yung Lee, both veterans who lost legs in service to our country, are members of the San Antonio Rampage sled hockey team and the U.S. national team. Kyoungmoon Shin, a student at American Sports University in San Bernardino, is a member of South Korea's national team. Dave Nicholls is goalie for the NAC Golden Eagles in Utah and a member of the U.S. adaptive bobsled team. All four displayed their strong skills, knowledge, and sense of humor.

As usual, a great time was had by all. Sean, a teenager whose brother plays standing hockey at IceTown, says that the clinic was "the most fun I've ever had, ever." Brock Waidmann, a young stage and television actor with spina bifida, says, "This was such a blast, and I can't wait to do it again!" Nicholas Jenkins, the 11-year-old PossAbilities member who inspired the start of the program in 2009, was excited at the turnout and hopes that the program will keep growing through donations and community support. ●



For more information, contact Todd Jenkins at [IESledHockey@aol.com](mailto:IESledHockey@aol.com) or call 909-863-1000.





# PossAbilities Wins a \$12,000 Team USA Grant



Following a 12-day voting period on Facebook, six grand prizewinners of the inaugural Team USA Grants have been determined. The grand prize is a \$12,000 grant to assist programs within the U.S. Olympic and Paralympic family that aim to improve sustained competitive excellence, instill the Olympic values, and grow sport participation in the U.S. “On behalf of the U.S. Olympic Committee, a big thanks goes out to the organizations who applied for Team USA Grants and to all the people who voted on Facebook. In addition, congratulations to the winning organizations for their commitment to spreading the Olympic values of excellence, friendship, and respect through this initiative,” says USOC Chief Communications Officer Patrick Sandusky. The winners in the Excellence category are PossAbilities Paralympic Training Program and USA Triathlon’s Veterans to Victors. Winning in the Friendship category are Fever on Ice and USRowing’s America Rows Program. The winners of the Respect category are Legends of the Olympiad presented by Art of the Olympians, and the Western Wisconsin Speed Team. Brief descriptions of the categories are detailed below.

## Excellence

These programs aim to provide coaching, equipment, sport technology, sport science, or training and competition expenses to competitive athletes in order to facilitate improvement and sport development.

## Friendship

These programs aim to introduce Olympic or Paralympic sports to youth, secure instructors, expand the reach of programs to diverse populations, overcome barriers to sport access, and may include providing equipment, facilities, and transportation.

## Respect

These programs aim to teach and cultivate Olympic education through such topics as character and life skill development, health and nutrition, blending sport with culture and education, peace through sport, and fair play.

## About the PossAbilities Paralympic Training Program

PossAbilities would like to expand its reach as a Paralympic Sport Club. With the grant funds, PossAbilities hopes to provide additional sports equipment, training, travel expenses, and coaching to athletes interested in participating in its Paralympic handcycling program.

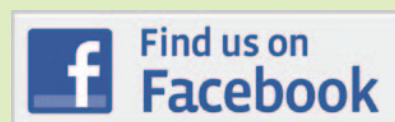
## About Team USA Grants

As part of its Join Team USA initiative, which provides Americans with opportunities to support and join team USA, the U.S. Olympic Committee created the Team USA Grants to assist organizations within the U.S. Olympic and Paralympic family and provide a platform for fan interaction. To enter, eligible organizations submitted a video clip describing their program, its need for funding, and how it met the criteria of the selected Olympic value category. The top videos were then posted to the U.S. Olympic Team Facebook page for fans to determine six grand prizewinners, two from each category. The categories were Excellence, Friendship, and Respect. More information, including the official contest rules, can be found at [www.teamusa.org/teamusagrants](http://www.teamusa.org/teamusagrants).



For more information about the PossAbilities Paralympic Training program, please contact the PossAbilities office at **909-558-6384**.

*Thank you to all of our PossAbilities Facebook friends and family that voted diligently and pushed us over the finish line to the win! That’s what Team PossAbilities is all about!*



**PossAbilities at LLUMC**





Pictured left to right: Delmon Dunston, Cotie Williams, Keith Melvill, Willem Pennings, Andre Barbieri, Carina Barbieri, Shawn Plafker, Carrie Finale, Iskelvi Payne, Pedro Payne, and Darla Colohan.

