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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 people 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.

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.

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.

On Our Cover
Pedro Pimenta is a challenged athlete and a member of PossAbilities.

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.
PossAbilities WEBSITE HAS A NEW LOOK!

The redesigned website features:
• Event Calendar
• Hall of Heroes
• Online shopping—coming soon
• Link to PossAbilities at LLUMC Facebook

www.teampossabilities.com

Go to our new website to download the NEW 2012 GRANT AND SCHOLARSHIP APPLICATION.
The application process is from June 1 to August 31, 2012.
PossAbilities Celebrates the Redlands Bicycle Classic

The 26th year of the Redlands Bicycle Classic didn’t disappoint. As one of the oldest and longest running stage races in the U.S., the Redlands Bicycle Classic has a nearly 30-year history of competition and camaraderie among professional athletes pursuing an exciting and decisive racecourse. The 2012 race edition continued its winning partnership with PossAbilities, which was its fifth year as presenting sponsor and organizer of one of the most prestigious and competitive handcycle race series in the nation. Team PossAbilities was represented by Carrie Finale, Delmon Dunston, and Owen Daniels, all of whom have been professionally training for the National Paracycling Championships in Augusta, S.C., in hopes of meeting the time qualifications to join the U.S. Paralympics Handcycling team. Top-ranked athletes also took part in the race, including current national time trial and class champion Carlos Moleda; three-time world champion Monica Bascio; and U.S. Paralympic cycling team member Matt Updike. Even though it poured rain minutes before the last race, 36 athletes battled for the win. Will Lachenauer, second-place winner in his H2 division, says, “What a great race event! This is the best domestic race of the year and I can’t wait to come back again next season.”
Handcycle Race Series
Results: Cyclists and Teams

Men’s H1 (1) Tony Pedeferri (U.S. Handcycling) (2) Del Dunston (Team PossAbilities) (3) Roux Aaron (PVA)

Men’s H2 (1) Matt Updike (Hincapie Sportswear) (2) Will Lachenauer (U.S. Handcycling) (3) Josh Sharpe (PVA)

Men’s H3 (1) Carlos Moleda (PVA) (2) Simon Harrington (Team PossAbilities) (3) Michael Postell

Men’s H4 (1) Robert Puckett (PVA) (2) Gerard Ah-Fook (PVA)

Women (1) Monica Bascio (U.S. Handcycling) (2) Anjii Hanson (Team PossAbilities) (3) Thea Rosa (Team PossAbilities)

Recumbent (1) Greg Tyler (Team PossAbilities) (2) Fermin N. Camarena (Team PossAbilities)

We had 41 handcyclists who gave us an amazing race over four days.

We had the largest field of women in race history, totaling eight female competitors.

The Paralyzed Veterans Association (PVA) brought a team of 11, including two H4 kneelers.

Team PossAbilities finished with six athletes who took the podium. Team PVA had five.

PossAbilities fielded a competitive team made up of local hopefuls for the U.S. Paralympic team.

PossAbilities provides travel stipends to out-of-state participants to ensure that national competitors can participate in our race.

PossAbilities provided travel stipends and a prize purse of more than $7,500.

None of this would have been possible without the sponsorship of the San Manuel Band of Mission Indians.

Steven Peace, men’s trike division from team PVA.
The Rolling Bears Take to the Court

The Rolling Bears were cofounded in 1988 by Larry Echols and Bill Ystad, and joined the Southern California Wheelchair Basketball Conference (SCC). Our objective is to provide disabled athletes an opportunity for training and the support needed to compete on a wheelchair basketball team at local, regional, and national competitions—all while developing good character traits. Our team is also dedicated to winning, not only on the court, but in the community as well. Increasing our community’s knowledge of the contributions disabled Americans can bring to the basketball court, other sports, the classroom, the workplace, and the community is a victory everyone can celebrate.

The Rolling Bears were incorporated as a nonprofit domestic corporation with the state and federal government in May of 2002. The official name was Rolling Bears Wheelchair Athletic Association, which consequently opened up many opportunities for the Rolling Bears. One of these opportunities occurred when the Rolling Bears joined in a sponsorship with PossAbilities in 2003. PossAbilities has been a major contributor, and it has given the Rolling Bears the chance to compete at a national level. Nationally, the Rolling Bears have competed with top teams in our division throughout the country, and it has made our team stronger. PossAbilities has also given the Rolling Bears athletes the opportunity to participate in various events throughout the year hosted by PossAbilities. Many of our athletes have competed in the annual PossAbilities Triathlon, Redlands Bicycle Classic, and many more fun events. More than anything, PossAbilities has opened doors for the disabled community to find a place where they can be active and compete at a high level.

