



LOMA LINDA
UNIVERSITY
MEDICAL CENTER
EAST CAMPUS

PossAbilities & you

Winter 2013

www.teampossabilities.com

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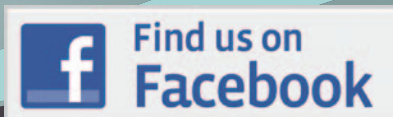
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PossAbilities

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 people 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

It's hard not to smile when you see member Joshua Miller when he shows that it's all about ATTITUDE!

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.



SAVE THE DATE

April 4 to 7

In partnership with the Redlands Bicycle Classic (RBC) PossAbilities presents the Paracycling and Handcycle Race offering four amazing days of paracycling California style!

A Time Trial, 2 Criteriums, and a Road Race

- Compete against national champions and former paralympians
- Out-of-state travel stipends available (limited to the first 10 registrants)
- Overall prize payouts in the amount of \$5000

Online registration opens **January 7, 2013** on www.active.com. Go to www.teampossabilities.com for more information.

For volunteer opportunities, visit redlandsclassic.com or email volunteers@redlandsclassic.com.



Stretching and Exercise Program

Every Tuesday from 10:30 to 11 a.m.
at the PossAbilities office
25455 Barton Rd., Suite 109A
Loma Linda, CA 92354

Come stretch and exercise with
other members of PossAbilities.

Train with Master John Kim from
the World Special Federation.

- No experience required.
- Wear comfortable clothing.
- Water is provided.
- All can be done from
a wheelchair.



Abundant Resources at the **IEDC Expo!**

On Saturday, September 15, the Inland Empire Disabilities Collaborative (IEDC) hosted its biannual Disabilities Resources Expo. The IEDC consists of more than 450 agencies serving seniors and people with disabilities. They gather monthly to network and collaborate on various projects. The agencies worked together to develop the expo, reaching out to the community for event sponsorship. Sponsors included IEDC members and PossAbilities.

Because of their efforts, the IEDC Disability Resources Expo was a great success, drawing more than 1,400 attendees, exhibitors, and volunteers in a give-and-take of information about programs, services, and products that assist people with disabilities and seniors in the Inland Empire to live more independently. Exhibit topics included health, housing, transportation, advocacy, employment, assistive technology, education, recreation, youth services, and senior services.

The entertainment lineup showcased performances by seniors and people with disabilities, including a karate demo, cheerleaders, senior line dancers, a tango demonstration, and wheelchair basketball. Exhibitor evaluation feedback, suggestions, and comments from attendees and exhibitors have been overwhelmingly positive! ●



More than 1,400 attendees, exhibitors, and volunteers received information about programs, services, and products that assist people with disabilities and seniors in the Inland Empire to live more independently.



Volunteer Mary Mook pictured.

PossAbilities and **Wheels for the World** Partner Again

On Friday, September 28, PossAbilities hosted a wheelchair and walker collection drive at Loma Linda University Medical Center East Campus to benefit Joni and Friends Wheels for the World. More than 30 wheelchairs and adaptive equipment were collected throughout the day. Joni and Friends Wheels for the World, as part of its Christian ministry, provides free wheelchairs to children and adults worldwide who are affected by disability. The wheelchairs are collected nationwide and restored by inmates at correctional facilities across the country to like-new condition.

If you were unable to attend the drive but would like to make a donation or schedule a pickup, please call **909-792-2308** or **909-213-8480**. Please note that electric wheelchairs cannot be accepted because of the cost of transportation. A tax-donation receipt for your donation will be provided by Joni and Friends Wheels for the World. ●



PossAbilities Has Its First **Painting Workshop**

Members of PossAbilities gathered to paint together for the first painting workshop on October 2. The crowd represented a wide range of disabilities from autism, Asperger's, Down syndrome, spinal cord injury, traumatic brain injury, and more. Painters ages 5 to 75 of all abilities participated. All materials were provided, no instruction was given, and masterpieces were born. Pure talent and natural abilities were portrayed in the paintings that day. Paintings collected at the workshop will be entered into the 2012 Celebration Dinner Silent Auction in December. All proceeds will benefit PossAbilities! Keep an eye out for future art gatherings. ●



Painting by member Amaya Potter, age 7



Member of PossAbilities Named City of Rialto's **'Man of the Year'**

Eric Arrington, a longtime member at Loma Linda University Medical Center PossAbilities, was recently honored as the City of Rialto's "Man of the Year." The award was presented to Arrington by 32nd District Senator Gloria Negrete McLeod at her annual Man of the Year Awards Luncheon on June 29 in Pomona. Arrington, one of 11 awardees, was recognized for his 15 years of service as youth football coach and mentor for the disabled at Loma Linda University Medical Center PossAbilities. A former NFL hopeful, Arrington is a longtime member and supporter of PossAbilities. Arrington, who belongs to PossAbilities speakers' bureau, lost the use of his legs years ago after being shot in the back six times while celebrating with friends. He had just received an invitation to try out for the Los Angeles Raiders.

