



LOMA LINDA
UNIVERSITY
MEDICAL CENTER
EAST CAMPUS

PossAbilities & you

Fall 2012

www.teampossabilities.com

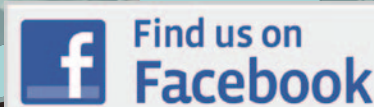
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PossAbilities

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

PossAbilities member Austin Charters shares his story on page 9.

Office Location

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

Phone

909-558-6384
909-558-6334 fax

Websites

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.





It's a Party!

YouInspire.org is celebrating featured members of PossAbilities

We invite you to join the party and watch our amazing members' videos showing how to live life without limits!

YouInspire.org is a 24/7, safe, online video community for all people who have overcome and are facing medical challenges who want to show the world there is life and beauty after tragedy.

In an overwhelming world of cold forums and statistics, YouInspire sees the need for a place where you can see and feel the support and encouragement from amazing individuals who have overcome all types of circumstances including spinal cord injuries, cancer, and amputation.

We are so excited about this new partnership and the opportunity for PossAbilities members to get their stories into the hands of those who need it most. Check out **YouInspire.org**!

About YouInspire Inc.

YouInspire Inc. is a 501(c)(3) nonprofit organization. For more information visit www.youinspire.org or email info@youinspire.org.

COMING SOON



ShopAbilities

NEW ShopAbilities online store at www.teampossabilities.com.

PossAbilities will be launching the new online store where you can purchase ...

- Shirts
- Hats
- Towels
- Sweatshirts
- And more!

You will be able to check each month for an exclusive item that will be featured for a limited time.

Join the PossAbilities Handcycle and Bike Rides on the last Sunday of each month at 8 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 Pedro Payne at PossAbilities at **909-558-6316**.



Annual **Women's Luncheon**

Our 3rd Annual Women's Luncheon is such a fun time, but this year took the cake. More than 30 women got together to join in laughter, fun, and fellowship while enjoying a gourmet meal prepared by Chef Roberto Argentina from the Farm Artisan Foods in Redlands. It's customary to circle the huge banquet table setup to introduce each lady to one another. Some have come before, but more than half were newcomers this year. By playing games everyone is able to learn about each other and make new friends. Playing the games together causes uncontrollable laughter and side-splitting pain, where we hope to capture moments that we all look back on and cherish. The luncheon was such a great time for our PossAbilities ladies to socialize and enjoy a fun-filled afternoon. Thank you to the Farm Artisan Foods for providing our banquet facility again this year. To learn more about the Farm go to www.farmartisanfoods.com. ●



More than 30 women gathered for fun and fellowship at the annual luncheon.

Mary and Mary Alice Deem were recognized for attending each and every year.



Thank you to  **FARM**
artisan foods



Joy and Celebration at **Special Ed Prom**

More than 40 special education students at Citrus Valley High School in Redlands celebrated a milestone in their life at a Special Ed Prom sponsored by PossAbilities. The students, with their families, gathered May 25 to celebrate the school's first Special Ed Prom, which was organized by a group called Acknowledging Individuals with Developmental Disabilities (A.I.D.D.). The school club has plans to change its name to Citrus Valley Club PossAbilities in the next school year. "The formation of this club has allowed me to give back to my community and peers," says Club President Christian Amos. "Not only has this club paved the way for me to help others, but it has also helped me as well." During the prom, students and their guests enjoyed a nicely decorated hall and ate a delicious Italian dinner. The highlight of the evening was dancing on the dance floor of the High School Bistro. PossAbilities currently sponsors the Colton and Redlands High School Club PossAbilities, so expanding awareness of disabilities in other local schools through our clubs is very exciting. ●

PossAbilities Helps Send Children to Camp No Limits

Camp No Limits is a camp provided to kids with limbs affected and their families to interact with each other, play games, swim, hike, rope, ride bikes on courses, make crafts, and much more. This year the California camp was held in mid-June at Pine Summit Camp in Big Bear Lake, California. Some exciting activities included a visit from the fire department's Smokey the Bear, the San Bernardino County Sheriff's Department Search and Rescue teams, and Big Bear Sheriff's Posse. The kids sat in a fire truck, manned a fire hose, sat on horses, checked out the search and rescue vehicles, and mingled with all the personnel in the units. The experience was like none other. The parents and children enjoyed all that the camp had to offer, while showing amazing skill at adapting to most of the

challenges they face. Parents got to know each other, compare experiences, and many began lifelong friendships.

Most of the camp participants were elected from The Limb Connection (TLC) parents support group, which was started in Loma Linda last year. Amputee Connection of Redlands lead in the fundraising efforts to send the TLC kids to camp. PossAbilities, along with many other community partners, supported them in their efforts.

If you would like to nominate or sponsor a child to go to camp, please contact Bill Nessel, spokesman for The Amputee Connection, at **909-423-0562**. For more information about The Amputee Connection, go to www.theamputeeconnection.org.



Would you like to find out more about The Limb or Amputee Connection, or do you need to find a support group in your area? If so, please contact Bill Nessel at **909-423-0562**.