A typical season for the Rolling Bears consists of 25 to 30 games. The team plays a minimum of 12 games within the SCC. These games are played in various cities throughout Southern California, including San Diego, Pasadena, Los Angeles, Cypress, and on our home court in Loma Linda. The rest of our games are played in tournaments throughout the country. The Rolling Bears have played in Kentucky, Nevada, Arizona, Colorado, Utah, Illinois, and Virginia.
The Rolling Bears have produced highly talented athletes who have rewarded our team with six conference championships, including a three-peat (2008–2010). The team also competed at the prestigious Kentucky Bluegrass Tournament (highest finish: second place). At the national level, the Rolling Bears have competed in the annual Division 3 National Tournament (highest finish: fourth place in 2009). Along with much-deserved championships, many of the Rolling Bears players have been honored to receive awards, including All-Tournament First Team, All-Tournament Second Team, and Most Valuable Player.

Are you interested in playing for the Rolling Bears or interested in more information about our team?

Please contact:
David Cazares
Rollingbears51@yahoo.com
909-200-6913

Eddie Ramirez
Ramirez Eddie89@yahoo.com
562-277-6643

Rolling Bears team photo.

Rolling Bears Practice Schedule

Drayson Center
2540 Stewart St.
Loma Linda, CA 92354
Thursdays, 6:30–9 p.m.

Kansas Avenue Church
4491 Kansas Ave.
Riverside, CA 92507
Tuesdays, 6:30–9 p.m.

David Cazares takes a shot.
10th Annual PossAbilities Triathlon
Is a Huge Success!

The spirit of competition and camaraderie was in the air as more than 885 challenged, able-bodied, and child athletes came together on Sunday, April 29, at the 2012 Loma Linda University PossAbilities Triathlon. The 10th Annual Loma Linda University PossAbilities Triathlon, presented by the San Manuel Band of Mission Indians, also marked its first year as a fundraising event. The triathlon raised more than $8,000 for programs offered by Loma Linda University PossAbilities. “This 10th anniversary of our event celebrates a movement to create advocacy for our challenged athletes, promote community, and further the ministry of Jesus Christ. This year was evidence that we are on that journey,” says Cotie Williams, program coordinator for PossAbilities.

Competitors turned out early in the morning to take part in either an adult 5K or a triathlon through the streets of Loma Linda that ended in the Drayson Center pool. The kids’ triathlon was held after the conclusion of the adult races. Entertainment included a climbing wall, face painting, music, free lunch, and snow cones. A special thanks to our sponsors for allowing us to provide an amazing time for our community.

EVENT STATS:

5K—351
Able-bodied—335
Challenged—16

Tri—375
Able-bodied—350

Kids’ Tri—159
Able-bodied—150
Challenged—9
Total—885

Top Fundraisers:

Challenged athlete
top fundraiser
Keith Melvill

Able-bodied top funders
1st place—Cotie Williams
2nd place—Bob Schumacher
3rd place—Katie Beriau
4th place—Pedro Payne
5th place—Edith Reasons
6th place—Michael Kane

More than $8,000 was raised for PossAbilities.
Top: A challenged athlete is cheered on by the crowd and volunteers.

Bottom: Brazilian athlete Pedro Pimenta heads toward the 5K finish line with the support of his friends.

Greg Crouse Wins a Spot to Represent the U.S. in Poland

The Paracanoe National Team Trials mark the beginning a four-year journey toward the 2016 Paralympic Games in Rio de Janeiro, Brazil, where paracanoe will make its debut. Winners of the trials had the chance to compete at the 2012 Paracanoe World Championships in Poznan, Poland, on May 16 to 17. Our very own PossAbilities member Greg Crouse secured his spot to represent the U.S. in Poland by taking first in the 200 meters with a winning time of 1:00.84 in the Men’s Veteran Paracanoe Legs, Trunk, and Arms 200 Meter Single Kayak. Congratulations to Crouse for having the tenacity to pull it off!
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 Drive, Suite 110 (south entrance of building)
Loma Linda, CA 92354

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

www.mendhearts.org
## 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

### 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

### 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

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

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Learn more about featured PossAbilities members and becoming a member or volunteer. Just snap a photo of this icon with your smartphone.
Join Us at **Pedro’s Place** for Summer Fun!

After a breezy Tour de Palm Springs and an exciting Redlands Bicycle Classic, we dove right into our 10th Annual PossAbilities Triathlon. I hope you enjoyed it as much as we did.

As we gear up for a wonderful summer season, don’t forget to get your applications in for our Grant and Scholarship program. We’ll be accepting applications June 1 through August 31, 2012. If you have a need for adaptive equipment, academic expenses, or accessibility equipment, let PossAbilities help you reach your goals. Don’t forget to apply!

We hope to see you this summer at the Tin Man Triathlon, Kids’ Swim Party, or our exciting new Drayson SwimAbilities program! This new adaptive swim program is designed for people of all ages. The program runs for four weeks on Sundays. To find out more information about this and other activities, contact our office at 909-558-6384.

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