



LOMA LINDA
UNIVERSITY
MEDICAL CENTER
EAST CAMPUS

PossAbilities & you

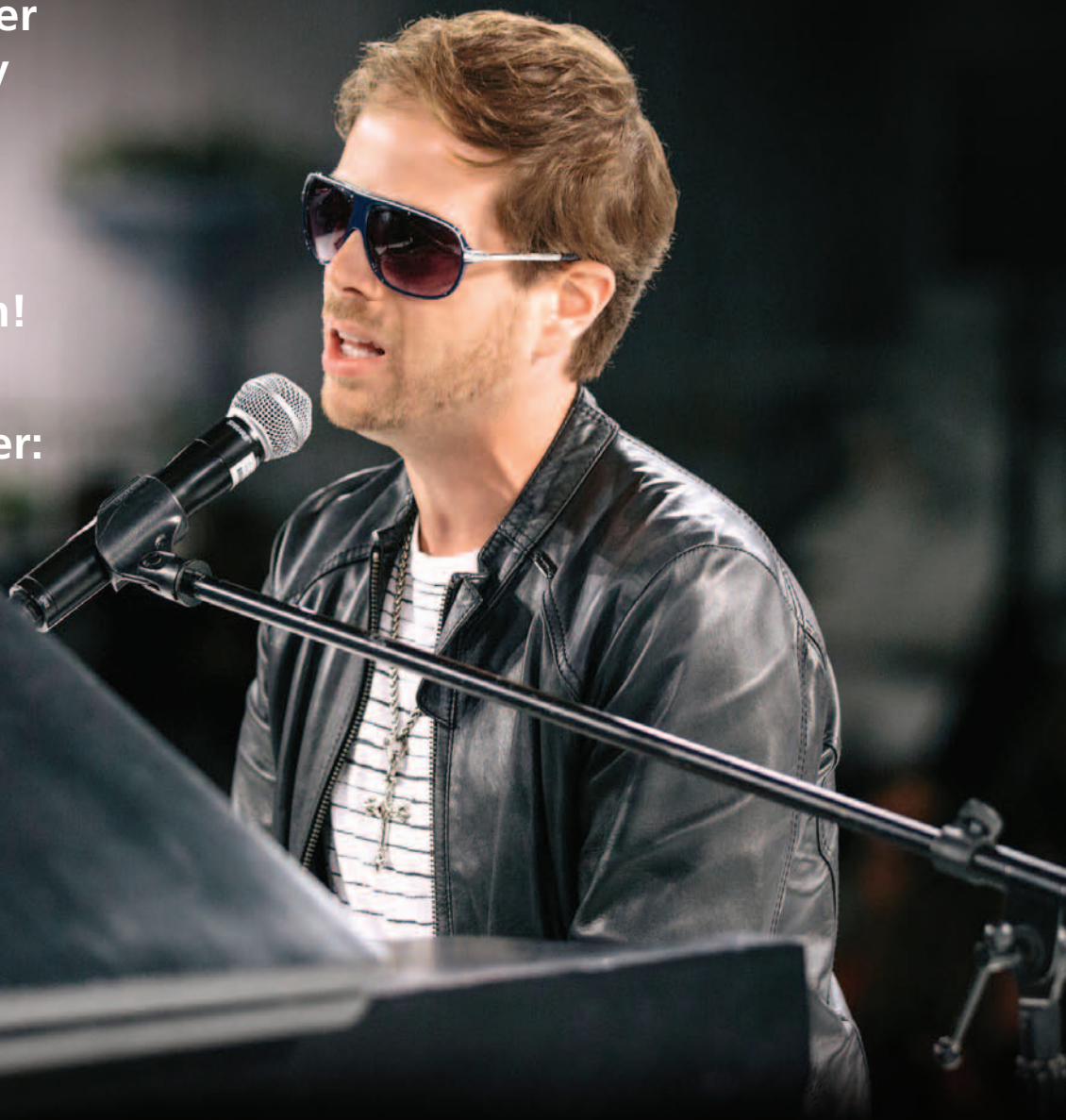
Spring 2013

www.teampossabilities.com

**Ninth Annual
Celebration Dinner
Empowers Family
and Friends**
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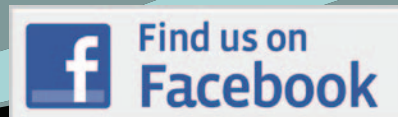
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Rolling Bears Win!**
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Ralph Pieplenbos**
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PossAbilities