## Team PossAbilities Partners with the Challenged Athletes Foundation at the **San Diego Triathlon Challenge**

On October 23, Team PossAbilities, consisting of three relay teams, volunteers, and staff gathered together to participate in the 18th Annual Aspen Medical Products San Diego Triathlon Challenge in La Jolla, CA. The event was created 18 years ago by a local group of triathletes to fundraise to help a fellow injured triathlete regain his independence. Now, the San Diego Triathlon Challenge (SDTC) has grown into a celebration of life and sport to make a difference in the lives of physically challenged athletes around the world. SDTC is a participatory event that features a new challenge distance,

consisting of a 1-mile swim, 44-mile bike, and 10-mile run. More than 200 challenged athletes, including PossAbilities former program director Willie Stewart, competed side by side with 500 able-bodied athletes. PossAbilities was honored to be a platinum sponsor of the SDTC. The money raised from the event helped raised funds to provide adaptive sports equipment, training, and competition expenses for individuals with physical challenges to live active lifestyles. For one glorious day we were able to join our mission with the Challenged Athletes Foundation to provide new direction and hope.

### **Relay Team #1**

Swimmer: Keith Melvill  
Cyclist: Delmon Dunston  
Runner: Willem Pennings

### **Relay Team #2**

Swimmer: Andre Barbieri  
Cyclist: Carrie Finale  
Runner: Robert Sandholm

### **Relay Team #3**

Swimmer: Brad Wynveen  
Cyclist: Pedro Payne  
Runner: Fabio Maia







Rudy Garcia (left) and Fabio Maia (right).



Willem Pennings shown carrying buddy Keith Melvill (paraplegic) from the water after he completed a one-mile open water swim in La Jolla Cove.

# Physical Medicine & Rehabilitation

Specializing in:

- Brain Injury
- Spinal Cord Injury
- Stroke
- Muscle Disease
- Amputee
- Cerebral Palsy

For a patient appointment,  
call **909-558-6277**.



LOMA LINDA UNIVERSITY  
HEALTH CARE



Delmon Dunston (quadriplegic) handcycled 44 miles up and down the hilly community of San Diego and La Jolla to complete the cycling portion of the triathlon.



► Join the  
PossAbilities  
Handcycle and  
Bike Rides on the  
Second and  
Fourth Sunday  
of Each Month at  
7:30 a.m.

We meet in the parking lot at the  
following location:

**Souplantation**

228 West Hospitality Lane, #H  
San Bernardino, CA 92408

Riders will leave at 8 a.m. on the bike trail in  
San Bernardino, head toward Riverside, and  
return to San Bernardino. No cars to worry  
about and you choose the distance you want  
to ride. Ride 2 miles, 10 miles, or even 25+  
miles ... all at your own pace. Light, energy-  
boosting snacks, water, and air tire service  
will be provided. We welcome able-bodied  
cyclists to join us for support on this ride. It's  
great for the entire family!

If you have any questions, please contact  
Robert Sandholm at 951-529-8997 or  
rsandholm@gmail.com.

## Ponditat for Humanity Donates a Water Feature to PossAbilities and LLUMC East Campus

PossAbilities and LLUMC East Campus were chosen to receive a professionally installed water feature in November 2011 through the Ponditat for Humanity organization. Ponditat for Humanity is sponsored by the International Professional Pond Companies Association ([www.ippca.com](http://www.ippca.com)) in Georgia. This event is supported by manufacturers and contractors from across the country. The water feature, installed by a group of select professional contractors, is valued at more than \$10,000. The Pond Digger ([www.theponddigger.com](http://www.theponddigger.com)) a local business, will design and install the water feature between the Zapara Pavilion and Ambulatory Services building. Eric Triplett, owner of The Pond Digger, selected PossAbilities and East Campus because of the company's interest in PossAbilities and the way East Campus incorporates the healing environment into clinical care and throughout the campus. The pond was revealed at a ribbon-cutting ceremony in November that included the International Professional Pond Companies Association as invitees. ●



caption to come







## Meet Our Member: Carrie Finale

Carrie Finale is a fourth-generation San Francisco Bay Area native, sports lover, and competitive athlete. From age 5 until her early 20s, Carrie was a talented soccer, basketball, and softball athlete. Since she survived a catastrophic motor vehicle collision, leaving her paralyzed at age 22, Carrie began searching for a new purpose in life.

To fulfill her new purpose, Carrie earned her Paralegal Studies certificate from San Francisco State University with honors in 2009. She is continuing her education there, working toward her Bachelor of Arts in communication studies with plans to attend law school. Carrie often volunteers her time mentoring people with new spinal cord injuries and advocating for rights and change to help make life better for people with disabilities.