PossAbilities Is a Paralympic Sport Club

In 2008, PossAbilities joined the United States Olympic Committee as a Paralympic Sport Club. Since then, we have been providing activities through sports that raise self-esteem, help individuals develop peer relationships, increase achievement, enhance overall health, and improve the quality of life for our members. Not everyone will become a Paralympic athlete, but as a club, it isn't just about "going for the gold;" it's about living a healthy and active lifestyle. ●

Results from the National Championships

In our recent efforts, PossAbilities has developed a Paralympic Handcycling program that is geared toward training and priming athletes to compete for a place on the National and U.S. Paralympic Teams. In 2011, we helped sponsor four athletes to train and compete on the national race calendar, including the USA Cycling Para Cycling National Championships Time Trials in Augusta, Ga. this last June. Carrie Finale (WH2) and Owen Daniels (H3) finished strong, but it was Delmon Dunston (H1) and Anjii Hansen (WH2) who pulled out the podium finishes. Anjii took third place in the road race and time trial, and Delmon took third place in the road race.

The race season may be over, but the training season has just begun. PossAbilities will continue to support these athletes in their efforts to reach their goals. The new goal ... 2016 Olympics in Brazil. Go Team PossAbilities!

SwimAbilities—New Adaptive Swimming Program

Loma Linda University Medical Center PossAbilities and Loma Linda University Drayson Center teamed up to present SwimAbilities, a new adaptive swim program for swimmers with disabilities. The goal of SwimAbilities is to teach participants an understanding of water safety and develop new swim skills.

"As a believer in the unlimited amount of potential a person with a disability has, I see this SwimAbilities program fulfilling a large gap for participants wanting physical activity," says Michael Rister, aquatics director at Loma Linda University Drayson Center. "Our ultimate goal for this program is not only for each participant to have fun, but also to gain a new excitement for swimming."

The free program offered to members of PossAbilities was held over four Sundays this summer. Overall, 40 swimmers of all abilities participated in the program. Due to the overwhelming positive response, we are looking forward to offering the program next year.



Kids Swim Party

Members of Loma Linda University Medical Center PossAbilities and their families enjoyed a day of fun at the "4th Annual Kids Pool Party" on Sunday July 29 at the Drayson Aquatics Center. "With the hot summer upon us, our Kids Pool Party gave our children with disabilities and their families an opportunity to meet other families while cooling off in the pool," PossAbilities Manager Pedro Payne says. "It was a fun activity for the whole family." The event was sponsored by the San Manuel Band of Mission Indians, who donated \$300,000 this year to PossAbilities. The money has enabled programs that help more than 3,900 PossAbilities members regionally. Support from the San Manuel Band of Mission Indians also provided a number of adaptive sports programs, social and recreational opportunities, as well as grants, scholarships, support groups, and peer visitation for children and adults with disabilities. ●





Meet Our Member: **Austin Charters**

October 1, 2006 was a changing day in the life of Austin Charters. At the age of 12, after accidentally being shot in the neck while hunting, he was left a C5 quadriplegic. Before his injury, he was outgoing and loved bicycles, dirt bikes, and running cross country. He had been training for the L.A. marathon. After a month of rehabilitation in the hospital, he was sent home and shortly after returned to school. Austin went to school full-time through 10th grade, then switched to part-time on-campus and part-time home school. Austin went on to graduate with honors from Apple Valley High School in 2012. His academic goals now are to study at Citrus Community College to become an audio engineer.

Three years after his accident, Austin learned about PossAbilities. With PossAbilities he discovered different activities in which he could get involved. He started to become more active again. Now, Austin loves to get out and ride handcycles. He plans to start training again soon for the L.A. marathon. Austin is a volunteer and peer visitor at Loma Linda University Medical Center, and enjoys visiting patients with similar injuries to give them hope and encouragement. His new outlook on life is “I can still do most things, just a little different than most people” and he says he will continue to use that as his source of inspiration. ●

Share Your Story with Others and Join 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 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. 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

Redlands Support Group

Third Sunday of the month, 2 to 4 p.m.
Stan & Ellen 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 CONNECTION (TLC)

Family support group for children with limb
loss. For more information, please contact Bill
Nessel at **909-423-0562** or Joan Le at
TLCfamilies@gmail.com.

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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Pedro's Place



Jesus once said, "This is my commandment, that you love one another as I have loved you." John 15:12. I ask myself why is it so important to God that I love those around me? After all, isn't

God's love enough for everybody?

Then it occurred to me that maybe what God really wants is to teach me to be more like Him—you know, to copy Him.

Maybe that's the only way I will learn to love well.

Do you know how to love well? Sure, it's easy to love those who treat us nice, but what about those who constantly wrong us? Are we expected to love them too? Yes! So I'll pray, Jesus help me to remember to love one another as You have loved me.

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

LOMA LINDA UNIVERSITY

PossAbilities

9th Annual *Celebration Dinner*



Sunday, December 2, 2012

**Silent auction and
photo booth opens at 5:00 p.m.
Celebration is from 6:00 – 9:00 p.m.**

National Orange Show Event Center
San Bernardino, California

Enjoy dinner, entertainment and
an opportunity for fellowship with
other members of PossAbilities.

To make your reservation, go to
www.teampossabilities.com
Click on "Upcoming Events" tab and
select "Celebration Dinner".



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