



LOMA LINDA
UNIVERSITY
MEDICAL CENTER
EAST CAMPUS

PossAbilities & you

Summer 2012

www.teampossabilities.com

**Apply for a Grant
or Scholarship**

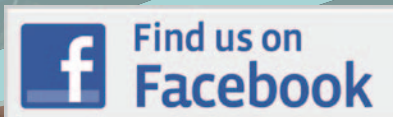
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PossAbilities

PRESENTED BY
SAN MANUEL
BAND OF MISSION INDIANS
FOUNDING PARTNER



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 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.

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

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

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." ●



Robert Puckett III, men's H4 champion from team PVA.



Road race start line on day two of racing in Beaumont, Calif.



Steven Peace, men's trike division from team PVA.

Handcycle Race Series Results: Cyclists and Teams

Men's H1 (1) Tony Pedefferri (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)

Redlands Bicycle Classic Fast Facts: **DID YOU KNOW?**

- 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.



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
Ramirezeddie89@yahoo.com
562-277-6643 ●



David Cazares takes a shot.

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.



Rolling Bears team photo.



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 fundraisers

1st place—Cotie Williams

2nd place—Bob Schumacher

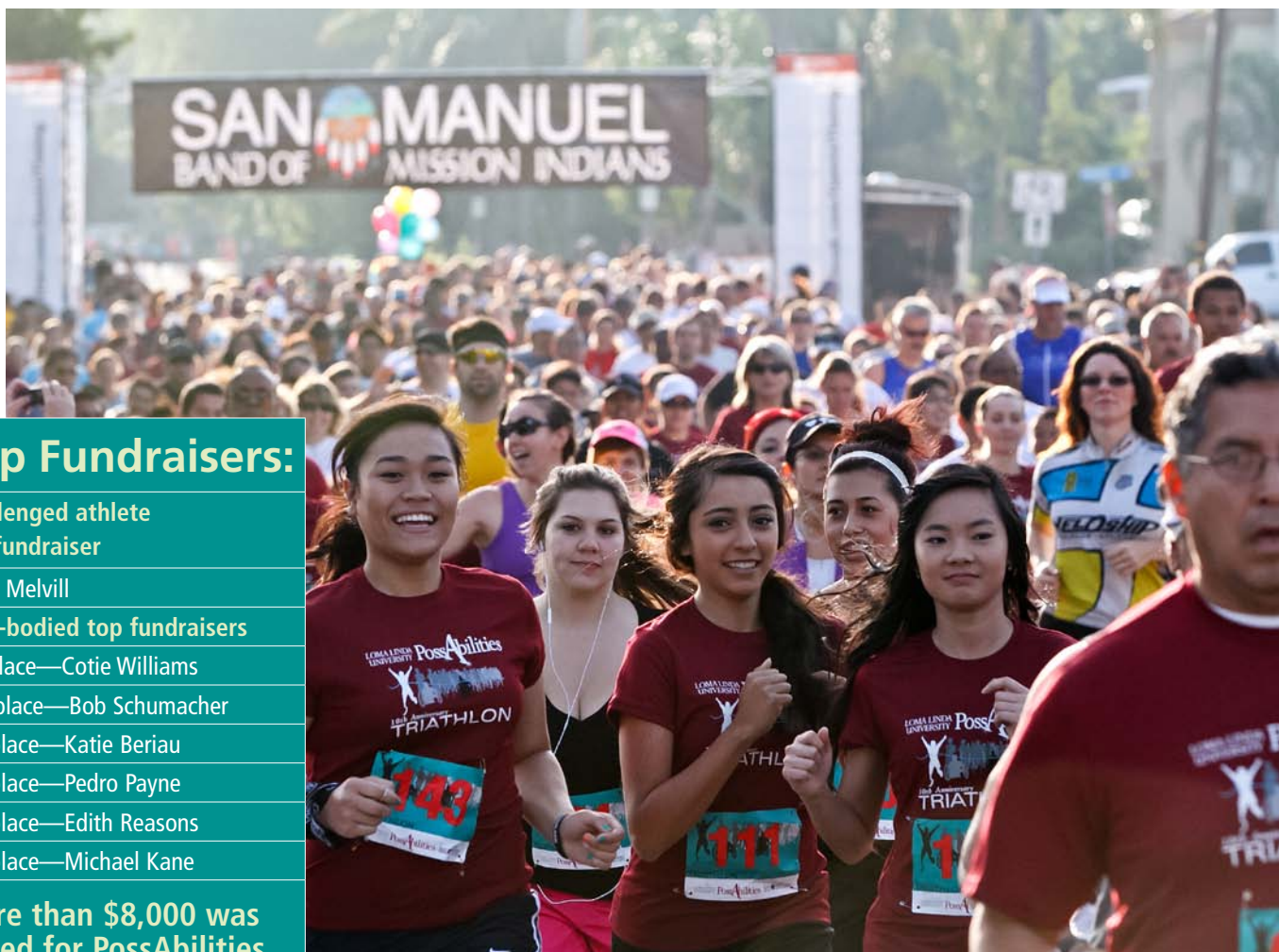
3rd place—Katie Beriau

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



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.

Samantha Orcasitas
Editor

Cotie Williams
Editor

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MEDICAL CENTER
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Loma Linda, CA 92354-2804

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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.



Inland Empire Disabilities Collaborative
Disability Resources expo

FREE
Parking
AND
Admission

Saturday September 15, 2012 9am - 2pm



Exhibits on:

- Health
- Housing
- Transportation
- Advocacy
- Employment
- Assistive Technology
- Education
- Recreation
- Youth Services
- Senior Services

Cost: FREE with registration

Where:

Ontario Convention Center
2000 East Convention Center Way
Ontario, CA 91764

How to Register:

Online at www.IEDisabilitiesExpo.org

Call (909) 890-1150, (909) 890-1623 for TTY users
or at the door. Pre-register, avoid the lines.

**ENTERTAINMENT
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