



LOMA LINDA  
UNIVERSITY  
MEDICAL CENTER  
EAST CAMPUS

# PossAbilities & you

Summer 2013

[www.teampossabilities.com](http://www.teampossabilities.com)



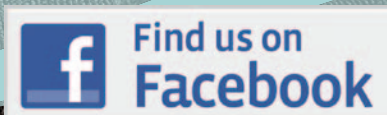
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**PossAbilities**

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

**P**ossAbilities 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  
Paralympic Gold Medalist, Rudy Garcia-Tolson. Read more about him 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](http://www.teampossabilities.com)  
[www.possabilities.com](http://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.



Keith Melvill, paraplegic and PossAbilities member, learned to kayak through the TRR program.



## Taking on La Jolla Shores

*Team River Runner empowers vets with disabilities through kayaking*

An organization called Team River Runner is giving disabled military veterans social support, physical and emotional strength, and a new sense of personal identity by training them in whitewater kayaking and other paddle sports. After a series of training sessions in a heated pool, participants take their new skills outdoors, on kayak outings to the Kern River or the ocean.

Founded in 2004 by kayakers in the Washington, D.C., area, TRR works in partnership with the Wounded Warrior Project and Disabled Sports USA. A local chapter formed in early 2008 through the Jerry L. Pettis VA Hospital in collaboration with the Loma Linda University Medical Center East Campus PossAbilities Program.

Volunteer and sponsor support are crucial to the program. The PossAbilities program and Loma Linda University provide volunteers and the facilities at the Drayson Center heated swimming pool. The national TRR program has provided whitewater kayaks and other equipment. Hugh Keegan, who has been the local organization's main instructor and program coordinator since its founding, is a volunteer.

The goal of the program is to provide a safe and fun introduction to whitewater kayaks—including using them on the river and in the ocean. A number of the program's volunteers are trained in preparing adaptations for paddlers with disabilities and can assist with special outfitting. While preference is given to veterans, others can join through the PossAbilities program.

Classes usually meet for 90 minutes once a week for four to five weeks. A volunteer teams up with one or two paddlers, teaching them about kayaks and associated equipment, water safety and personal accountability, basic strokes, righting a kayak, and safely exiting a capsized kayak.

For pool-based training (other requirements may apply to coastal and whitewater outings), participants must be:

1. 18 years or older or accompanied by an adult
2. Able to follow and execute three-part instructions
3. Able to manage all personal care and mobility independently or with the assistance of a companion who accompanies the participant
4. Comfortable in the water, including: floating on back independently with a properly fitted personal flotation device (PFD), turning from face down to face up independently while wearing a properly fitted PFD, and holding breath while under water for at least 15 seconds
5. Able to maintain a balanced, upright position while seated in a kayak, with adaptations if needed (No adaptations providing head or neck support will be accepted.)
6. Able to get in and out of a kayak independently or with the assistance of a companion, following instruction
7. Able to wet exit a kayak independently
8. Able to reenter a sea kayak or sit-on-top kayak following capsize with the assistance of one other boat (Any additional assistance, if required, must come from a companion who accompanies the participant.) ●

Check the calendar of events at [www.teampossabilities.com](http://www.teampossabilities.com) for upcoming classes.

# Road to Rio Program Primes Athletes to Compete

PossAbilities recently developed our new paralympic training program called Road to Rio. This new program trains and primes elite athletes to compete for a place on the U.S. Paralympic Teams in several sports, including:

- cycling
- triathlon
- canoeing

Last year, we sponsored local athletes to train and compete at national events like the USA Cycling Amateur & Para-Cycling Road National Championships Time Trials in Augusta, Ga. As a result, four members of Team PossAbilities qualified for the Paralympics national cycling and emerging teams. Other athletes will train to compete for a spot in the 2016 Paralympic Games to be held in Rio de Janeiro. ●



Andre Barbieri—Triathlon

## Andre

In 2010, Andre fell victim to a snowboarding accident that resulted in the amputation of his left leg. Andre nearly lost his life from a compound fracture to his femur that severed his femoral artery and tore the nerves and veins in his leg. As a member of Team PossAbilities, Andre has worked with prosthetists at Loma Linda University Medical Center East Campus to develop a biking leg and a running leg that will allow him to train and compete in Para triathlon events. Born and raised in Brazil, his dream is to compete in the Paralympics Games in his hometown of Rio de Janeiro in 2016.