Eric Arrington is a big man—inside and out. At 6 foot 3 inches and 255 pounds, he is a gentle giant. We couldn't be more proud to honor Arrington for this recognition. ●



Eric Arrington (left) and Senator Gloria Negrete McLeod (right) pictured with Arrington's award.

Team PossAbilities at the San Diego Tri Challenge

“Being a part of an event that exemplifies the triumph of the human spirit over physical adversity is an experience that will stay in my mind for a very long time.” — Pedro Payne, manager of PossAbilities

The Aspen Medical Products' San Diego Triathlon Challenge (SDTC) was a unique event boasting an all-new “challenge distance” triathlon course consisting of a 1-mile swim, 44-mile bike race, and 10-mile run on one of the most breathtaking courses in the country. This one-of-a-kind event changed lives as athletes competed side by side with Ironman champions, world-class challenged athletes, celebrities, and other enthusiasts while raising needed funds for the Challenged Athletes Foundation (CAF). Money raised helped the CAF provide individuals with physical challenges the tools necessary to find success in sports—and in life.

What began almost two decades ago as a fund-raiser to help an injured fellow triathlete has grown into a celebration of life and sport that makes a difference in the lives of physically challenged athletes around the world.

The SDTC is an event unlike any other in the world. Inspiration, perspiration, and determination are the words of the day as more than 125 of the world's top physically challenged athletes took on this grueling yet rewarding course alongside 550 able-bodied triathletes, celebrities, and pros. This event was fun for the whole family!

The CAF triathlon is anticipated by many through the year. It represents an opportunity for us to come together as Team PossAbilities and compete together as a family. It is quite an experience to see our members wearing our team gear and representing the wonderful things that are happening at PossAbilities. The synergy displayed when we're together moves us toward a common goal. The event allows the team the opportunity to hang out with other members and get to know new friends. Manager of PossAbilities, Pedro Payne, says, “I get to see each team member in a different light. They get to see me goofing around with them in a non-formal environment. I really couldn't put a price tag on that!” ●





Team PossAbilities gathered for a team shot before the formalities of the day began.



Left to right: Paulo de Almeida, Keith Melvill, and Ralph Pieplenbos gear up for the run leg of the triathlon to begin.

PossAbilities Triathlon Relay Teams

Team 1

Alex Garcia (amputee)—Swim
Ralph Pieplenbos (polio)—Run
Owen Daniels (paraplegic)—Bike

Team 2

Henry Tuyay (amputee)—Swim
Keith Melvill (paraplegic)—Run
Steve Hoffman (paraplegic)—Bike

Team 3

Andre Barbieri (amputee)—Swim
Robert Sandholm (TBI)—Run
Scott Gray (amputee)—Bike

Team 4—Brazil

Fabio Maia—Swim
Fernando Jaciel Paulino
(paraplegic)—Run
Paulo de Almeida (amputee)—Bike



Our dedicated Loma Linda student/volunteers managed the expo booth and provided resources and information about PossAbilities to visitors. Left to right (top) Mahyar Jamshidi, Kimberly Petersen, Marina Korkar, Jeana Mullins, Amber Thill, and Anthony Olton (bottom).

Photos courtesy of Brandon Barsugli

Another Record-Breaking Year at the **DisAbility Sports Festival**

Once again, the DisAbility Sports Festival at Cal State San Bernardino was a hit! More than 900 challenged athletes—100 more than last year—of all abilities participated in more than 25 adaptive sports. More than 400 volunteers worked tirelessly to make the festival an event to remember. “I believe that our event is soon to become one of the biggest one-day cross-disability sporting events in the country,” says event coordinator Aaron Moffet, M.D.

Though the event has grown tremendously, many people commented on how well-organized it was. This is due to the numbers of dedicated volunteers that make it all come together. PossAbilities is proud to be a partner with the Sports Festival and looks forward to next year’s event. ●



Seated javelin thrower was coached by Angela Madsen.

A Man with a **Vision**

In Loving Memory of our friend
Rufus Griffith III

Retired SFC Rufus Griffith III, M.A., was born in Monrovia, California on January 10, 1964. Even as a child, he loved his country and always believed in doing what was right. Rufus could accomplish anything he set his mind to do and was always eager to help and serve others. At the age of 18, Rufus joined the United States Army and proudly served his country for 17 years. He retired as an E-7: Sergeant First Class in the United States Army in June 2001, where he gave a portion of his life for the defense of the



The Griffith Family (left to right): ReLeana, Turquoise, Zauditu-Ube Griffith, and Rufus Griffith III (centered).