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
Scott MacIntyre, the first blind finalist on *American Idol* and guest of honor at the Celebration Dinner.

Office Location

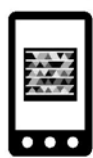
PossAbilities
Professional Plaza
25455 Barton Road
Suite 109A
Loma Linda, CA 92354

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.



2013 Calendar of Events and Activities

1/8	Stretching & Exercise Program (every Tuesday)
1/10	Sickle Cell Education Series (2nd Thurs. of month)
1/20	Team River Runner Kayaking Class (8 weeks)
1/23-2/27	Spinal Cord Injury Education Series I (Wednesdays)
2/9	Tour de Palm Springs
2/17&3/10	Triathlon Swim Clinic
3/30	Brainstorming Walk 4 Thought
4/4-4/7	Redlands Bicycle Classic Para-cycling Race
4/5	Colton High Club PossAbilities Prom
4/18-4/21	Rolling Bears National Tournament
4/19-4/21	Greenville, SC Para-cycling Open
4/28	11th Anniversary PossAbilities Triathlon
5/8	LLUCH Children's Day
5/8	Sports Luncheon
5/18	Redlands High Club PossAbilities Prom
5/25-27	USA Handcycling National Championships
5/31	Citrus Valley Club PossAbilities Prom
6/1-8/31	Grant & Scholarship Application is open
6/30	Tinman Triathlon & 5K Run/Walk/Roll
7/3-7/7	Para-cycling National Championships
7/21	Kids Swim Party
8/4-8/25	Drayson SwimAbilities Program (Sundays)
9/1	Annual Women's Luncheon
9/1	Extreme Football begins
9/5-10/10	Spinal Cord Injury Education Series II (Thursdays)
9/15	IEDC Disability Conference
9/20	Wheels for the World Chair Drive
9/23	LLU Welcome Back Bash
10/5	Disability Sports Festival at CSUSB
10/7	Painting Workshop
10/20	CAF San Diego Triathlon Challenge
10/24	Senior Health Fair
10/31	Children's Hospital Fall Festival
12/1	Annual Celebration Dinner
12/8	Children's Christmas Party

Monthly bike rides—last Sunday of every month.

For more details about the events listed above, please call **909-558-6384**.

REGISTER TODAY!



April 4 to 7

In partnership with the Redlands Bicycle Classic (RBC) PossAbilities presents the Para-cycling 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 \$5,000

Register online at **www.active.com**. Search "PossAbilities."

Go to **www.teampossabilities.com** for more information. For volunteer opportunities, visit **www.redlandsclassic.com** or email **volunteers@redlandsclassic.com**.



Nine Years of Celebration

PossAbilities staff and Loma Linda University Medical Center East Campus (LLUMCEC) administration welcomed over 800 guests to the ninth Annual Celebration Dinner on December 2, 2012, presented by the San Manuel Band of Mission Indians. The evening was dedicated to celebrating the members of PossAbilities and the generosity of those who support the program throughout the year.

Families and friends were inspired and empowered by the evening. The new “Road to Rio” program and video was introduced, and a recap of activities and milestones was celebrated. Former grant and scholarship recipients shared how PossAbilities has impacted their lives. Guest entertainers,

Vaughn LaFahie and Scott MacIntyre, brought down the house with gospel and Christmas music. Artwork painted by our members was auctioned off in the silent auction, which brought in more than \$2,000 for PossAbilities.