An avid handcyclist, she recently gained a spot on the U.S. Paralympic National Cycling Team. Riding handcycles for recreation quickly evolved into the need to race and compete, which is consistent with Carrie's athletic nature. She now races on Team PossAbilities and represents our program while she travels the country pursuing her dream. ●

## Become Part of the PossAbilities Peer Visiting Program Today!

Are you interested in meeting with newly injured patients to inspire them with your story? If so, the PossAbilities Peer Visiting Program is looking for you.

Just follow the three easy steps below to get started today. (Each step must be completed in the order listed below.)

**Step 1—Become an official volunteer of Loma Linda University Medical Center (LLUMC).** Contact the LLUMC Volunteer Services Department online at [www.lomalindahealth.org/medical-center/about-us/support-loma-linda/volunteer-services](http://www.lomalindahealth.org/medical-center/about-us/support-loma-linda/volunteer-services) or call 909-558-8022.

**Step 2—Submit your biography to PossAbilities.** Prepare a personal biography of 250 words that you are willing to share with others. Email it along your photo to [cowilliams@llu.edu](mailto:cowilliams@llu.edu). Biography must be received by the PossAbilities office prior to your PossAbilities orientation.

**Step 3—Complete the PossAbilities peer visiting orientation.** Once you become a volunteer of LLUMC and have received your badge, call the PossAbilities office at 909-558-6384 to schedule your peer visiting orientation with Cotie.



# 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](http://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](mailto:info@brainstorming4us.com).  
For more information, visit  
[www.brainstorming4us.com](http://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](mailto: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.

## **MENED 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 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

## **AMPUTEE COALITION (AC)**

1-888-267-5669 or TTY 1-865-525-4512

[www.amputee-coalition.org](http://www.amputee-coalition.org)

## **ARTHRITIS**

Arthritis Foundation

1-800-283-7800

[www.arthritis.org](http://www.arthritis.org)

Juvenile Arthritis Alliance (JA Alliance)

1-800-283-7800

[www.arthritis.org/ja-alliance-main.php](http://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](http://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](http://www.blindnesssupport.com)

Braille Institute

714-821-5000

[www.brailleinstitute.org](http://www.brailleinstitute.org)

National Federation of the Blind

410-659-9314

Resources include publications, aids and appliances, conventions, employment, and training

[www.nfb.org](http://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](http://www.biausa.org)

## **CEREBRAL PALSY**

United Cerebral Palsy

1-800-USA-5UCP (872-5827)

email: [national@ucp.org](mailto:national@ucp.org)

[www.ucp.org](http://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](http://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](http://www.calpva.org)

## **STROKE**

Stroke Association of Southern  
California

310-575-1699

Free education and tools for patients and caregivers

[www.strokesocal.org](http://www.strokesocal.org)

American Brain Tumor Association

1-800-886-2282

[www.abta.org](http://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.

For more information about joining PossAbilities go to [www.teampossabilities.com](http://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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## Pedro's Place Happy Holidays!



Well, my favorite time of the year has arrived. I love Christmas because it reminds me of how much God loves each and every one of us. It's

a special time for us to remember the birth of our Lord Jesus Christ and the hope that we received through this very special gift from God.

For PossAbilities, 2011 has been a wonderful year. This year we grew together as a family and as a team. Our program has been blessed with many new members and new opportunities, including our Team USA Grant. Yes, 2011 was a good year but now we look forward to 2012—a year full of promise and hope.

We'll start the new year with our annual Tour de Palm Springs race. Make sure you don't miss it! Then we gear up for the 27th Annual Redlands Bicycle Classic. So get your handcycles ready, because this year promises to have some good competition! Of course, this all leads us to our 10th Anniversary PossAbilities Triathlon—an exciting beginning to 2012!

So gear up for a year full of excitement, success, and endless PossAbilities. With your help, we can make 2012 a year to remember!

Pedro R. Payne, Ph.D.  
Manager of PossAbilities  
[prpayne@llu.edu](mailto:prpayne@llu.edu)

# SAVE the DATE

## 04•29•12

5K, Run/Walk/Roll  
& Kids Triathlon

### 10<sup>th</sup> Anniversary Triathlon

[www.active.com](http://www.active.com)  
search PossAbilities

Online registration will open  
January 1, 2012 at

**active.com**

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UNIVERSITY

**PossAbilities**  
10th Anniversary  
**TRIATHLON**

Presented By **SAN MANUEL**  
BAND OF MISSION INDIANS