Delmon Dunston—H1 Handcyclist

## Del

On July 14, 2000, Delmon Dunston was practicing wrestling moves with a friend when his head hit his grappling partner's hip. The force from the move shattered the sixth vertebra in his neck. As a result of this injury, Del was paralyzed from the chest down. For two years after the accident, Del tried to piece his life back together. Today, Del is a spokesperson for Team PossAbilities, as well as a competitive handcyclist training for a spot on the U.S. national team. Recently, Del earned a bronze medal at the 2012 U.S. National Handcycling Championships in Augusta, Ga.

## Only Through Your Support Can We Make This Happen!

PossAbilities is seeking sponsors to provide financial support for the next four years to our potential Paralympic Games athletes. To make a tax-deductible donation to the PossAbilities Paralympic Program, please go to [www.teampossabilities.com](http://www.teampossabilities.com).





## Athlete Blogs

You can follow your favorite paralympic athlete through his or her blog posted on our website: [www.teampossabilities.com/road-to-rio-athletes-blog](http://www.teampossabilities.com/road-to-rio-athletes-blog). If you are interested in sponsoring an athlete or raising funds for our program, please call the PossAbilities office at 909-558-6384.



Greg Crouse—Canoeing

### Greg

In August 1988, Greg Crouse was serving overseas as a cannon crewman on a howitzer battery in the U.S. Army. One day, Greg was struck by a drunk driver. Greg's stomach was ruptured, his hips were cracked, his left femur was shattered in four places, and his left leg was severed below the knee. In 2001, Greg turned to adaptive sports. Since then, Greg has represented the U.S. four times in international outrigger canoeing competitions and is currently ranked #1 in the nation. Greg hopes to secure the first-ever open men's paracanoe selection in the 2016 Paralympic Games in Rio de Janeiro.

Be sure to check out the next issue of *PossAbilities & You* for the race results from the National races for canoe and handcycling.

**Loma Linda University  
PossAbilities is recognized by the  
National Paralympic Committee  
as a Paralympic Sport Club.**



Owen Daniels—H3 Handcyclist

### Owen

On January 27, 2010, Owen Daniels, Jr. was driving home when he lost control of his vehicle. It rolled over, and he was ejected from the vehicle. Conscious the whole time, he knew right away that he was paralyzed. The ambulance rushed him to Loma Linda University Medical Center, where he was diagnosed as a paraplegic. Since then, Owen has taken up the sport of handcycling. He recently met the "US Paralympic Emerging Standard" at the 2013 Fiesta Island Time Trials and continues to compete for a spot on the U.S. national handcycling team.



## Overall Omnium Winners

### WH1/2/3

Monica Bascio  
Anjii Hanson  
Thea Rosa

### MH3

Carlos Moleda  
Seth Arseneau  
Owen Daniels

### MH1

Tony Pedferri  
Delmon Dunston

### Recumbent

Greg Tyler  
Fermin Camarena  
Emanuel Herrera

### MH2

Matt Updike  
John Kirsch  
Ryan Barnett

## All Para-Cycle Race Categories at the Redlands Classic

In April, Loma Linda University PossAbilities hosted the 29th annual PossAbilities Para-Cycle Race Series in conjunction with the Redlands Bicycle Classic. More than 40 cyclists from around the country participated in this event from Thursday, April 4 through Sunday, April 7. Current and former Paralympians and national champions, including Monica Bascio, Matt Updike, and Carlos Moleda, came to bring the heat. Two Team PossAbilities members, Delmon Dunston and Owen Daniels, Jr., raced against a field of competitors who all have their eye on the 2016 Paralympics in Rio de Janeiro. New for the first time, tricycle (three-wheel uprights) and tandem (blind category) Para-Cycling categories were added to the lineup to allow all cyclists to compete. The timed trial was held for the first time in Big Bear on Thursday. The road race followed in Beaumont on Friday and criteriums on Saturday and Sunday. Seven women and 38 men competed from 12 different states and two countries in four days of racing. A total prize purse of \$6,000 was awarded to the overall omnium winners, and Team PossAbilities provided nearly \$4,000 in travel stipends to out-of-state participants. Many thanks to the San Manuel Band of Mission Indians (the founding partner) for the resources to support another year of racing! ●

## Girl Power!

New, for the first time, all para-cycling categories were included in the race line-up.