The Celebration Dinner also featured a performance by the first blind finalist on *American Idol*, Scott MacIntyre, and the launch of major PossAbilities initiatives. The PossAbilities Celebration Dinner, hosted by Doug “DJ Frog” Vincent, of K-FROG radio, was held at the National Orange Show Event Center in San Bernardino. At the event, the San Manuel Band of Mission Indians also presented a check for \$300,000 to support programs and services offered by PossAbilities.



Special guest paralympian Rudy Garcia-Tolson wowed the crowd with his powerful inspiration about becoming a world-class athlete and paralympian.



Vaughn LaFahie, the crowd favorite, brought down the house with his gift to play the saxophone.

**A very special thanks to our sponsors:
San Manuel Band of Mission Indians
Wilson's Frame-Up
Redlands Bicycle Classic
LLUHC Administration**

Highlights of the event included:

- A feature on the accomplishments of the PossAbilities members and the growth of the program
- A silent auction benefiting the program
- Recognition of sponsors
- Announcement of grant and scholarship awards
- A giving opportunity to support PossAbilities
- The launching of a new Paralympic training program, "Road to Rio"

"The event was a reflection of the beauty, passion, and courage of our members," said PossAbilities Manager Pedro Payne. "It also gave us an opportunity to unveil our new Paralympic training program, 'Road to Rio.' The purpose of this training program is to afford our athletes the best chance of competing in

the 2016 Paralympic Games in Rio de Janeiro, Brazil. This four-year program will provide our athletes much-needed training, coaching, and financial assistance to give them the best opportunity to compete in the 2016 Paralympic Games in their respective sport."

MacIntyre, who has toured and headlined concerts all over the world, entertained the audience with songs from his latest CD, "Heartstrings." MacIntyre, who has shared his unique and dynamic life story with many different audiences, authored his autobiographical book, *By Faith, Not by Sight*, in 2012. ●



Scott MacIntyre captivated the nation as the first blind finalist on *American Idol*. As an acclaimed singer-songwriter, he has toured in arenas across North America; headlined concerts in Japan, Austria, England, Canada, and the U.S.; and written and released his latest CD, "Heartstrings," which debuted at #18 on the iTunes Pop Album Chart. As an in-demand inspirational keynote speaker, Scott has shared his unique and dynamic life story with many different audiences, and in 2012, he authored his autobiographical book, *By Faith, Not by Sight*.



Over \$55,000 was awarded in grants and scholarships to members of PossAbilities and their families.



Not only did several committee members from the Redlands Bicycle Classic come to help volunteer at the dinner, they presented a donation to PossAbilities for \$5,000. Pictured left to right: Lisa Purcell-Rorick, Pedro Payne, and Ken Kramer.

NEW Hall of Heroes Inductees



Doug Vincent

On August 23, 1955, Doug Vincent was born into a world that didn't have a polio vaccination. As a child, the prognosis wasn't great. Doug would never walk, and doctors thought he would never be out of leg braces, but he sure did surprise them. Doug didn't know any better. He just went ahead and did the things they didn't think he would be able to do. After several surgeries, some to stabilize joints, some to move muscles and even fuse joints, Doug went on to live a very active and full life throughout his adolescent and teen years.

Doug wasn't the most outgoing; not shy, just not the first one to speak. After graduating high school and taking some college courses, Doug heard about a radio workshop called the KiiS Broadcasting Workshop. He mustered up some courage to go to an audition, and by the end of three hours of orientation and a recorded audition, he knew that was what he wanted to do. That night changed the course of his life.

He went on to work at an FM rock station in Santa Maria, Calif. Doug's skills improved as he transitioned through different stations over the years, eventually ending up in Southern California. From program director to production director, Doug has either been on the air or behind the scenes in radio since 1985. In 1993, Doug joined

KFRG radio station and has been famous for his voice ever since.