United States, as a paratrooper of the Elite 82nd Airborne Division. In the service, Rufus won several awards and acknowledgments. On June of 2001, Rufus was awarded the Meritorious Service Medal because of his bravery for handing over his parachute to save another man’s life. Surviving a dramatic 150 foot fall without a parachute, SFC Rufus Griffith III became paralyzed. Retired SFC Rufus Griffith III never understood giving up and believed that with hard work anything was possible. Despite his injuries, Rufus went back to school to receive his B.A. in Sociology and continued to receive his Master degree in Rehabilitation Counseling. He was currently in his second year of a Ph.D. program when he passed away. He dreamed of counseling returning veterans from war and disadvantage youth. Rufus leaves behind his cherished memories of his wife of 26 years, his two wonderful daughters who were the apple of his eye, and his wonderful mother. Rufus was truly proud of his family and loved them beyond measure. They meant the world to him. On May 30, 2012 SFC Retired Rufus Griffith III passed away unexpectedly. Even though he is not physically here, his family honors him daily by serving others, believing in God, and pursuing their dreams. ●



Meet Our Member: Owen Daniels

On January 27, 2010, Owen lost control of his vehicle while driving home early in the morning. It rolled over, and he was ejected. Conscious throughout the whole event, he knew right away that he was paralyzed. The ambulance rushed him to Loma Linda University Medical Center (LLUMC), where he was diagnosed as a T10 paraplegic.

After a few weeks of rehabilitation at LLUMC East Campus, Owen was sent home. Life seemed much harder to cope with than he ever imagined. After months of sitting around, he finally told himself that his injury would not stop him from being who he was. Before the accident, he was a very active guy and he vowed to himself that he would be that guy again. Luckily, he had an active friend who was also in a wheelchair. Owen asked him to point him in the right direction, and his friend introduced Owen to PossAbilities. Owen finally felt like he belonged and suddenly had a lot to look forward to.

His ambitious disposition combined with his sparkling personality fired a spark and interest in handcycling. He was provided a loaner bike through PossAbilities, and three months later, he competed in his first triathlon.

Reaching out to help others became an important part of Owen's life. He learned that through sharing his story, he was able to give others hope, just like he had been given. Owen started volunteering for PossAbilities and eventually completed his training to become a peer visitor and spokesperson for the program. Since then, he has worked to inspire others with injuries and even those without to be active. Owen competes in triathlons, but his passion is handcycling. He is currently training to qualify for the 2016 U.S. Paralympics. He continues to volunteer and help others to never forget that "ambition is priceless!" ●

WOULD YOU LIKE TO TELL
YOUR STORY? EMAIL YOUR
BIOGRAPHY AND PHOTO TO
cowilliams@llu.edu.



Support Groups

AMPUTEE CONNECTIONS

For program information or to request a visit from 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.

MEMORY DISORDERS

CAREGIVER'S SUPPORT GROUP

First Tuesday of the 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

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**.

SICKLE CELL EDUCATION SERIES

The group meets on the
Second Thursday of every month
from 6:30 to 8:30 p.m.
at the PossAbilities Office
Professional Plaza - Building A
25455 Loma Linda Drive,
Suite 109A
Loma Linda, CA 92354
Adult group meeting. Adults only.
Dinner will be provided. For information
call **1-877-LLUMC-4U**.

STROKE AND BRAIN INJURY SPOUSE/ PARTNER SUPPORT GROUP

First Tuesday of the 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.

Mom's Night Out

Support group for moms of
children with special needs to
have social time with other moms
going through similar challenges.
For more information, call Tina
Schumacher at **909-864-7424**.



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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Printed in the U.S.A.



Printed on Recyclable Paper

6056M

LOMA LINDA UNIVERSITY
MEDICAL CENTER
11234 Anderson St.
Loma Linda, CA 92354-2804

Postmaster: Please deliver between December 24 and 28.

Nonprofit Org
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Pedro's Place

You may ask yourself if there really is anything that one single person can do to actually change the world around us. I believe you can. History is full of extraordinary people who have made a positive difference in this world. For example, Martin Luther, Jesus, Mother Teresa, Nelson Mandela and Martin Luther King, Jr. are among many who felt they could change the world—one person at a time. Surprisingly changing the world often starts with changing just one person's world. We can start with a simple act such as a word of encouragement, a hug, or a comforting smile during a difficult time. So, as we journey together through life let's ask ourselves, "Who's world can I change today?"

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

SAVEtheDATE

04•28•13

Triathlon, 5K,
Run/Walk/Roll
& Kids Triathlon



Online registration will open
January 1, 2013 at



(Search for PossAbilities)

LOMA LINDA
UNIVERSITY

PossAbilities

11th Annual
TRIATHLON

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