Beth Hope was the only female cyclists to represent the T1/2 field.



Laura Schobick was the only female cyclist to represent C1/2/3 field.

All para-cycling photos courtesy of Brandon Barsugli







H3 overall winner Carlos Moleda storms the finish line at the Beaumont road race.



It is through the generous support of San Manuel Band of Mission Indians that PossAbilities is able to offer a national event that provides a race forum for challenged athletes. Pictured from left to right: Dan Rendler, Cotie Williams, LJ Edwards, Lyndon Edwards, Kathy Jo Lorenz, Stacy Hull, Pedro Payne, and Eric Reiser.

*There aren't many chances to race in the US in para-cycling, so it's great to have something para-specific here in the states.*

**—Matthew Bigos**

A special thank you to our newcomers in the trike and upright para-cycling categories that participated in the 2013 PossAbilities Para-Cycling Race Series.

We sure hope to have you back next year.

Stephen Peace  
Beth Hope  
Laura Sobchik  
Christopher Murphy  
David Rose  
Matt Bigos



# Fundraiser Gives Hope to **Team PossAbilities'** Paralympic Hopefuls at Loma Linda University Health



Four members from Loma Linda University's Team PossAbilities have been marked as hopefuls for the 2016 Paralympics in Rio de Janeiro. Not only do Andre Barbieri, Del Dunston, Owen Daniels, Jr., and Greg Crouse share the dream of participating in the next Paralympics, but they do not let their physical disabilities keep their dreams from coming true.

On Wednesday, May 8 at the 2013 Road to Rio Sports Luncheon, they each got a little closer to their dream. Nearly \$34,000 in donations and sponsorships was raised at the event to benefit these Team PossAbilities athletes.

"PossAbilities makes my dreams possible," Barbieri said at the luncheon. "Because of it, I get to be a part of something that is bigger than me. It has no limits." Barbieri has worked with prosthetists at Loma Linda University Medical Center East Campus to develop a biking leg and a running leg and hopes to be a triathlon competitor at the 2016 Paralympic Games.

Barbieri, a native of Brazil, says it would be awesome to be in his home country competing in the Paralympics. "It would be my biggest accomplishment in life."

Paralympic medalist and former PossAbilities athlete Rudy Garcia-Tolson was the guest speaker at the event and attributes a lot of his success to PossAbilities. Garcia-Tolson provided some words of encouragement to the four Paralympic hopefuls, as well as to all disabled individuals. "Doing these sports is a challenge for us, but the real disability is a bad attitude."

Greg Crouse's attitude is hopeful. While serving overseas as a cannon crewman in the United States Army in 1988, Crouse lost his left leg after a drunk driver struck him. "Since I can no longer represent my country as a soldier, Team PossAbilities has been instrumental in helping me achieve my dreams to represent my country as an athlete."

Crouse is currently ranked #1 in the nation in outrigger canoeing and hopes to secure the first ever Open Men's Para-canoe selection in Rio de Janeiro. "I want Rio so bad it consumes me. It is my dream."

The athletes were left with final words from Judy Fridono, who is the owner of "SURFice" dog Ricochet—the only known dog in the world who surfs with special-needs kids and people with disabilities as an assistive aid. "You can't help who you are or what becomes you. Just let life be and live it, says Fridono. And that is exactly what these Paralympic hopefuls are doing as athletes with Team PossAbilities.

PossAbilities is a community outreach program developed by Loma Linda University Center East Campus and supported by the San Manuel Band of Mission Indians, the founding partner. PossAbilities' goal is to offer physically challenged people a sense of community by offering activities and practical help. ●

By: Briana B. Pastorino,  
LLU Media Relations Specialist



# Meet Our Member: Rudy Garcia-Tolson

Born with pterygium syndrome, Rudy Garcia-Tolson was confined to a wheelchair. By his fifth birthday, he had undergone 15 operations to correct several orthopedic abnormalities and other conditions stemming from his condition. But all the procedures did not succeed in helping Rudy walk. Loma Linda University Medical Center specialists determined Rudy had two options: He could either remain in his wheelchair or his legs could be amputated so he could be fitted with prostheses. For a child who had endured so much, Rudy was ready for a change. "Cut off my legs. I want to walk," 5-year-old Rudy told James E. Shook, M.D., his orthopedic surgeon.