Doug is a member and past president of the Kiwanis Rancho Cucamonga Club. In 2011, he received the Kiwanis Cal-Nev-Ha Foundation Dunlap Fellowship award for outstanding service to the community. During his tenure as president of the Kiwanis Rancho Cucamonga Club, his group was given the Distinguished Club award. Doug is also a two-time "Kiwanian of the Year." Doug has volunteered through the club to organize several car shows to raise money for service projects in the community. Through those efforts Doug has become part of the Inland Empire Car Club Council, where he works with many car clubs to promote their events to help raise money for organizations that support everything from cancer to veterans.

In 2008, Doug became a member of PossAbilities and has since participated in the annual triathlon, handcycling, and advocating for those with disabilities. He serves as an emcee for events for the program and has continued to share his giving spirit with those in the community. We thank Doug and honor him and his life's work as a hero.



Dr. Murray Brandstater honored for his life's work in rehabilitation

After completing his residency, Murray E. Brandstater, MBBS, PhD, MRCP(Lond), FRCP(C), joined the faculty at McMaster University in Hamilton, Ontario, Canada, in 1968 and rose through the ranks from assistant professor to professor over the next nine years. He held positions of director of the EMG lab, director of the stroke rehabilitation program, director of the Gait Laboratory, and program director of the physical medicine and rehabilitation residency program.

In 1984, Dr. Brandstater was recruited to Loma Linda University in California as professor and chairman of a newly established Department of Physical Medicine and Rehabilitation. He developed inpatient and outpatient clinical programs in rehabilitation and established the PM&R residency program. He continues to serve as chairman of the department at Loma Linda University, and he was residency program director until 2012.

Dr. Brandstater has held senior positions in the American Academy of Physical Medicine and Rehabilitation (AAPMR), the Association of Academic Physiatrists, and the American Association of Neuromuscular and Electrodagnostic Medicine (AANEM), and he was president of the AANEM in 1993-1994. He served as the

delegate to the American Medical Association between 1998 and 2004. He has received numerous awards, including the Zeiter Lectureship of the AAPMR in 1999, the AANEM's Distinguished Physician Award in 1999, and the Lifetime Achievement Awards of both the AANEM and the AAPMR in 2008. ●

The PossAbilities Rolling Bears Win!

Every year the PossAbilities Rolling Bears host a Tournament for its conference, the Southern California Wheelchair Basketball Association (SCWBA) conference. There are seven teams in the conference and in this year's event at the Drayson Center, four teams were present to compete. Competing this day were the Northridge Knights, UDLA Kodiaks, CRS Hot Wheels, and of course the PossAbilities Rolling Bears. It was a great day for the PossAbilities Rolling Bears who won all three games played.



In game one, the PossAbilities Rolling Bears faced off against the Northridge Knights. In the first meeting of the season between the two teams, the Knights were no match for the Bears as they won the game with a score of 46-38. It was a team effort with even the bench players getting a lot of game time.

The second game saw the PossAbilities Rolling Bears against the UDLA Kodiaks. It was the fifth time the Bears faced the Kodiaks. Again the Bears started off strong and the Kodiaks were unable to get back into the game. The Bears won the game with a score of 52-36.

In the final game of the day, the PossAbilities Rolling Bears went up against the CRS Hot Wheels. The CRS Hot Wheels team had also won both their games this day and was ready to take the last game against the Bears. It was a tough game, the Bears fell behind midway through second half, but the team never gave up and closed off the game strong to win with a score of 62-55.

It was fun and exciting for the PossAbilities Rolling Bears and all their fans. Not only were we able to win three games this day, but it brought our overall record to 13-0. We also were able to debut our new PossAbilities Rolling Bears Team Jerseys. We had a big crowd come out to support the Bears and the Bears definitely did not disappoint.



'Twas a very **Merry Christmas** for Our Children

Santa Claus arrived early to visit children and their families at Loma Linda University Medical Center East Campus as part of our Children's Christmas Celebration early in mid-December. The event was hosted by the LLU Children's Hospital Spina Bifida Team and PossAbilities and sponsored by San Manuel Band of Mission Indians and Total Transportation Logistics. Santa Claus arrived on a fire engine from the Loma Linda Fire Department, and then each child received a present. After they took a picture with Santa, a horse-drawn sleigh gave rides to the families around the parking lot. They finished up the day with face painting and a craft booth. Laughter filled the air while the children and their families enjoyed a day of fun, food, and fellowship. ●



Meet Our Member: **Ralph Pieplenbos**

Ralph Pieplenbos was born on the island of Java in 1953. At 7 months, he contracted the polio virus that would paralyze his legs and change the course of his life.

In Search of Help

Shortly after Pieplenbos' family immigrated to California in 1962, his parents started searching for an organization willing to provide medical assistance for their disabled son. After qualification issues closed many doors, the one organization that looked beyond the issues and recognized the 9-year-old's needs was Children's Hospital of Los Angeles (CHLA). After numerous surgeries on his legs performed by expert CHLA doctors, Pieplenbos was able to stand and walk with the support of leg braces, crutches, and canes.

"I consider myself lucky, because polio only paralyzed my legs," says Pieplenbos. "For others, the disease took more. I am a polio survivor, not a victim. A survivor remains alive, carries on despite hardships or trauma, and remains functional. That is who I am!"

New Challenges for Polio Survivors

Many polio survivors are now experiencing the long-term effects of the disease, known as post-polio syndrome. Between 25 and 40% of adults who had polio as children experience muscle weakness and pain in the limbs previously affected by polio, or develop new weakness or paralysis. Due to balance problems, Pieplenbos now uses a wheelchair, but welcomes this as a new challenge.

"My philosophy of believing in yourself and hard work has stayed true throughout my life, and I hope to have passed this on to my two daughters," says Pieplenbos. "Early on, there were few organizations or networking groups for people with polio, so many survivors were alone in coping with the able-bodied world. I never considered



myself 'handicapped' because I did not want that to define who I was, and I found my own way of overcoming everyday challenges. I strongly believe that physical fitness maintains your mental and physical health."

Daring to Participate in Life

Nine years ago, the Disney Corporation, where Pieplenbos is a cast member, introduced him to a world that had eluded him for more than 50 years, helping him participate in marathons and triathlons across the country. Thanks to corporations, individuals, and organizations like PossAbilities, he's acquired the equipment, training, and travel support that has steered his life in a new direction.

"I participate in endurance events, because it touches my life in so many ways, it is so much more to me than a swim, bike, and run," says Pieplenbos. "It's a test of one's limits, strength, and courage."

"I'm often inspired by my fellow challenged athletes, friends, or complete strangers who strive to achieve personal goals or defy boundaries," says Pieplenbos.

Pieplenbos says he makes it a point to enjoy race day and take in the experience. "For when I look back years later, my place on the results board will not matter more than the experience and the gratification gained by daring myself to participate in life." ●

**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: Bill Nessel **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,
Corona Regional Medical Center
Conference Building, 800 South Main Street
Corona, CA 92882
Luis: **213-700-0970**, Bert: **951-735-7963**

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 Lisa Moss
at **760-946-2481**, email
info@brainstorming4us.com, or 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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Pedro's Place

I believe we can benefit from the wise words others have spoken in the past. Their words are often thought-provoking. So, I thought I'd share with you some of my all-time favorite quotes. I hope you enjoy them.

"Life consists not in holding good cards but in playing those you hold well." Josh Billings

"To know even one life has breathed easier because you have lived. This is to have succeeded." Ralph Waldo Emerson

"An eye for an eye only ends up making the whole world blind." Mahatma Gandhi

"We are never defeated unless we give up on God." Ronald Reagan

"If you could only love enough, you could be the most powerful person in the world." Emmet Fox

"I value the friend who for me finds time on his calendar, but I cherish the friend who for me does not consult his calendar." Robert Brault

'Til next time,
Pedro

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

SAVEtheDATE

04.28.13

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



Online registration at



(Search for PossAbilities)

LOMA LINDA
UNIVERSITY

PossAbilities

11th Annual
TRIATHLON

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