As he was being wheeled into the operating room, Rudy assured his mom he would be walking. Dr. Shook told Rudy's parents, "He's special, and he's going to be somebody." When Rudy was 8 years old, he decided that he would swim in the 2004 Paralympic Games. Since then, Rudy has become recognized internationally as a top competitor. He holds American records in both swimming and in the half marathon. He has completed four individual triathlons, which include swimming, cycling, and running events. Rudy sometimes teams up with his good friend, actor Robin Williams, to participate in charity events. The two companions share equal admiration for each other and consider each other his hero.

In the 2008 Beijing Paralympics, when he was 20, Rudy won the gold medal in the 200-meter Individual medley event, breaking his own world record twice in the process. He also won the bronze medal in 100-meter breaststroke. At the 2012 Paralympics in London, he earned a silver medal after breaking the world record for the 200-meter Individual medley in an earlier heat. "My fire shines from my heart," Rudy says. "My motto is 'A brave heart is a powerful weapon.' And my spirit thinks I am a regular boy and an athlete, because when I run, I can feel my spirit soar." ●

**Name:** Rudy Garcia-Tolson

**Sport:** Para Swimming

**Height:** 6'1"

**Weight:** 140

**Current Residence:** Colorado Springs, CO

## Career Highlights:

2012 Paralympic Games, gold (200m IM)

2008 Paralympic Games, gold (200m IM), bronze (100m breast)

2004 Paralympic Games, gold (200m IM)

2010 Swimming World

Championships: Gold - 200IM

2009 Arizona Ironman Finisher

16:06

2008 Paralympic Games: 200m IM WR

2006 World Champs: Gold – 200 IM

2004 Paralympic Games: 200m IM WR



WOULD YOU LIKE TO TELL YOUR STORY? EMAIL YOUR BIOGRAPHY AND PHOTO TO [cowilliams@llu.edu](mailto: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**.

## **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**.

## **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**.

## **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](http://www.amputee-coalition.org)

## **ARTHRITIS**

Arthritis Foundation

1-800-283-7800

[www.arthritis.org](http://www.arthritis.org)

Juvenile Arthritis Alliance (JA Alliance)

1-800-283-7800

[www.arthritis.org/ja-alliance-main.php](http://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](http://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](http://www.blindnesssupport.com)

Braille Institute

714-821-5000

[www.brailleinstitute.org](http://www.brailleinstitute.org)

National Federation of the Blind

410-659-9314

Resources include publications, aids and appliances, conventions, employment, and training

[www.nfb.org](http://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](http://www.biausa.org)

## **CEREBRAL PALSY**

United Cerebral Palsy

1-800-USA-5UCP (872-5827)

email: [national@ucp.org](mailto:national@ucp.org)

[www.ucp.org](http://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](http://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](http://www.calpva.org)

## **STROKE**

Stroke Association of Southern  
California

310-575-1699

Free education and tools for patients and caregivers

[www.strokesocal.org](http://www.strokesocal.org)

American Brain Tumor Association

1-800-886-2282

[www.abta.org](http://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

It's been said that time is one of the greatest gifts God has bestowed upon us. As such, we should use it wisely. It is a gift that cannot be replaced; once we use it we cannot get it back. As a faithful scribe, it records the events of our lives with unfailing accuracy. I believe we must accept that we can only control what we do with time while there is life in us. Since time is one of our greatest gifts, let's make good use of it to bless others in our lives. If we haven't already been doing so, let's start now. After all, don't you think it's time?

# Save the Date

Tuesday, September 17, 2013, 9 a.m. to 4:30 p.m.

### Workshops on:

- Health
- Education
- Technology
- Emergency Preparedness
- Recreation/Social
- Advocacy
- Employment

### Who should attend:

- Advocates
- Rehabilitation Counselors
- Independent Living Specialists
- Case Managers
- Mental Health Specialists
- Social Workers
- Educators
- Non-Profit Staff

This conference is for professionals.

**Cost: \$49, FREE for IEDC Members\***

(\*Membership is free, join by 7/19/13)

**Where:** Hilton Hotel, 285 E. Hospitality Lane,  
San Bernardino, CA

**Info:** [www.iedisabilitiescollaborative.org](http://www.iedisabilitiescollaborative.org).

Registration opens 7/1/2013.

Send an email to be added to "conference updates"  
**info@iedisabilitiescollaborative.org**.

### Sponsored by:



Inland Empire Health Plan

LOMA LINDA UNIVERSITY



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